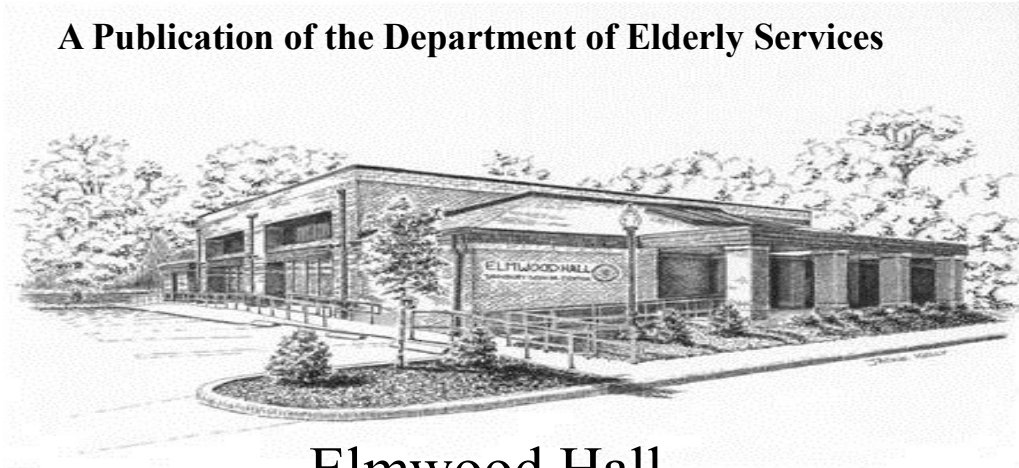


THE ELMWOOD EXTRA

Read All About It!

October/ November 2018

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Annual Craft and Bake Sale and Unique Boutique

Mayor Boughton's Fall Festival

Flu Shot Clinics

Walk the Still River Greenway in Brookfield

Information Session: Veterans Benefits - Federal and State

Who am I? Create Your Own History Book

Assistive Technology Devices and Demonstration

Halloween Spooktacular Dance

Happy Feet Foot Wellness Program with Dr. Gosnay

Honoring Our Veterans

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



October and November at Elmwood Hall are packed with activities and programs. One of the most exciting activities is a revitalized Craft and Bake Sale with a new component: The Unique Boutique. Our Bake Sale will feature homemade breads, cookies, pies, cakes, and other sweet delights made by the Elmwood Hall Senior Community. Our lovely Craft Sale will feature the talented hand crafted items of the Knit and Crochet Club and the Quilting Club. Some of the most popular items for sale are handmade baby sweaters, blankets, socks, quilts, holiday stockings, wreaths, and much more. The Unique Boutique will feature gently used handbags, jewelry, neck scarves, and some delightful surprises. All proceeds from the event benefit Elmwood Hall's programs and activities. So save the date! Friday October 26 from 8:30 am until 3:00 pm. For more details on how to donate or volunteer to help, call us at 203-797-4686, or stop in and ask for Karen or Joyce.

October/ November

Fabric Pumpkin Craft on Monday, October 1 at 1:00 pm. Fabric Pumpkins are a wonderful way to welcome Fall in your home decorations. There are several ways to personalize these pumpkins! Join Jessica from Putnam Ridge as she leads this creative activity! Sign up at front desk!

Luncheon at RidgeCrest at Meadow Ridge on Tuesday, October 2. Enjoy a lovely three course meal and tour the facility and beautiful gardens. The Meadow Ridge bus will pick you up here at Elmwood Hall at 11:15am for lunch at noon, then bring you back to Elmwood Hall. Sign up required.

Walk the Still River Greenway in Brookfield on Friday, October 5 at 10:00 am. Ride over in the Elmwood Hall Van and enjoy the Fall foliage along the river with a leisurely walk. There are benches along the way. Walk as much or as little as you like. Dress for the weather and wear sensible shoes. Van departs senior center at 9:30 am or feel free to meet us at the parking lot just before 10:00 am. Please Sign up! Led by Susan and therapy dog Logan.

B-I-N-G-O! on Fridays, October 5 and November 2. The cost to play is \$3 and will include 7 games.

Aging: Accepting Your Rights and Rejecting Abuse on Tuesday, October 9 at 1:00 pm. Presented by the

Danbury Commission on Aging, topics will include the AARP's Disrupt Aging initiative and insurance and Medicare abuse. Sign up required.

Flu Shot Clinics on Wednesdays, October 10 and 24 from 10:00 am to Noon, in partnership with Western CT Homecare, Inc. Please call Elmwood Hall for an appointment and make sure you bring your Medicare card.

Medicare 2019 and You on Thursday, October 11 at 1:00 pm. Learn what changes are being made in 2019 and what this means for you. This is an opportunity to review and change your Medicare Part D Plan (prescription drugs), enroll or change your Medical Advantage Plan or purchase a Supplemental Insurance Plan (Medigap). While you are here, schedule a one-on-one appointment to review your Medicare options with one of the staff or call 203-797-4686 to do so. Please sign up.

WCAA presents Assistive Technology: Gadgets and Things on Wednesday, October 10 at 1:00 pm. The WCAA is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to remove barriers and increase independence in performing tasks of daily living. Demonstration on assistive devices such as magnifiers, phone amplifiers, vibrating alarm clock,

talking watch, and kitchen utensils to name a few. Please sign up!

Spooktacular Dance on Friday, October 12 at 1:00 pm. Kevin and Susan will lead this dance that includes a mix of freestyle and line dancing. No set price for the event, but a \$3 donation is appreciated to support future programs at the senior center. Refreshments provided by Green Funeral Home.

The Importance of Immunizations on Monday, October 15 at 1:00 pm. Join Kathy Curran from Filosa/Hancock Hall as she discusses the basics about the most important vaccines for older adults. Please sign up!

Who am I? Create Your Own History Book! A four-week series on Tuesday mornings October 16, 23, 30, and November 6 at 10:15 am. Enjoy trivia, discussion, and an exchange of ideas as we discuss some of the most important, interesting, and influential people of all time. Seating is limited, please sign up. This program is made possible by a donation from the Union Savings Bank.

Eat Smart, Live Strong on Wednesday, October 17 at 1:00 pm. Heather Peracchio, MS, RD, CD-N will close out this popular program that has been helping 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.**

Farm Market On the Move at Elmwood Hall on Wednesday, October 17 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.

Happy Feet with Dr. Gosnay on Wednesday, October 17 with appointments running from 9:00 am to 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.

Timeless Trivia on Fridays, October 19 and November 16 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!

Craft and Bake Sale on Friday, October 26 from 8:30 am to 3:00 pm! Be the first to see our home-made collections of crafts, quilts, knitware, crocheted items, delicious baked goods, plus our Unique Boutique. The Unique Boutique features gently used purses, scarfs, jewelry, knickknacks, plus much more. All proceeds from the Craft and Bake Sale benefit the Prime Timers, Inc., Friends of Danbury Seniors. Thank You!

Information Session: Veterans' Benefits—Federal and State on Monday, Oct 29 at 1:00 pm. State of CT Veterans Service Officers Peter DiMaria and Jason Cappola will provide information on both federal and state Veterans benefits. This will be followed by a questions and answers. Please sign up.

Lunch and Learn: Veterans' Benefits and Advanced Planning on Monday, November 5 at 12 noon. Learn how to protect your loved ones by making your final arrangements in advance. Also, learn about your VA burial benefits. Complimentary Veterans' planning guide. Sign up required.

Honoring Our Veterans on Friday, November 9 at 12:45. Join us as honor all those who have served our great country during times of war and peace. Inspiring words from Mayor Mark Boughthon, Danbury Council of Veterans Color Guard, and featured speaker Thomas Saadi, Commissioner of Veterans Affairs State of Connecticut. Cake, Coffee, and conversation. Please be sure to make a reservation for lunch with at least a 48 hour notice if you are interested in eating here before this event.

Liver Health Presentation on Wednesday, November 14 at 1:00 pm. Liver health can be affected by medications, viruses, diabetes, high cholesterol, diet, and more. Join us for a presentation to learn how you can take care of your liver and what questions to ask your doctor about your liver health. Please sign up!

Healthy Holiday Eating on Monday, November 19 at 1:00 pm. Join us as we welcome Ridge Crest at Meadow Ridge who will run a presentation on nutrition and healthy eating during the holidays. Please sign up!

Movie Club, Afternoon at the Movies will show the following: Monday, October 22: *I Can Only Imagine* and Friday, November 30: *The Leisure Seeker*. All movies begin at 12:45 pm. Refreshments will be provided. Movie review discussion will be led by Michelle after each movie.

Important Information from the Office of the Municipal Agent

Winter Energy Assistance

Each year, the State of Connecticut and EVERSOURCE offer energy assistance to help homeowners and renters offset the cost of heating their homes.

CEAP (Connecticut Energy Assistance Program) runs from November 1 thru May 1. This program will provide winter heating assistance for a household's primary heating source such as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets on behalf of eligible households.

The amount of heat assistance **may not** cover a household's entire winter heating costs.

The CEAP program is administered by COMMUNITY ACTION AGENCY OF WESTERN CT.

You may contact the agency at 203-748-5422 Ext. 3 to schedule an appointment. EVERSOURCE offers several types of payment assistance programs for renters and homeowners.

- **The New Start Program** can help eliminate an outstanding balance by setting up a payment schedule.
- **The Matching Payment Program** works together with CEAP. In this program the customer, CEAP and EVERSOURCE share in cost of heating the residence. You must qualify for CEAP in order to have the program.
- **Winter Protection Plan** provides for shut off protection for your electricity from November 1 thru May 1.
- **Weatherization services** are also available through EVERSOURCE to help improve the efficiency of heating your residence.

To find out more details of these programs contact EVERSOURCE Customer Service at 1-800-286-2000. Be sure to have a copy of your most recent bill to provide account information needed for the programs.


Eligibility for heating assistance programs is based on income and assets. Contact Community Action Agency of Western CT or EVERSOURCE to see if you qualify for any of the above programs.

Medicare Open Enrollment

Every year between October 15 and December 7 is open enrollment for Medicare. What does this mean for you? This is the time where you can make changes to your Medicare plans. Whether it is changing a Medicare D Plan (Prescription Drug), or changing a Medicare Advantage Plan, this is the time to see what plan meets your current needs. Appointments will run at Elmwood Hall from October 15 through December 7 between the times of 9:30 am and 12 noon. Please call 203-797-4686 to schedule your appointment. Appointments are required and you must bring a list of your current medications and your insurance card.














2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Fabric Pumpkin Craft Bridge, Pinochle 	2 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:15 am Meadow Ridge Tour 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg	3 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	4 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	5 10:00 am Zumba Gold 10:00 am Still River Walk 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View 
8  CLOSED FOR COLUMBUS DAY	9 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 Aging: Accepting your rights & rejecting abuse 1:00 pm Aerobics, Sports Talk, Mah Jongg	10 8:45 am Driver Safety Course 10:00 am Flu Shot Clinic 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Gadgets & Things Poker, Coloring Circle 1:30 pm Elmwood's FINEST	11 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 Medicare 2019 & You 1:00 pm Chair Yoga	12 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Spooktacular Dance 1:15 pm Your Point of View 
15 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Immunizations Talk Bridge, Pinochle 	16 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 10:15 am Who Am I? 12 noon Lunch 1:00 pm Aerobics, Sports Talk, Mah Jongg	17 9:00 am Happy Feet: Dr. Gosnay 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	18 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	19 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View 
22 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm: Movie Club: I Can Only Imagine 1:00 pm Bridge, Pinochle 1:00 pm Lion's Low Vision	23 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 10:15 am Who Am I? 12 noon Lunch 1:00 pm Aerobics, Sports Talk, Mah Jongg	24 10:00 am Flu Shot Clinic 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	25 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	26 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club Annual Craft & Bake Sale 8:30 – 3:00 pm
29 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Veteran's Benefits: Federal & State Bridge, Pinochle 1:00 pm	30 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 10:00 am Who Am I? 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg	31 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	Fall Fun Fabric Pumpkin Craft Meadow Ridge Tour & Lunch Still River Greenway Walk Bingo, Timeless Trivia Spooktacular Dance Who Am I? Movie Club: I Can Only Imagine Craft & Bake Sale	
Special Fall Programs Aging: Accepting your rights & rejecting abuse Gadgets & Things Immunizations/Vaccines Eat Smart, Live Strong Flu Shot Clinics Veteran's Benefits: Federal & State				

NOVEMBER

2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Fall Festival</p> <p>Sunday, November 18, 2018 The Amber Room Colonnade 11:00 am to 3:00 pm</p>	<p><u><i>Gather</i></u></p> <ul style="list-style-type: none"> BINGO Timeless Trivia Who Am I? Movie Club: <i>The Leisure Seeker</i> 	<p><u><i>Grateful</i></u></p> <ul style="list-style-type: none"> Honoring our Veterans <u>Lunch & Learn:</u> Veteran's Benefits and Advanced Planning Liver Health Talk Healthy Holiday Eating 	<p>1</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p>2</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>1:00 pm BINGO</p> <p>1:15 pm Your Point of View</p> 
<p>5</p> <p>9:00 am Quilt Club</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>12 noon Lunch & Learn: <i>Veteran's Benefits & Advanced Planning</i></p> <p>1:00 pm Bridge, Pinochle</p>	<p>6</p> <p>9:00 am Art Class</p> <p>9:00 am Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>10:15 am Who Am I?</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Sports Talk, Mah Jongg</p>	<p>7</p> <p>8:45 am Driver Safety Course</p> <p>9:00 am Yolanda's Hair Boutique</p> <p>10:00 am Line Dancing</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Poker, Coloring Circle</p> <p>1:30 pm Elmwood's FINEST</p>	<p>8</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p>9</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>12:45 pm Honoring our Veterans</p> <p>1:15 pm Your Point of View</p> 
<p>12</p> <p><u>In Observance Of</u> VETERANS DAY</p>  <p>Our office will be closed November 12, 2018</p>	<p>13</p> <p>9:00 am Art Class</p> <p>9:00 am Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>11:00 am Mayor's Advisory Grp</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Sports Talk, Mah Jongg</p> <p>4:00 pm Com. on Aging, City Hall</p>	<p>14</p> <p>10:00 am Line Dancing</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Liver Health Talk</p> <p>1:00 pm Poker, Coloring Circle</p> <p>1:30 pm Elmwood's FINEST</p> 	<p>15</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p>16</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>1:00 pm Timeless Trivia</p> <p>1:15 pm Your Point of View</p> 
<p>19</p> <p>9:00 am Quilt Club</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Healthy Holiday Eating</p> <p>1:00 pm Bridge, Pinochle</p> 	<p>20</p> <p>9:00 am Art Class</p> <p>9:00 am Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Sports Talk, Mah Jongg</p>	<p>21</p> <p>10:00 am Line Dancing</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Poker, Coloring Circle</p> <p>1:30 pm Elmwood's FINEST</p>	<p>22</p>  <p>We are closed today</p>	<p>23</p> 
<p>26</p> <p>9:00 am Quilt Club</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Lion's Low Vision</p> <p>Bridge, Pinochle</p> 	<p>27</p> <p>9:00 am Art Class</p> <p>9:00 am Tai Chi</p> <p>10:00 am Knit & Crochet</p> <p>12 noon Lunch</p> <p>1:00 pm Aerobics, Sports Talk, Mah Jongg</p>	<p>28</p> <p>10:00 am Line Dancing</p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Poker, Coloring Circle</p> <p>1:30 pm Elmwood's FINEST</p>	<p>29</p> <p>10:00 am Knit/Crochet Blood Pressure Screen</p> <p>10:30 am Freestyle Dance</p> <p>11:00 am Line Dance Practice</p> <p>12 noon Lunch</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Chair Yoga, Exercise Video</p>	<p>30</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p>12:45 pm Movie Club: The Leisure Seeker</p> <p>1:15 pm Your Point of View</p> 

Elmwood Hall Special Notice

Friends,



It is my pleasure to invite you to the

FALL FESTIVAL 2018

A luncheon & dance celebration!

Sunday, November 18  11 AM

Amber Room Colonnade, Danbury, CT

**Tickets are \$15 per person & available
at the Elmwood Hall Senior Center on
October 1st.**

**I had such a great time with you last
year and I cannot wait to do it again!**

I hope to see you there!

Sincerely,

Mayor Mark D. Boughton



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
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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
Bob Huttemann - Program Set Up Assistant
Kevin Burland - Van Driver
Pam Makin - Van Driver