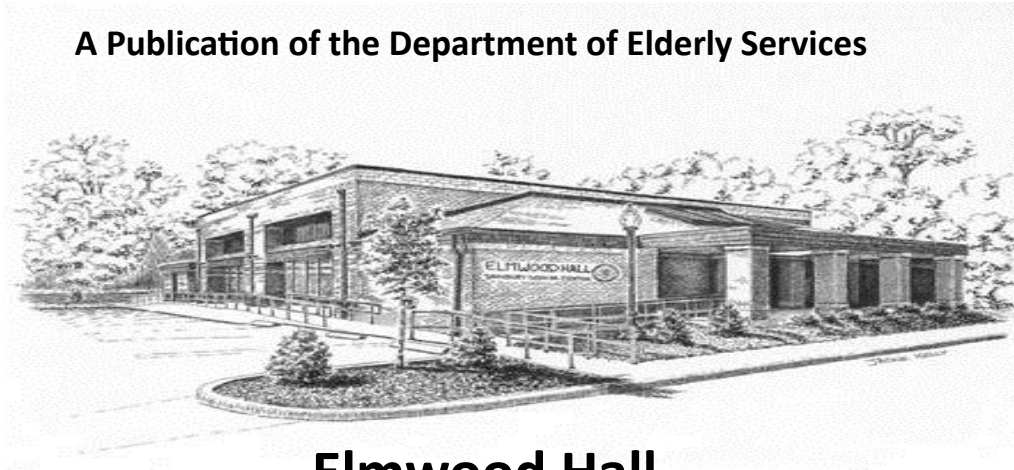


THE ELMWOOD EXTRA

Read All About It!

June / July 2019

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Aging Mastery Program

Working the Trains: The Career of MTA K9 Johnny

Elmwood's Finest Concert Performance

Happy Feet Program with Dr. Richard Gosnay

Seniors Eating Well (formerly Eat Smart Live Strong)

Farm Market On-the-Move at Elmwood Hall

Annual Hike at Tarrywile Park

Brain Health / Education

Trips to Ferris Acres Creamery and the Cream and Sugar Cafe

A Visit from Christine's Critters

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

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Where do you go when you have questions about Aging? Questions like: I need some help at home to do my grocery shopping, or I'm not driving now, how will I get to the doctor. Sometimes questions come up about where one might live now that I don't want to have to mow the lawn or shovel snow. We have information on these and many other questions here at the Elmwood Hall Senior Center. We help people get energy assistance, get medication delivered to their home, find used walkers and wheelchairs and so much more. Give us a call or stop by with questions or just to chat, we are always here to help.

**Elmwood Hall will be CLOSED on
Thursday, July 4th for Independence Day**

June / July Special Highlights

Bingo on Friday, June 7 at 1:00 pm. We will play 7 games and the cost is \$3. Door prizes from our monthly sponsors too. **Special Hot Dog Bingo** on Monday, July 1 at 1:00 pm. Cost is \$5 and that includes hot dog lunch.

Timeless Trivia on Friday, June 21 and Friday, July 19 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.

Summer Sunshine Dance on Friday, June 14 at 1:00 pm and **Red, White, and Boom! Dance** on Friday, July 12 at 1:00 pm, both with DJ Kevin Burland! Freestyle and line dancing, refreshments and punch. Wear orange and yellow in June and red, white, and blue in July. \$3 donation.

Working the Trains: The Career of MTA K9 Johnny and his Handler, Officer Kevin Pimpinelli on Wednesday, June 5 at 1:00 pm. Officer Kevin Pimpinelli spent 25 years working for the MTA (Metropolitan Transportation Authority), the last 12 years as a K9 officer. In this presentation, "Working the Trains," Officer Pimpinelli will describe his years of service working with K9 Johnny, an explosive detection dog. K9 Johnny, a German Shepherd Dog, will be on hand to demon-

strate his skills and have a meet and greet with all participants. Come learn about his extraordinary service as a K9 dog, working in New York City's Grand Central Station and surrounding areas.

Annual Hike at Tarrywile Park with Susan & Logan on Friday, June 7 at 10:00 am. We will meet in the parking lot across from Immaculate High School and hike the one mile easy loop around the pond. Be sure to wear sturdy shoes, long pants, and a sun hat. Bug spray is a must and will be provided. Hiking pole suggested. Please be comfortable walking a mile on an unpaved, uneven trail that has rocks and roots. Light refreshments served after the hike. Van rides provided to the park from the senior center. Van departs senior center at 9:30 am. Please sign up!

Aging Mastery Program begins on Tuesday, June 11 and runs for 10 weeks. Week 11 is a graduation ceremony. The Aging Mastery Program is a program outlined by the National Council on Aging that teaches older adults how to master behaviors that lead to improved health, stronger financial security, and overall well-being. The program is held at Elmwood Hall and facilitated by the Regional YMCA of Western CT. Area experts will be brought in as guest speakers on topics to include:

Medication Management, Healthy Relationships, Sleep, just to name a few. The program includes a core curriculum guide, journal, small gifts and incentives, and a final graduation ceremony. Program participants must be willing to attend 7 out of 10 core sessions to graduate. Please register with the Elmwood Hall membership desk or by calling 203-797-4686.

Is your Memory loss really Dementia? or is it.....

on Tuesday, June 11 at 1:00 pm. Is your memory loss dementia or is it: normal aging? depression? sleep disturbance? a medical condition such as B12 deficiency? and / or many others factors. Come hear Dr. Susann Varano explore all the possibilities. Dr. Varano is a Yale University trained physician who is double board certified in both Internal Medicine and Geriatric Medicine. Sponsored by the Danbury Commission on Aging.

Elmwood's Finest Concert Performance

on Wednesday, June 12 at 1:00 pm. Under the direction of Jill Weiss, this year's performance theme is "A Tribute to Music" featuring songs with music in the title or Broadway shows about music. Always popular, all are welcome to enjoy the show.

Happy Feet Program with Dr. Richard Gosnay

on Wednesday, June 19. Happy Feet is a wellness foot program that includes one-on-one time with Dr. Gosnay, a thorough foot exam, and toe-nail clippings. Appointments are scheduled between 9 am—12 noon. The cost is \$5 and you must call the center in advance for an appointment.

Danbury Library On the Move and One-on-One

Tech Help Sessions, on Wednesday, June 19 and 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.

Seniors Eating Well (formerly Eat Smart Live

Strong) on Wednesdays, June 19 and July 17, both at 1:00 pm. Heather Peracchio, MS, RDN, CD-N will again lead the popular program, now called "Seniors Eating Well" 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 \$15 gift certificates to the Farmer's Market to

those who attend. **Sign up is required for each date.**

Farm Market On the Move at Elmwood Hall

on Wednesdays, June 19 and July 17 from 11:00 am to 3:00 pm. Clatter Valley Farm of New Milford will bring their fresh vegetables and produce. Cash, credit cards, SNAP cards, "Seniors Eating Well" (formerly Eat Smart, Live Strong) gift certificates and state department of agriculture checks will be accepted.

Healthy Living for Your Brain and Body: Tips from the latest research

on Wednesday, June 26 at 1:00 pm. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. Presented by the Alzheimer's Association of CT.

Trip to Ferris Acres Creamery

on Friday, June 28 at 1:00 pm. Van ride provided or you may drive over on your own. You must pay for your own ice cream. Please sign up!

A Visit from Christine's Critters

on Monday, July 8 at 1:00 pm. An education and interactive presentation with live birds of prey and reptiles. Learn about majestic birds of prey and fascinating reptiles with Christine Peyreigne, a licensed falconer, wildlife rehabilitator, and educator. Please sign up.

Trip to the Cream and Sugar Café

on Friday, July 26 at 1:00 pm. Van ride provided or you may drive over on your own. You must pay for your own ice cream. Please sign up!

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 June

— June 3: *The Mule*, June 10: *Welcome to Marwen*, June 17: *Fighting with My Family*, June 24: *Isn't It Romantic*

Movie Mondays in July

— July 15: *JAWS*, July 22: *A Chorus Line*, July 29: *Can You Ever Forgive Me*

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, June 11 and July 9 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, June 21 and July 19 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, June 28 and July 26 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 - **OFF FOR THE SUMMER—REHEARSAL RESUMES ON WEDNESDAY, SEPTEMBER 4 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 - *Friday, June 7 at 1:00 pm.* *The fee to play is \$3 and includes one card and seven games.* **Special Hot Dog BINGO** on Monday, July 1 at 1:00 pm. The fee is \$5, which includes games and hot dog lunch.

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.

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, 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. Funding is limited. You must be a resident of Danbury, Bethel, New Fairfield, Newtown, New Milford, Redding, Ridgefield, Sherman, or Brookfield. Screening for eligibility required!

AARP Smart Driver Course – 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



Volunteers from AARP assisted with completing 481 tax returns for Danbury seniors this year. Thank you volunteers for all of your hard work!



Thank you to HART Transit and The Kennedy Center for the informative presentation on transportation for seniors in the Danbury area.



Coffee House Fridays at Elmwood Hall with featured singer Billy Michael!

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