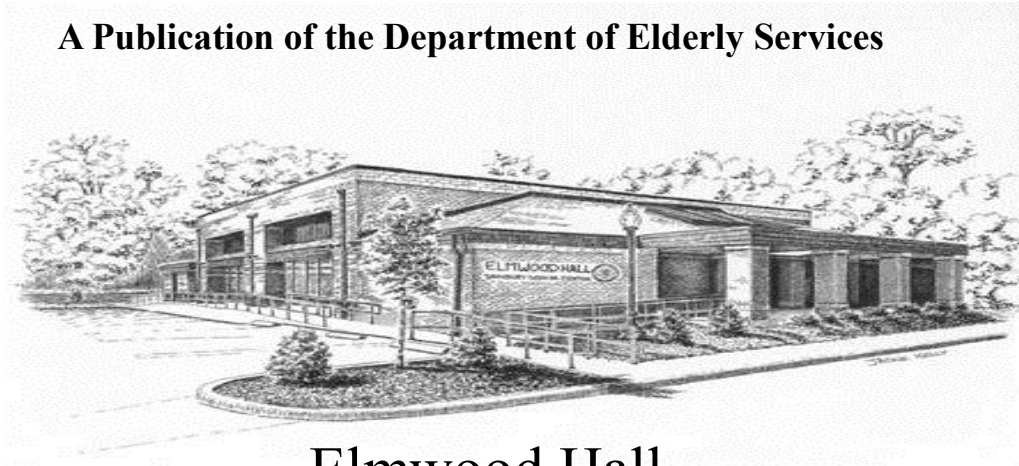


# THE ELMWOOD EXTRA

Read All About It!

June/ July 2018

A Publication of the Department of Elderly Services



## Elmwood Hall

The club for people age 60 and up.

Hot Dog BINGO and Timeless Trivia  
Estate Planning

Summer Sunshine Dance and All American Dance  
Annual Hike at Tarrywile Park

Lunch and Learn: Navigating Medicaid and Final Arrangements

June Movies: Breathe, Me Before You / July Movies: Battle of the Sexes, The Post  
Eat Smart, Live Strong Nutrition Program and Farmer's Market Gift Certificates

Farmers' Market Comes to the Senior Center

Danbury Library: One on One Tech Help Sessions  
Sizzling Summer Brazilian Carnival with Jose Paulo

### City of Danbury

Department of Elderly Services  
Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services  
Michelle McNamara, Municipal Agent/Program Coordinator  
Joyce Kuhn, Activities/Resource & Referral  
10 Elmwood Place, Danbury, CT 06810

[www.danburyseniors.org](http://www.danburyseniors.org)

Tel. 203-797-4686

HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Summer at the center has never been so cool! While the weather may be hot and steamy outside, we have many programs to help you stay cool. Many of our regular programs continue through the summer with opportunities to exercise and stay fit. Leisure time activities continue as well so you can learn to paint or draw with our art teacher Adele or try your hand at woodcarving, quilting or knitting. Join us for our annual hike at Tarrywile Park or ride over in the van to City Center's Downtown Chowdown. Our Movie Club is going strong with new movie suggestions from you! Eat Smart Live Strong returns with nutrition seminars and free gift certificates to the Danbury Farmer's Market. Plus, this year, the Farmer's Market is coming to us with a farm stand right at the Senior Center! Finally, don't miss our Sizzling Summer Brazilian Carnival featuring entertainer Jose Paulo.

## June / July Highlights

**B-I-N-G-O!** on **Friday**, June 1. The cost is \$3 and will include 7 games. On **Monday**, July 2, we will host a Hot Dog BINGO and the cost will be \$5, which will include the 7 games along with a hot dog, chips, and a drink. Be sure to wear Red, White or Blue! This event is sponsored by The Prime Timers, Inc. Friends of Danbury Seniors.

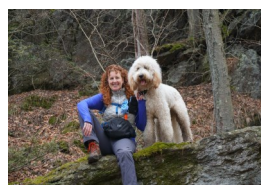
**Estate Planning** on Monday, June 4 at 1:00 pm. Attorney Lynda Lee Arnold, a partner at the elder law firm Czepiga Daly Pope & Perri will explain estate planning basics. You'll learn answers to questions like: What is the difference between a Will and a Trust? Why won't a will be sufficient by itself? Do you need a power of attorney and what should it say? What are health care directives? You'll walk away knowing what you need to do to build an estate plan that will protect what you've worked for in life. Please sign up!

**Downtown Chow-Down is BACK!** on Thursdays June 7, 28 and July 5, 26. We will depart Elmwood Hall at 11:15 am and return by 12:30 pm. First come, first serve for van rides with preference given to those who do not drive. You must bring cash to pay for your own lunch. Average cost is between \$8 -\$15, and we will ask about a senior discount. Sign up at front desk!



**Summer Sunshine Dance** on Friday, June 8 at 1:00 pm. Join DJ Kevin Burland as he plays that funky music to kick off the summer sunshine. Freestyle and line dancing. Suggested \$3 donation. Refreshments will be provided!

**Timeless Trivia** on the following Fridays: June 22, and July 20. Join a team of 4 and test your knowledge. Anyone is welcome to come watch and be a part of the audience. Please sign up at the front desk!



**Annual Hike at Tarrywile Park with Susan & Logan** on Friday, June 15 at 10:00 am. We will meet in the parking lot by Immaculate

High School and hike the One Mile Easy Loop around the pond. Be sure to wear sturdy shoes, long pants, sun hat. Bug spray is a must and will be provided. Hiking pole suggested. Please be comfortable walking a mile on an unpaved, uneven trail that has rocks and roots. Light refreshments served after the hike. Van rides provided to the park from the senior center. Van departs senior center at 9:30 am. Please sign up!

**Lunch and Learn: Medicaid and Advanced Planning** on Monday, June 18 at 12 noon. Easy to understand seminar about advanced planning and state requirements for Medicaid aka Title XIX. Complimentary personal planning guide and helpful advice along with lunch. Sign up required. Presented by Green's Funeral Home.

**Trip to the Danbury Railway Museum** on Tuesday, June 19 at 10:45 am. We will depart Elmwood Hall at 10:30 am and head over to the Museum to visit the exhibits and operating layouts and to take a mini tour of the 6-acre Railway with over 70 pieces of historic railroad equipment and artifacts. We will also enjoy lunch (hot dog, chips, drink) for \$5. Please sign up in advance at the front desk. Cost of \$7 museum fee paid for by The Prime Timers, Inc. Friends of Danbury Seniors.

**Danbury Library On the Move and One-on-One-Tech Help Sessions**, on June 20 with appointments beginning at 11:00 am. Go further with your computer and technology skills. Book a 20/30 minute appointment with a friendly tech savvy Library staff member and receive assistance with Microsoft Word, Microsoft Excel, setting up email, iPhone/iPad basics and more. Registration for tech help is required. Call the front desk at Elmwood Hall to schedule your appointment.

**Eat Smart, Live Strong** on Wednesdays, June 20 and July 18 at 1:00 pm. Heather Peracchio, MS, RD, CD-N will again lead the popular program "Eat Smart, Live Strong" that is designed to help those age 60 and up incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmer's Market and give out gift certificates to the Farmer's Market to those who attend. **You MUST sign up for each date separately. The Farmers Market is coming to the Senior Center, see page 6 for details!**

**Happy Feet Program with Dr. Gosnay** on Wednesday, June 20 with appointments running from 9:00 am through 12 noon. It includes a thorough foot exam and toe nail clippings by Dr. Richard Gosnay, a local podiatrist. Cost is \$5

and you must call Elmwood Hall in advance to set up an appointment. You must be a Danbury resident and a non-diabetic. Please sign up!



**Red, White, & Boom! Dance** on Friday, July 13 from 1:00 pm to 2:30 pm. Join DJ Kevin B. as he rocks Elmwood Hall with his fire-cracking, All-American songbook. Be sure to wear Red, White or Blue! Suggested \$3 donation. Refreshments will be served!



**Sizzling Summer Brazilian Carnival** on Tuesday, July 24 at 1:00 pm. Entertainer José Paulo comes to Elmwood Hall bringing samba sounds and a Brazilian carnival atmosphere! José Paulo's voice will mesmerize you and his personality will charm you. He is very versatile and sings all styles of music in English, Portuguese Spanish, Italian and French. He continues to amaze audiences in various age ranges. José is a native of Rio de Janeiro, Brazil who started his singing career at the age of 12 when he began singing "Ave Maria" at local weddings. José Paulo has studied in various certified music schools. Please sign up for this popular event!



**Trip to Ferris Acres Creamery** on Friday, July 27 at 1:00 pm. Van ride provided or you may drive over on your own. You must pay for your own ice cream. Please sign up!



**Movie Club, Afternoon at the Movies** will meet on the following dates:  
 June 13: Breathe  
 June 27, Me Before You  
 July 16, Battle of the Sexes












July 30, The Post

All movies begin at 12:45 pm. Refreshments will be provided. Movie review discussion will be led by Michelle after each movie.




















# 2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Special Events:</b> Estate Planning, 6/4 Lunch &amp; Learn, Navigating Medicaid, 6/18 Dby Railway Museum, 6/19 Eat Smart, Live Strong, 6/20</p>	<p><b>FUN, FUN, FUN!</b> Bingo, 6/1 Sunshine Dance, 6/8 Bowling Banquet, 6/11 Hike at Tarrywile, 6/15 Timeless Trivia, 6/22</p>	<p><b>SUMMER LOVIN'</b> Afternoon at the Movies:  June 13  June 27</p>	<p><b>The Farmer's Market is coming to Elmwood Hall!</b> <b>June 20</b> <b>July 18</b> <b>August 15</b> <b>September 19</b></p>	<p><b>1</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>BINGO</b> 1:15 pm Your Point of View </p>
<p><b>4</b> 9:00 am Walking &amp; Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Estate Planning</b> 1:00 pm Bridge, Pinochle </p>	<p><b>5</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg </p>	<p><b>6</b> 8:45 am <b>Driver Safety Course</b> 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Wreath Making</b> Poker, Coloring Circle</p>	<p><b>7</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am <b>Downtown Chow Down</b> 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>8</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Sunshine Dance</b> 1:15 pm Your Point of View </p>
<p><b>11</b> 9:00 am Walking &amp; Quilt Club 11:15 am Strength Training 12 noon Lunch <b>Bowling Banquet</b> 1:00 pm Bridge, Pinochle </p>	<p><b>12</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit &amp; Crochet 11:00 am Mayor's Advisory Grp 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg 4:00 pm COA Mtg @ City Hall</p>	<p><b>13</b> 9:00 am Walking Club 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm <b>Movie: Breathe</b> <b>Wreath Making</b> Poker, Coloring Circle</p>	<p><b>14</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>15</b> 9:00 am Walking Club 10:00 am <b>Hike at Tarrywile</b> Zumba Gold 12 noon Lunch 1:15 pm Your Point of View </p>
<p><b>18</b> 9:00 am Walking &amp; Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Navigating Medicaid</b> 1:00 pm Bridge, Pinochle  </p>	<p><b>19</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit &amp; Crochet 10:45 am <b>Railway Museum</b> 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg</p>	<p><b>20</b> 9:00 am <b>Dr. Gosnay, Happy Feet</b> Walking Club 10:00 am Line Dancing 11:00 am <b>Danbury Library OTM</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Eat Smart, Live Strong, Farmers' Market, Poker, Coloring Circle</b></p>	<p><b>21</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>22</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Timeless Trivia</b> 1:15 pm Your Point of View </p>
<p><b>25</b> 9:00 am Walking &amp; Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Lion's Low Vision</b> 1:00 pm Bridge, Pinochle</p>	<p><b>26</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit &amp; Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg</p>	<p><b>27</b> 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm <b>Movie: Me Before You</b> 1:00 pm Poker, Coloring Circle</p>	<p><b>28</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am <b>Downtown Chow Down</b> 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p><b>29</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View</p>





# 2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Hot Dog BINGO</b> 1:00 pm Bridge, Pinochle 	<b>3</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg 	<b>4</b>  <b>HAPPY BIRTHDAY, USA!</b>	<b>5</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am <b>Downtown Chow Down</b> Lunch 12 noon Woodcarving 12:30 pm Chair Yoga, Exercise Video	<b>6</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 
<b>9</b> 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	<b>10</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp Lunch 12 noon Aerobics, Sports Talk Mah Jongg	<b>11</b> 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 	<b>12</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	<b>13</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Red, White, Boom Dance</b> Your Point of View 
<b>16</b> 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm <b>Movie: Battle of the Sexes</b> 1:00 pm Bridge, Pinochle 	<b>17</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg 	<b>18</b> 9:00 am Walking Club 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Eat Smart, Live Strong, Farmers' Market, Poker, Coloring Circle</b>	<b>19</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	<b>20</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Timeless Trivia</b> Your Point of View 
<b>23</b> 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <b>Lion's Low Vision</b> 1:00 pm Bridge, Pinochle	<b>24</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm <b>Brazilian Carnival</b> 1:00 pm Mah Jongg, Sports Talk	<b>25</b> 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle	<b>26</b> 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am <b>Downtown Chow Down</b> Lunch 12 noon Woodcarving 12:30 pm Chair Yoga, Exercise Video	<b>27</b> 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Ferris Acres Creamery</b> 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club
<b>30</b> 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm <b>Movie, The Post</b> 1:00 pm Bridge, Pinochle 	<b>31</b> 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg	 <b>Hot Dog BINGO!</b> \$5 July 2 at 1:00 pm Wear Red, White or Blue! 	<b>Sizzling Summer Brazilian Carnival</b>  <b>Tuesday, July 24 at 1:00 pm</b>	 <b>Movie Club</b> Afternoon at the Movies <b>Battle of the Sexes, July 16</b> <b>The Post, July 30</b> 12:45 pm start time

# Important Information from the Office of the Municipal Agent



## TRY IT FREE—Free Round trip SweetHART ride!

Door to door transportation service for seniors age 65 or older and persons of any age with a mobility disability. Get picked up at your residence for rides for any purpose: medical trips, shopping etc. Ask at Elmwood Hall's Front Desk for a free pass and for more information.

## Everyone is Getting a New Medicare Card

Cards will be mailed starting  
June 2018 thru June 2019

Compare New Card to Old Card to make sure your name  
and coverage dates match

Start using New Card **immediately**

**Destroy Old Card**

Any questions, call us at Elmwood Hall, 203-797-4686



## Farmer's Market is Coming to Senior Center!!

Can't make it to the Farmers' Market on Saturdays? No worries! The Farmer's Market is coming to the Senior Center. Clatter Valley Farm of New Milford will bring their fresh vegetables and produce right to the Senior Center and set up a Farm Stand just for you! **Come check it out on Wednesday, June 20, July 18, August 15 and September 19.** These are the same days we host Eat Smart, Live Strong so you can take your gift certificates from class right out to the parking lot to our own Senior Center Farm stand and shop! A big thank you to CityCenter Danbury and the Danbury Farmers Market, our community partners for making this happen, and for generous grants from local foundations. Cash, credit cards, SNAP cards, Fruit and Veggie gift certificates, and state department of agriculture vouchers will be accepted. Call the senior center for more details.





## Elmwood Hall Photos and News Briefs



Jane B. was the big flower raffle winner at the Spring Fling Dance on April 6.



Elmwood Hall was proud to stand with The Women's Center of Greater Danbury to raise awareness of sexual violence on April 25th, #DenimDay.



Thank you to Mike's Towing & Collision Center, and Chick-Fil-A of Brookfield for their generosity during the water main break.



Marietta B. and therapy dog in training Logan share some early morning face time!

## ***Elmwood Extra ~ Read All About It***

Department of Elderly Services  
Elmwood Hall ~ Danbury Senior Center  
10 Elmwood Place  
Danbury, CT 06810

Pre-Sorted Standard  
U.S. Postage  
PAID  
Danbury, CT 06810  
Permit No. 155

### **Mission Statement**

The Department of Elderly Services seeks to increase the quality of life of Danbury area citizens who are age 60 or older by developing many comprehensive programs and resources and referral services specifically designed to enrich the general well-being of Danbury's more mature population.

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Elmwood Hall Senior Center  
Municipal Agent's Office for the Elderly (Resource and Referral)  
Van Transportation Program  
Rent Rebate Program  
Intergenerational Programs

**For a full list of all our programs and services, please refer to our website  
[www.danburyseniors.org](http://www.danburyseniors.org)**

### **Department of Elderly Services—Staff Members**

Susan Tomanio, LCSW - Director of Elderly Services  
Michelle McNamara - Municipal Agent/Coordinator  
Joyce Kuhn - Activities/Outreach/Resource & Referral (Grant Funded)  
Linda Rinaldi - Administrative Assistant  
Karen Janell - Administrative Assistant  
Steve Ackerman - Elderly Services Office Associate  
Wayne Cole - Elderly Services Office Associate  
Kevin Burland - Van Driver  
Pam Makin - Van Driver