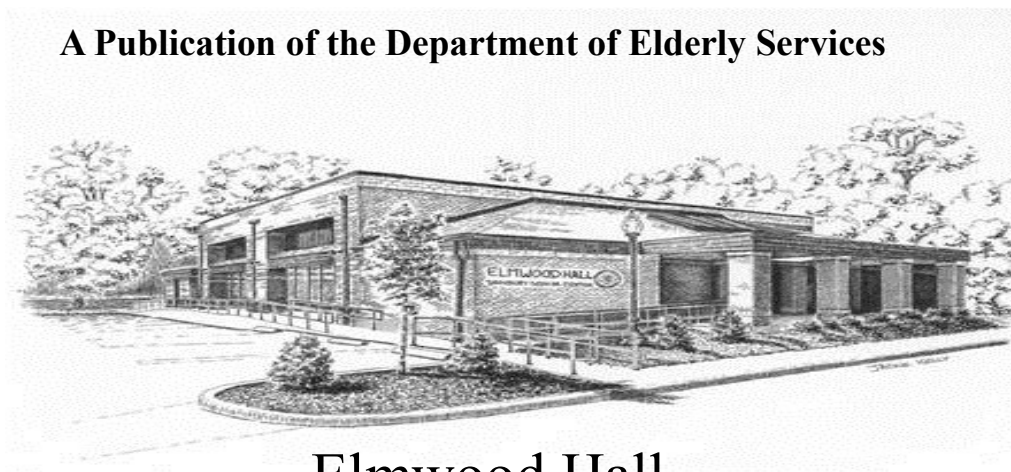


THE ELMWOOD EXTRA

Read All About It!

December 2018 / January 2019

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Bingo, Timeless Trivia

December & January are all about Movies!

Do you want to build a Snowman? Craft sponsored by Putnam Ridge

Elmwood's Finest Concert Performance

Annual Holiday Party

Danbury Library on the Move & One on One Tech Help

Decorating Cookies and more sponsored by Western Rehabilitation Care Center

Holiday Karaoke and Sing-A-Long with Kevin and Susan

Art Gottlieb presents: Abraham Lincoln

Lunch & Learn: Elder Law, Trusts, & Probate w/ Judge Dianne Yamin

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



With the Holidays upon us, we have lined up a full course of programs that we hope you will enjoy. We will continue to assist seniors with Medicare Open Enrollment by offering one on one counseling. We invite you to our annual Elmwood Hall Holiday Party or to come and decorate holiday cookies or even sing along at Holiday Karaoke. You might also enjoy visiting with our new therapy dog, Logan, or getting out for the afternoon for one of our many movie offerings. The spirit of the season is upon us and we look forward to spreading good cheer! As we move into the new year, we want to remind you that we can provide you with resources and answers to many questions from how to get help at home, to energy assistance, to home maintenance repairs and much more. I hope that you find something of interest in this newsletter and encourage you, when the weather is good, to get out and socialize with friends and family. Wishing you all a blessed holiday season and a healthy new year!

December / January



Do you want to build a snowman?

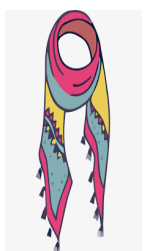
on Tuesday, December 4 at 1:00 pm. Join Jessica from Putnam Ridge as she leads us to make cheerful, easy to make snowman figures to welcome in to your homes for the holidays— don't worry, they won't melt! Sign up is required.



Elmwood's FINEST Performance

on Wednesday, December 5 at 1:00 pm. Join us as our talented chorus group, led by director Jill Weiss, showcase some of their musical favorites in their holiday season and year ending performance.

B-I-N-G-O! on Fridays December 7 and January 4 at 1:00 pm. The cost to play is \$3 and will include 7 exciting games.



Unleash your inner Picasso with Silk Scarf Painting

on Monday, December 10 at 1:00 pm. Instructional Silk Scarf painting with Dana brought to you by River Glen Health Care Center. Seating is limited to 8 participants. Sign up required!



Elmwood Hall's Annual Holiday Party

on Thursday, December 13 from Noon to 3:30 pm. Celebrate the Holiday/Winter Season with freestyle and line dancing led by our own Kevin Burland. Be sure to wear red, white, or silver to blend with our color theme. It is also National Cocoa Day and you will be able to enjoy a Hot Chocolate Bar sponsored by Western Rehabilitation Care Center ☕ There will be a few raffle items as well! CW Resources will be serving a special holiday meal for lunch that day consisting of stuffed chicken, oven roasted potatoes, carrots, peas, dinner roll and for dessert, cheesecake with strawberries. You **MUST** sign up by **Monday, December 10.** The cost is \$8 and is due at the time you sign up.



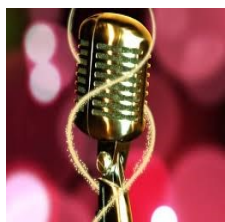
Timeless Trivia on Fridays, December 14 and January 18 at 1:00 pm. Join a team of 4 and test your knowledge. Anyone is welcome to come watch and be a part of the audience. Please sign up!



Danbury Library On the Move and One-on-One Tech Help Sessions, on Monday, December 17 and Tuesday, January 22 with appointments beginning at 11:00 am. Go further with your computer and technology skills. Book a 20 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.



Decorating Holiday Cookies and more on Tuesday, December 18 at 1:00 pm. Join us for some traditional holiday fun, with Alexandra from Western Rehabilitation Care Center. We will put together Rudolph Hot Cocoa gift bags, Santa Hat Sleighs, Candy Cane Snowmen, and of course decorate holiday-themed cookies! This is an event, not to be missed! Sign up required!



Holiday Karaoke and Sing-A-Long with Susan & Kevin on Friday, December 21 at 1:00 pm. Come and sing out strong to your favorite holiday song! A list of songs to be sung will be provided with lyrics. If you have a personal favorite, be sure to let us know ahead of time. Please sign up!



Art Gottlieb presents: Abraham Lincoln on Monday, January 7 at 1:00 pm. Abraham Lincoln led the United States through its most painful and greatest political crisis, the American Civil War. Assassinated in April of 1865, Lincoln is best remembered for his efforts towards the abolition of slavery and preservation of the Union. Please join us for this special presentation. Sign up required.



Just Dance in January on Friday, January 11 at 1:00 pm. Come down to Elmwood Hall and join DJ Kevin for some fun freestyle and line dancing! \$3 donation is appreciated.



Lunch & Learn: Elder Law, Trusts, and Probate on Wednesday, January 23 at 12 noon. Attorneys Tom and Michele Murphy along with Judge Dianne Yamin will team up to present pertinent information regarding Elder Law, Trusts, and what's new with probate. Lunch will be provided by Bethel Health Care/Cascades. The snow date, if needed, is January 30. You must sign up in advance for this program.



Wii Bowling ONE Day Tournament on Friday, January 25. Games will run every half hour starting at 10:00 am (with a break for lunch) and running through 3:30 pm. Times are subject to change depending on the number of participants. There will be a \$5 charge to participate and that includes lunch. For more information or to sign up and play, please contact Michelle at Elmwood Hall, 203-797-4686.



Attention Movie Club Attendees! Some of the movies are rated "R" by the Motion Picture Association and may contain language or scenes that some find offensive. Please use your own judgment as to whether the movie is right for you.

DECEMBER:
















Monday, Dec. 3 - Forever My Girl, (PG)
Wednesday, Dec. 19 - Love the Coopers, (PG-13)
Friday, Dec. 28 - Ferdinand, (PG)

JANUARY (Wednesdays):

Jan. 2- Jumanji, (PG-13)
Jan. 9 - Three Billboards Outside Ebbing, MO, (R)
Jan. 16 - The Big Sick, (R)
Jan. 30-Mamma Mia Here We Go Again, (PG-13)
















2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie Club: <i>Forever My Girl</i> 1:00 pm Bridge, Pinochle	4 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Do you want to build a Snowman craft? 1:00 pm Aerobics, Mah Jongg	5 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Chorus Concert 1:00 pm Poker, Coloring Circle 	6 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	7 10:00 am Zumba Gold 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View 
10 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 1:00 pm Silk Scarf Painting 	11 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 Aerobics, Mah Jongg 4:00 pm Com. on Aging, City Hall	12 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 	13 12 noon Holiday Lunch 1:00 pm Holiday Party 	14 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View 
17 9:00 am Quilt Club 11:00 am Danbury Library OTM 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	18 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Decorating Cookies 1:00 pm Aerobics, Mah Jongg	19 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie Club: <i>Love the Coopers</i> 1:00 pm Poker, Coloring Circle	20 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	21 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Holiday Karaoke 1:15 pm Your Point of View 
24 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	25 	26 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 	27 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	28 10:00 am Zumba Gold 12 noon Lunch 12:45 pm Movie Club: <i>Ferdinand</i> 1:15 pm Your Point of View
31 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	 Elmwood's FINEST Chorus Concert Wed. Dec. 5 1:00 pm	Holiday Hoopla! Snowman Craft, Dec. 4 at 1:00 pm Decorating Cookies & more, Dec. 18 at 1:00 pm Holiday Karaoke/Sing-a-long, Dec. 21 at 1:00 pm	 December 13th Noon to 3:30 pm Wear Red, White, or Silver	 Dec. 3, Forever My Girl Dec. 19, Love the Coopers Dec. 28, Ferdinand

JANUARY

2019 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch & Learn, Jan. 23, 12 noon Lunch provided by Bethel Health Care/Cascades with Guest Speakers: Attorneys Tom & Michele Murphy along with Judge Dianne Yamin Elder Law, Trusts & Probate	1 	2 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie Club: Jumanji 1:00 pm Poker, Coloring Circle	3 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	4 10:00 am Zumba Gold 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View 
7 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Art Gottlieb presents: Abraham Lincoln 1:00 pm Bridge, Pinochle	8 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 	9 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie Club: Three Billboards Outside Ebbing, MO 1:00 pm Poker, Coloring Circle	10 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	11 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Just Dance 1:15 pm Your Point of View 
14 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	15 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 Aerobics, Mah Jongg 4:00 pm Com. on Aging, City Hall	16 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie Club: The Big Sick 1:00 pm Poker, Coloring Circle	17 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	18 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View 
21 	22 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Danbury Library OTM 12 noon Lunch 1:00 pm Aerobics, Mah Jongg Tai Chi	23 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12 noon Lunch and Learn 1:00 pm Poker, Coloring Circle 	24 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	25 10:00 am Zumba Gold 10:00 am Wii Bowling Tourney 12 noon Lunch 1:15 pm Your Point of View 2:30 pm Page Turner's Book Cl
28 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle 	29 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Mah Jongg 	30 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 12:45 pm Movie Club: Mamma Mia 2 1:00 pm Poker, Coloring Circle 	31 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 	Art Gottlieb presents:  Abraham Lincoln January 7 at 1:00 pm

Important Information from the Office of the Municipal Agent



Winter Energy Assistance



The Connecticut Energy Assistance Program is administered by the Department of Social Services, and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies. On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Homeowners and renters may apply. Call Community Action Agency of Western CT at **203-748-5422** to see if you are eligible.

A Brush With Kindness

Low Cost Home Repair and Painting Service

The City of Danbury Department of Elderly Services in partnership with Housatonic Habitat for Humanity has received a grant from the State of CT – Western CT Area Agency on Aging via the Older Americans Act to expand services for Housatonic Habitat for Humanities' A Brush with Kindness program, a low-cost home repair and painting service. Types of work that can be performed include, phone outlet repair, smoke detector installation, window panes repaired, vinyl flooring repair, drywall repair, etc. For a full list of home repairs and to get information about eligibility criteria, please call the City of Danbury Department of Elderly Services at 203-797-4686, or send email to info@danburyseniors.org, or stop by the Elmwood Hall Senior Center at 10 Elmwood Place, Danbury, CT. Funding is limited. You must be a resident of Danbury, Bethel, New Fairfield, Newtown, New Milford, Redding, Ridgefield, Sherman, or Brookfield. Screening for eligibility will begin December 10, 2018.



Inclement Weather Policy:

As we move toward Winter please be reminded of our inclement weather policy. If the Danbury Schools are closed, so are we. If Danbury schools are delayed, we open at our normal time. Closings are announced on WLAD radio 800 AM, Channel 3 and Channel 8 TV.

Elmwood Hall Photos and News Briefs



Logan is showing off his tutu and dance moves to the students of St. Peter's School on Halloween!



Showing off our fabric pumpkins which was sponsored by Putnam Ridge!



Several of our seniors enjoyed the hike at the Still River Greenway in Brookfield on October 5. The hike was led by Susan and Logan!



Pictured above are Mayor Mark Boughton and Thomas Saadi, the CT Commissioner of Veterans Affairs, as they stand with the Danbury Council of Veterans to honor Veterans here at Elmwood Hall on November 9.



A special thanks to John and Sahara from Green Funeral Home for sponsoring our Spooktacular Dance! Guests enjoyed Donuts of Doom, Ghost Bites and a delicious Witches Brew as well as the sounds of DJ Kevin!

Elmwood Extra ~ Read All About It

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

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