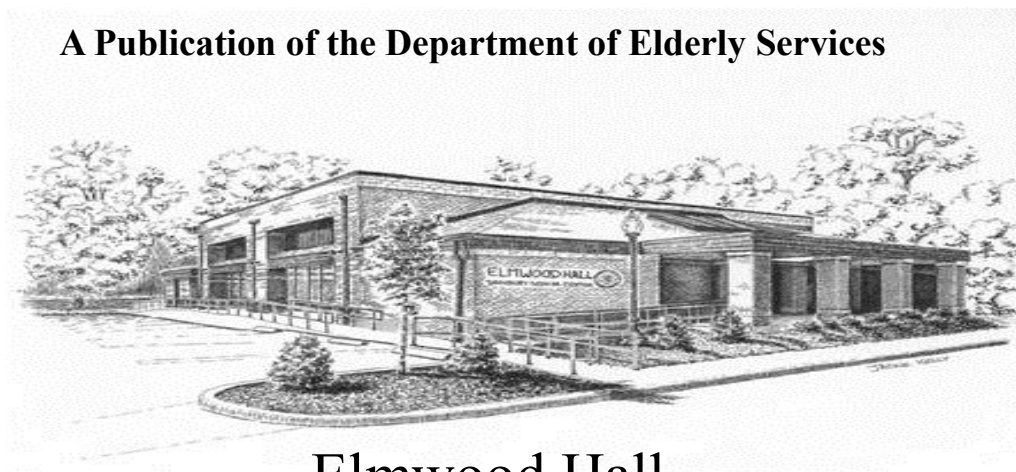


THE ELMWOOD EXTRA

Read All About It!

August/ September 2018

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

**BINGO, Downtown Chow-Down, Dog Days of Summer Dance, Timeless Trivia
DIY Sugar Scrub**

YMCA Diabetes Information Meeting and Glucose Screening

Movie Club: *iTonya*, *Lady Bird*, *Book Club*, and *The Shape of Water*

The difference between a Service Dog, Emotional Support Dog and a Therapy Dog

Eat Smart, Live Strong Nutrition Program and Farmer's Market Gift Certificates

Farm Market at the Senior Center

Silk Scarf Painting

Your Life, Your Legacy: How To Protect Your Loved Ones

Everything You Wanted to Know about Hearing Aids, But were Afraid to Ask

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

Tel. 203-797-4686

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

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



As more and more seniors “age in the place of their choice,” which is usually their home, we receive more and more calls from caregivers and family members about how to adapt one’s home so it is safe and functional as we age. Seeing as September is Fall Prevention month, I thought I would share a new resource in the form of a book that recently came to my attention. It is called *Age in Place: A Guide to Modifying, Organizing, and Decluttering Mom and Dad’s Home* by Lynda G. Shrager an occupational therapist, social worker, and certified aging in place specialist. Ms. Shrager calls herself the “organized caregiver” and she states that this book is a “practical step by step, room by room guide to simple modifications that can help seniors make their homes safer and easier to navigate.” I have found this book to be very practical and helpful and I hope you find it helpful too.

August / September Highlights

Downtown Chow-Down on Thursdays August 2 and 23. 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!

B-I-N-G-O! on Fridays, August 3 and September 7. The cost to play is \$3 and will include 7 games. Be sure to join us for some fun!

DIY Sugar Scrub on Monday, August 6 at 1:00 pm. Sugar Scrubs are an exfoliating body treatment that are a more gentle alternative to salt scrubs. They are easy to make and smell amazing! Join Alexandra from Western Rehabilitation Care Center, as we make our own sweet smelling sugar scrubs. Mason jars will be provided. Please sign up!

YMCA Diabetes Prevention Program Information Meeting and Glucose Screenings on Tuesday, August 7 from 11:00 am to Noon. The Regional YMCA of Western Connecticut will be presenting a FREE informational session on the YMCA's Diabetes Prevention Program. Following the information session, there will be FREE Blood Glucose Screenings until 12:30 pm for those who attend the information session. Registration is appreciated, please call Lisa at the Y at 203.775.4444 ext 135 to reserve a space. A new

class will be forming Thursday August 23rd at 10:00 am at Elmwood Hall. For more information on the program please contact Lisa O'Connor, Wellness Director at the Regional YMCA at 203.775.4444 ext 135.

Dog Days of Summer Dance on Friday, August 10 from 1:00 pm to 2:30 pm. DJ Kevin Burland will spin summer's favorite tunes for both freestyle and line dancing. There is a suggested \$3 donation. Logan, a Goldendoodle and certified therapy dog will visit during the dance. Refreshments provided by River Glen Health Care.



Eat Smart, Live Strong on Wednesdays, August 15, and September 19 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.**

Farm Market On the Move at Elmwood Hall on Wednesdays, August 15 and September 19 from

11:00 am to 4:00 pm. Clatter Valley Farm of New Milford will bring their fresh vegetables and produce. Cash, credit cards, SNAP cards, Eat Smart, Live Strong certificates and state department of agriculture checks will be accepted.

Open Wii Bowling on the following Fridays in August: 10, 17, 24, 31 from 1:00 pm to 3:45 pm. Wii Bowling is not only fun, but it improves your range of motion, standing and balance, endurance, posture and involves a lot of socialization. Whether you have been playing for years or are curious to check it out, stop down at Elmwood Hall and get your bowl on!

Unleash your inner Picasso with Silk Scarf Painting on August 29 at 1:00 pm and on September 26 at 10:00 am. Instructional Silk Scarf painting with Dana brought to you by River Glen Health Care Center. Seating is limited to 8 participants. Please sign up!

Elmwood's FINEST Chorus returns to Elmwood Hall on Wednesday, September 5 at 1:30 pm. After a brief summer break, Elmwood's Finest, the senior center chorus, under the direction of Jill Weiss, will fall back in to the swing of things. We are always looking for new members to join us! No singing experience required. Bring an instrument or just bring yourself!

What's the difference between a Therapy Dog, Emotional Support Dog and a Service Dog? on Monday, September 10 at 1:00 pm People often times confuse these three separate assistance animals by lumping them all together. Each type of assistance animal has a different level of access and a different way to qualify. Dogs have been a source of constant companionship and support to people for centuries. Come learn the difference between these dogs that assist people in a variety of different capacities. At the same time meet Logan, the Senior Center's new therapy dog. Presented by Susan Tomanio, LCSW. Ms. Tomanio holds a post graduate certificate in Animal Assisted Therapy.

Fall Prevention: Balance Testing, Avoiding Falls, Building Strength on Tuesday September 11 at 1:00 pm. Physical Therapists from Ridgefield VNA will be here doing balance testing and offering tips to help you stay on your feet.

End of Summer Dance on Friday, September 14 at 1:00 pm. Join DJ Kevin Burland as he mixes the

beat and gets everyone moving their feet between Freestyle and Line Dancing. Suggested \$3 donation. Refreshments will be served.

Lunch and Learn: Your Life, Your Legacy: How to Protect Your Loved Ones on Monday, September 17 at 12 noon. Join us for a free informational seminar and find out how to protect your loved ones by making your final arrangements in advance. Green Funeral Home will discuss the 4 simple steps to planning ahead which offers peace of mind for you and your loved ones, a complimentary planning guide as well as lunch and helpful advice. You must sign up!

Timeless Trivia on Friday, September 21 at 1:00 pm. 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!

Everything you wanted to know about Hearing Aids but were afraid to ask on Wednesday, September 26 at 1:00 pm. Join Frank Scarfi, from Quality Hearing in Brookfield for a discussion as well as question and answer session on Hearing Aids and more.

Movie Club, Afternoon at the Movies will meet on the following dates:

Monday, August 13: iTonya

Monday, August 20: Lady Bird

Tuesday, September 4: Book Club

Friday, September 28: The Shape of Water

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















**** Please Note****














Three of these movies are rated "R" by the Motion Picture Association and may contain language or scenes that some find offensive. Please use your judgement as to whether the movie is right for you.

Save the Date for our upcoming Craft and Bake Sale on Friday, October 26! Would you like to make or bake something to help raise money for the programs at Elmwood Hall? Do you have any gently used pocketbooks or perhaps some jewelry that you no longer use and would like to donate for the "Unique Boutique" sale portion of this event? See Karen at the front desk to sign up and get more information! All proceeds from the Craft and Bake Sale benefit the Prime Timers, Inc., Friends of Danbury Seniors. Thank you!



2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>August 6 at 1:00 pm Sponsored by Western Rehabilitation Care Ctr.</p>	<p>Unleash your inner Picasso</p>  <p>August 29 at 1:00 pm Sponsored by River Glen Health Care Ctr.</p>	<p>1</p> <p>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 Poker, Coloring Circle</p>	<p>2</p> <p>10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am Downtown Chow Down 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>3</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View</p> 
<p>6</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm DIY Sugar Scrub</p> 	<p>7</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am YMCA Diabetes Info Mtg 12 noon Lunch 1:00 pm Sports Talk, Mah Jongg</p> 	<p>8</p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle</p> 	<p>9</p> <p>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>10</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Dog Days of Summer Dance 1:15 pm Your Point of View</p> 
<p>13</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie: iTonya 1:00 pm Bridge, Pinochle</p> 	<p>14</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp 12 noon Lunch 1:00 pm Sports Talk, Mah Jongg</p> 	<p>15</p> <p>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 Eat Smart, Live Strong, Farm Market, Poker, Coloring Circle</p>	<p>16</p> <p>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>17</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Open Wii Bowling 1:15 pm Your Point of View</p> 
<p>20</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie: Lady Bird 1:00 pm Bridge, Pinochle</p> 	<p>21</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Mah Jongg, Sports Talk</p> 	<p>22</p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle</p> 	<p>23</p> <p>10:00 am Knit/Crochet 10:30 am Freestyle Dance 11:00 am Line Dance Practice 11:30 am Downtown Chow Down 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>24</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Open Wii Bowling 1:15 pm Your Point of View</p> 
<p>27</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lion's Low Vision</p>	<p>28</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Sports Talk, Mah Jongg</p>	<p>29</p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Silk Scarf Panting Poker, Coloring Circle</p>	<p>30</p> <p>10:00 am Knit/Crochet 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>31</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Open Wii Bowling 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><i>Your Life, Your Legacy: How to Protect Your Loved Ones</i> Sponsored by Green Funeral Home</p> <p>Sept. 17 at 1:00 pm</p>	<p>Unleash your inner Picasso</p>  <p>September 26, at 10:00 am Sponsored by River Glen Health Care Ctr.</p>	<p><i>Everything you wanted to know about Hearing Aids but were afraid to ask!</i></p> <p>Sponsored by Frank Scarfi, Quality Hearing</p> <p>Sept. 26 at 1:00 pm</p>	<p>Eat Smart, Live Strong & Farm Market On The Move</p> <p>September 19</p>	 <p>Movie Club Sept. 4 : Book Club Sept. 28: The Shape of Water Showtime for both is 12:45 pm</p>
<p>3</p> 	<p>4</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 12:45 pm Movie: Book Club 1:00 pm Sports Talk, Mah Jongg</p> 	<p>5</p> <p>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 Poker, Coloring Circle 1:30 pm Elmwood's FINEST</p>	<p>6</p> <p>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>7</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View</p> 
<p>10</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Service Dog Talk Bridge, Pinochle</p> 	<p>11</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp 12 noon Lunch 1:00 pm Fall Prevention Sports Talk, Mah Jongg 4:00 pm Com. on Aging, City Hall</p>	<p>12</p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 1:30 pm Elmwood's FINEST</p>	<p>13</p> <p>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>14</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm End of Summer Dance 1:15 pm Your Point of View</p> 
<p>17</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12 noon Lunch and Learn 1:00 pm Bridge, Pinochle</p> 	<p>18</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg Sports Talk</p> 	<p>19</p> <p>9:00 am Walking Club 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:00 am Farm Market 11:15 am Strength Training 12 noon Lunch 1:00 pm Eat Smart, Live Strong 1:00 pm Poker, Coloring Circle 1:30 pm Elmwood's FINEST</p>	<p>20</p> <p>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>21</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View</p> 
<p>24</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Lion's Low Vision</p> 	<p>25</p> <p>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</p> 	<p>26</p> <p>9:00 am Walking Club 10:00 am Silk Scarf Panting 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 1:00 pm Hearing Aids and more 1:30 pm Elmwood's FINEST</p>	<p>27</p> <p>10:00 am Knit/Crochet 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>28</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 12:45 pm Movie: The Shape of Water 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club</p>

Important Information from the Office of the Municipal Agent

REMINDERS FOR RENT REBATE -2017

- All Rent Rebate Applications **and** Required Documentation **MUST** be turned in by September 28, 2018.
- If you need assistance or have any questions, call 203-797-4686.

Volunteer Opportunities with AARP Tax-Aide Program

Volunteer for the nation's largest FREE tax preparation and assistance service and help out your fellow Danbury seniors. The AARP Tax Program is looking for volunteer counselors, greeters, technology coordinators, and leaders. For additional information please visit www.aarp.org/taxaide

Danbury Farmers' Market 2018

Certified CT Grown—All farm products offered for sale are grown in Connecticut.

FMNP Authorized—A market whose farmers can accept the Farmer's Market Nutrition Program checks
SNAP—Supplemental Nutrition Assistance Program Accepted

Danbury

(Checks Doubled at this location)**

Saturdays, 10:00 am to 2:00 pm

June 23—October 20

Danbury Green, Ives St.

Danburyfarmersmarket.org

Social Media: FB, T

Certified CT Grown, FMNP Authorized, SNAP

Danbury Senior Center - Elmwood Hall

(Checks Doubled at this location)**

Market on the Move - a market of Danbury

CityCenter's Farmers' Market

Wednesdays, 11:00 am to 4:00 pm

(July 18, August 15, September 19, October 17)

10 Elmwood Place

www.danburyseniors.org

Social Media: FB

Certified CT Grown, FMNP Authorized, SNAP



Save the Date!

Mayor Boughton's Fall Festival

Sunday, November 18

Amber Room Colonnade

Featuring DJ Kevin Burland (formerly of WINE Radio)

**Thanksgiving Meal, Dancing,
& Raffle Prizes**

Tickets go on sale Monday, October 1st!

Elmwood Hall Photos and News Briefs



Thank You
Steve Ackerman
for
9 dedicated years of service
to
Elmwood Hall/
Danbury Senior Center

Retirement Date: July 5, 2018



Enjoying the Downtown Chowdown!



Hot Dog Bingo guest host Cienna, shares a laugh with Ginny and JoAnn as she checks the door prize ticket!

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.

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**

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
Wayne Cole - Program Set Up Assistant
Kevin Burland - Van Driver
Pam Makin - Van Driver