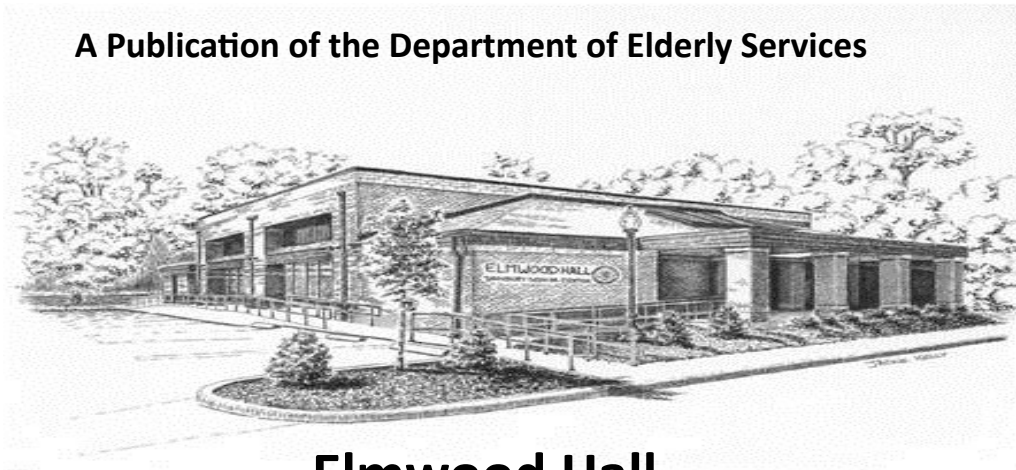


THE ELMWOOD EXTRA

Read All About It!

April / May 2019

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Monthly Dances: Spring in to Spring and May Flowers Dance
String Egg Spring Craft with Karen

Know How to Go: About the SweetHART Bus and Transportation

Coffee House Fridays with Billy Michael and Al Rivoli

Stroke Awareness

Dementia Friends Connecticut

US History: The Most Fun You will Have Learning About US History!

Older Americans Month: Connect, Create, Contribute

City of Danbury

Department of Elderly Services

Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services

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10 Elmwood Place, Danbury, CT 06810

www.danburyseniors.org

Tel. 203-797-4686

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Originally named Senior Center Month by President John F. Kennedy, Older Americans Month has been recognized in the US since 1963. It came about after President Kennedy met with the National Council of Senior Citizens to hear about their needs and what was important to them. A proclamation followed shortly afterwards that stated each year in May the nation would pay tribute to its older citizens. This year's theme is Connect, Create, Contribute. Please join us on May 23 for our Older Americans Month event and connect with others, create with paint and clay, and contribute to Ben's Bells Kindness project.

**Elmwood Hall will be CLOSED on
Friday, April 19 and Monday, May 27.**

April/ May Special Highlights

BINGO, on Monday, April 1 at and Friday, May 3 at 1:00 pm. We will play 7 games and the cost is \$3. Door prizes from our monthly sponsors too.

Timeless Trivia on Friday, April 5 and Friday, May 17 at 1:00 pm. Come and check out the ALL NEW and best way to play the game that incorporates technology. The game is played in teams of 4 so come out and have some fun.

Fall in Love with Danbury History on Tuesday, April 9 at 1:00 pm. Join Brigid Guertin from the Danbury Museum as she talks about the interesting history of the city of Danbury.

Spring in to Spring Dance on Friday, April 12 at 1:00 pm and **May Flowers Dance** on Friday, May 10 with DJ Kevin Burland! Free-style and line dancing, refreshments and punch. Spring themed fashion encouraged. Suggested donation \$3.

String Egg Spring Craft with Karen, on Wednesday, April 17 at 1:00 pm. Join Karen as she leads the group in making gorgeous string eggs. No experience required! You must sign up!

Danbury Library On the Move and One-on-One Tech Help Sessions, on Monday, April 22, and Tuesday, May 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.

Know How to Go, Hart Transit Talk on Tuesday, April 23 at 1:00 pm. Join us to learn about all of the transportation that Hart Transit provides, especially the SweetHART bus, Danbury's dedicated transportation system for seniors.



Coffee House Fridays at Elmwood Hall on April 26 at 1:00 pm featuring Billy Michael and on May 31 at 1:00 pm featuring Al Rivoli. Join us for various blends of delicious coffee, refreshments, and live entertainment! Small \$2 donation appreciated.

Stroke Awareness on Monday, May 6 at 1:00 pm. National Stroke Awareness Day was proclaimed in 1989 by President George H. W. Bush. It had been observed for many years before the proclamation. One of their biggest campaigns is FAST, teaching the world to know the symptoms of stroke and how to respond quickly to help save a life. Join staff of Filosa / Hancock Hall to learn about FAST and how it could save a life.

Understanding Hearing Loss and How it Affects your Life on Tuesday, May 7 at 1:00 pm. Untreated hearing loss can lead to stress, depression, loneliness and social isolation. Come learn about new options in hearing aides with Frank Scarfi from Quality Hearing Aid Center.

American History: The Most Fun You will Have Learning About US History! A 12 week series where you will enjoy trivia, discussion, and an exchange of ideas as we discuss some of the most important, interesting, and influential people and events that make up the history of America. Led by Susan and Kevin this series begins on Tuesday, May 14. Meets weekly at 1:00 pm. At the end of the 12 weeks, participants will have a completed history book to take home. Please sign up as seating is limited. This program is supported by a grant from the Union Savings Bank.

Dementia Friends on Monday, May 20 at 1:00 pm. Join a growing movement of people like you who are helping fellow community members living with dementia. Be a Dementia Friend. This will be a informational session to

learn about this worldwide movement, about living with dementia, and the simple things that can support someone living with the disease. Presented by the Western CT Area Agency on Aging.



May is Older Americans Month: ***The theme for 2019 is Connect, Create, Contribute.*** Please join us and the students from St. Peter's School on Thursday, May 23 at 1:00 pm to Connect, Create, and Contribute by painting the clay pieces that make up Ben's Bells. Ben's Bells inspires individuals and communities to practice kindness as a way of life. Sponsoring partners include Western Rehabilitation. Please sign up for this event.

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.



There will be a Suggested \$1 donation for attending the movies.
All movies start at 12:45 pm.

Movie Mondays in April

- April 8: Mamma Mia 2—Here We Go Again
- April 15: Instant Family
- April 22: Dumplin'
- April 29: The Last Word

Movie Wednesdays in May

- May 1: Life Itself
- May 8: What They Had
- May 15: Second Act
- May 22: Boy Erased
- May 29: The Upside

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, April 9 and May 14 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, April 5 and May 17 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, April 26, and May 31 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 welcome. 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 - *Monday, April 1 and Friday, May 3 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 has already been mailed out.
- 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.

Requirements for Eligibility:

*Applicants **MUST** be:*

- 65 as of 12/31/18 or receiving Social Security Disability benefits and over the age of 18
- Have resided in the State of Connecticut for one full year at some time in your life and also be a resident during the State during the time of application.
- 2018 income must not exceed \$36,000 (single person) and \$43,900 (married couple)

Please Note:

If you received cash benefits from the Department of Social Services (DSS), your rebate amount may be reduced or you may not qualify.

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 Smart Driver Course – *May 1 and June 5 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 – *4th 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.

Elmwood Hall Photos and News Briefs



Pictured above, Red, is dancing with the students from St. Peter's School as they were here to celebrate their Catholic Schools Week



Special Thanks for Lisa O'Connor from Regional YMCA of Western Ct. for sponsoring BINGO!



First Coffee House Friday at Elmwood Hall was a SUCCESS!! Special thanks to Ms. Janine for a great performance!

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

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