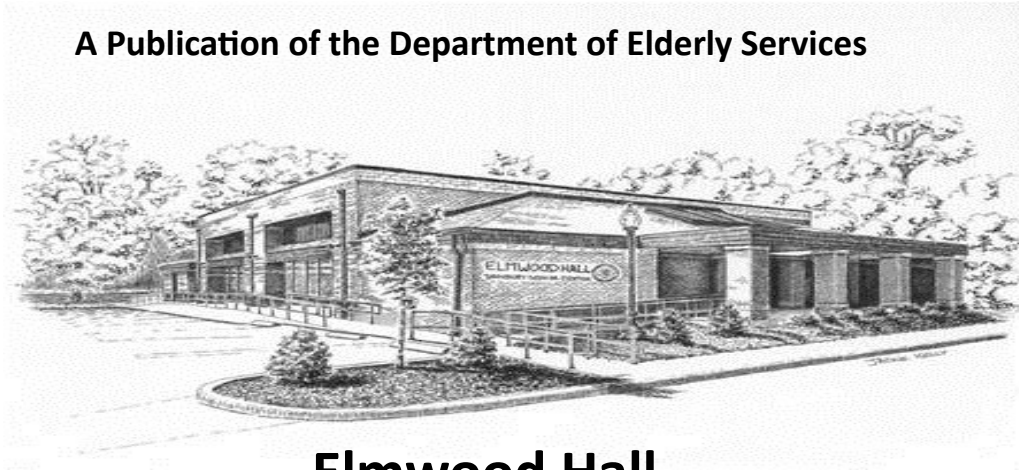


# THE ELMWOOD EXTRA

Read All About It!

February / March 2019

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

Healthy Heart Eating presentation  
Valentine's Day and St. Patrick's Day Dances  
Fall in Love with Danbury History  
Therapy Dog visits with Logan  
Movie Club Madness during February and March  
Coffee House Fridays! Ms. Janine Sings and The Bella's  
Danbury Library on the Move & One on One Tech Support  
Art Gottlieb presents: The Best Days Of Our Lives

## 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

## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



With the year 2019 upon us, we have taken the opportunity to make some improvements to our bi-monthly newsletter! In order to include ALL of the daily programs that we offer here at Elmwood Hall - Danbury Senior Center, we have replaced our calendar section with a comprehensive two page description of everyday programs and class offerings. In our "special highlights" section, we will continue to focus on the new programs that we excitedly bring you each month through the efforts of so many of our amazing community partners. We are hoping that these improvements will provide a more accurate account of the numerous and wonderful opportunities that are available to Danbury seniors age 60 and up. As always, we look forward to seeing you here, whether it be for one of our programs or a cup of coffee!

## February/ March Special Highlights

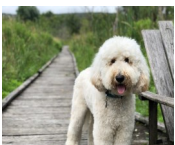
**Heart Healthy Eating** on Thursday, February 7 at 1:00 pm. Join Samantha, a dietician from Western Rehabilitation Care Center as she discusses food choices to help keep your heart healthy!

**Valentine's Dance** on Friday, February 8 at 1:00 pm with DJ Kevin Burland. Be sure to wear Red, Pink or White. Suggested donation of \$3.



**Fall in Love with Danbury History** on Wednesday, February 13 at 1:00 pm. Join Brigid Guertin from the Danbury Museum as she talks about the interesting history of the city of Danbury.

**Therapy dog visits with Logan** on Tuesdays: February 19, & March 19 at 1:30 pm. Statistically proven to reduce blood pressure, and increase oxytocin, dogs are just good for the soul. If you miss having a one or just want to spend time with one, come visit ours at the center!



**Danbury Library On the Move and One-on-One Tech Help Sessions**, on Wednesday, February 20, and Thursday, March 21 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 Elmwood Hall to schedule your appointment.

**Introducing Coffee House Fridays at Elmwood Hall** on February 22 at 1:00 pm featuring Ms. Janine Sings and on March 22 at 1:30 pm featuring the sounds of The Bella's. Join us for various blends of delicious coffee, refreshments, and live entertainment! Small donation appreciated.





**St. Patrick's Day Dance** on Friday, March 9 at 1:00 pm with DJ Kevin Burland! Be sure to wear Green! Suggested donation \$3.

**Art Gottlieb presents:**  
**The Best Years of our Lives**

on Monday, March 18 at 1:00 pm. Winning seven Academy awards in 1946, Samuel Goldwyn's production of "The Best Years of our Lives" followed the difficulties faced by 3 US servicemen being abruptly returned to civilian life after years of wartime service overseas. The film, beyond its critical acclaim and commercial success, was a timely and significant study of the challenges faced by combat veterans, including PTSD.



**A Brush With Kindness**

**Low Cost Home Repair & 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, dry-wall 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. 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.

**A New Dining Experience is Coming!**

Danbury Farmers Market Community Collaborative along with Elmwood Hall, is offering Danbury Senior residents the opportunity to enjoy delicious and nutritional meals at four of downtown Danbury's premier restaurants thru the program called Danbury Senior Diners Club (DSDC). The DSDC meal coupons will be sold in books of five for a cost of \$15. Each \$3.00 coupon (non-refundable) will entitle the purchaser to a \$12 value nutritious meal from the DSDC menu at each participating restaurant. Coupon books will be on sale at Elmwood Hall on Thursday, February 7, 21 and March 7 from 12 noon until 1:00pm.

**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 judgement as to whether the movie is right for you.



**February 6—Home Again**  
**February 20—Crazy Rich Asians**  
**February 27—I Feel Pretty**

**WEDNESDAYS**  
**@ 12:45 PM**

**March 6—Beautiful Boy**  
**March 13— Bohemian Rhapsody**  
**March 20—Green Book**  
**March 27—A Star is Born**



## **Every Day Class Offerings & Programs At Elmwood Hall**



### **HEALTH AND WELLNESS**



**Strength Training** – ***Mondays and Wednesdays at 11:15 am.*** This class helps you stay strong and maintain your muscles. The fee is \$2 per class.

**Tai Chi** – ***Tuesdays at 9:00 am.*** This class is proven to help reduce stress and improve concentration, balance, strength, and flexibility. The fee is \$2 per class.

**Aerobics** – ***Tuesdays at 1:00 pm.*** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and cardiovascular health. The fee is \$2 per class.

**Line Dance Practice Class** – ***Wednesdays at 9:30 am and Thursdays at 11:00 am.*** Come practice your steps and get some exercise at the same time. Free.

**Line Dancing Instruction** – ***Wednesdays at 10:00 am.*** Line dancing is a great way to exercise, improve your coordination, share a laugh with friends and have fun. The fee is \$2 per class.

**Freestyle Dance Group** – ***Thursdays 10:30 am.*** The number one reason people develop disease is due to a sedentary lifestyle. Join this group so you can move, dance, and just have fun. All are welcomed. Free.

**Chair Yoga** - ***Thursdays at 1:00 pm.*** Focusing on relaxation, breathing, and gentle postures, yoga for older adults can ease suffering caused by many ailments including arthritis, chronic pain, and heart disease. The fee is \$2 per class.

**Exercise with Video** – ***Thursdays 2:15 pm.*** This gentle and effective form of exercise called Walk-aerobics burns calories, improves coordination and balance and boosts cardio strength. Free.

**Zumba Gold** – ***Fridays at 10:00 am.*** Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. The fee is \$2 per class.

**Senior Nutrition Lunch Program** – ***Monday through Friday, served at 12 noon.*** Nutritionally balanced, hot meal. Suggested \$3 donation with a required reservation of 48 hours in advance.

**Blood Pressure Screenings** – ***Thursdays (1st, 2nd, & 3rd) at 10:00 am.*** Blood pressure is one of the most important screenings because high blood pressure usually has no symptoms so it can't be detected without being measured. Free.



## EDUCATION/LIFE LONG LEARNING



**Mayor Boughton's Senior Advisory Council** – *Tuesdays, February 12 and March 12 at 11:00 am.* Mayor Boughton values the contributions of the Danbury Senior Community and comes to Elmwood Hall to update citizens on the state of the city, answer your questions and hear your concerns.

**Timeless Trivia** – *Fridays, February 15 and March 15 at 1:00 pm.* Come test your knowledge and memory! The game is played in teams of four.

**Your Point of View** – *Meets Fridays at 1:15 pm.* Current events discussion group that takes on a variety of topics. All are welcomed to participate.

**Page Turners Book Club** – *Fridays, February 22, and March 29 at 2:30 pm.* This group reads a variety of books, mostly fiction, but every now and then nonfiction is included.



## LEISURE TIME ACTIVITIES



**Quilt Society** – *Mondays at 9:00 am.* The Elmwood Hall Quilt Society hand stitches quilts for pleasure and to donate to charity. Beginners are always welcomed. Free.

**Bridge Club** – *Mondays at 1:00 pm.* A trick-taking game played with a deck of 52 cards and a group of four. Become a regular player or get on the sub list. Free.

**Art Class** – *Tuesdays at 9:00 am.* A mixed media class taught with work varying from miniatures to murals, portraits, still life, and landscapes. Beginners to advanced artists are welcome. *The fee is \$2 per class.*

**Knit and Crochet Club** – *Tuesdays and Thursdays 10:00 am.* Share patterns and yarn, conversation and coffee and support each other when trying something new. Free.

**Mah Jongg** – *Tuesdays at 1:00 pm.* Similar to the Western card game rummy, Mah Jongg is a game of skill, strategy, and calculation that involves a certain degree of chance. Free.

**Poker** – *Wednesdays at 1:00 pm.* Played with chips, this group meets weekly for a spirited game of chance and skill. \$2 buy in.

**Hat City Wood Carvers** – *Thursdays at 12:30 pm.* All woodcarvers – beginners to masters welcomed. Members work on their own projects led by one of their more experienced members. Free.

**Elmwood's Finest Chorus** - *Wednesdays at 1:30 pm.* Love to sing or play an instrument? All singers and musicians welcomed. No experience necessary. Rehearsals run in the Fall and Spring with two performances per year. Free.

**BINGO** - *Fridays, February 1 and March 1 at 1:00 pm.* *The fee to play is \$3* and includes one card and seven games.

**Pinochle** - *Every day at 1:00 pm.* Join us for this card game where the object is to score points for various combinations and to win tricks. Free.





## **BENEFITS AND SUPPORT INFORMATION**



### **Rent Rebate—2019**

- If you applied last year, an application will be mailed to you by the end of March.
- If you applied last year and have moved, please give us a call, 203-797-4686.
- Dates to apply for this program run from **April 1 to October 1**.
- New applicants **MUST** set up an appointment with Michelle or Joyce at the Danbury Senior Center **after June 3rd**. Please call 203-797-4686.

**Elderly Tax Relief Programs** — Information provided by the Danbury Tax Assessor's Office. Please call the Tax Assessor's Office 203-797-4556 for more details and **to APPLY**.

*Tax Relief Filing Period:* February 1 – May 15

*Veteran's Filing Period:* February 1 – October 1

**AARP Income Tax Assistance:** *February 5 through April 11 on Tuesdays and Thursdays from 8:30 am to Noon.* Free service is provided by volunteers from AARP who assist clients at Elmwood Hall. Clients are required to bring proper form of identification (Driver's License, Social Security Card), their 2017 tax return as well as all necessary documents for their 2018 tax return. Appointments are required.

**AARP Smart Driver Course** – *April 3 from 8:45 am to 1:00 pm. Cost is \$ 15 for AARP member and \$ 20 for non-members.* The nation's first and largest refresher course for drivers age 50 and older. It has given millions of drivers the skills and tools they need to drive safely on today's roads, allowing them to remain independent for many years to come.

**Lions Club Low Vision Support Group** – *4<sup>th</sup> Monday of each month (except January and February) from 1:00 pm to 3:00 pm. Free.* The support group provides a place for seniors to come together for support, education and social interaction.



### **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



Congratulations to our December BINGO Winners! Each person pictured above won a \$25 Visa Gift Card compliments of our sponsor, Mike and Joan from Mike's Towing & Collision Center, Inc in Danbury. Thank you for your generosity!



Pictured above are Jim, Jimmy, and Peter, performing Garth Brooks', Friends in Low Places during Elmwood's Finest Chorus Concert on December 5.



A special thanks to Alexandra from Western Rehabilitation Care Center for spreading some holiday cheer with Holiday Cookie Decorating and More!



## ***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 listing of our programs please visit 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  
Bob Huttemann - Program Set Up Assistant  
Jose Fuentes - Program Set Up Assistant  
Kevin Burland - Van Driver  
Pam Makin - Van Driver