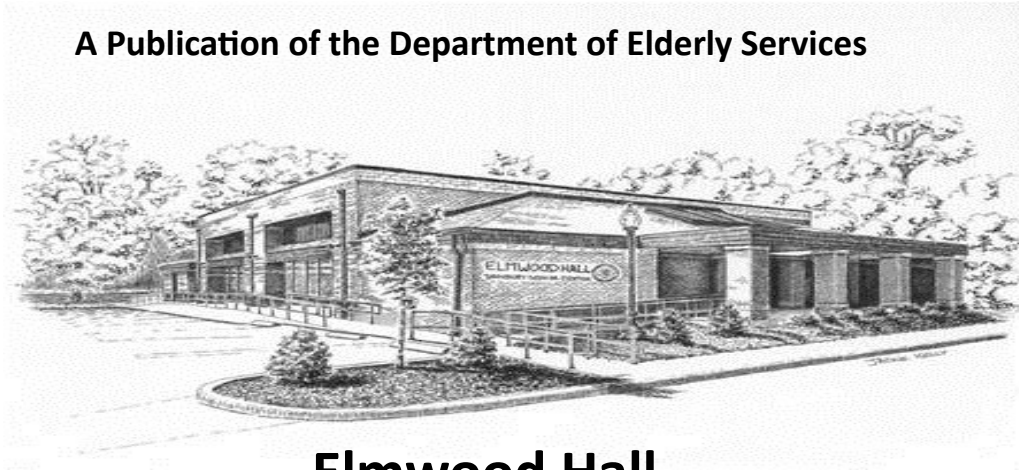


THE ELMWOOD EXTRA

Read All About It!

August/ September 2019

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Protecting Yourself Against Medicare Fraud
Danbury Library On The Move and One on One Tech Support
Seniors Eating Well (formerly Eat Smart Live Strong) & Farm Market on the Move
New Class — Gentle Flow Yoga
Elder Law Attorney Lynda Arnold, “What the heck is a trust?”
Fall Prevention
Poetry Writing and Discussion — Mirror, Magic, and Muse
Flu Shot Clinics
Coffee House Friday presents The Bellas
Action/Sci-Fi Movies in August and Special Animation Movies in September

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
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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



A new interactive calendar that updates events in real time has been added to the www.danburyseniors.org website to make it easier for seniors to find the classes and programs they are interested in. The calendar also updates in real time any last minute changes to the calendar or programs. The once static calendar will now give you more information. Information such as program description, program cost, cancellations or changes and information about who's teaching what class. It's easy to use too. Simply go to www.danburyseniors.org and from the home page click on classes and events, then Elmwood Hall Programs and Special Events, then click on the event for details! We hope this makes it easier for you to get class and program information.

**Elmwood Hall will be CLOSED on
Monday, September 2nd for Labor Day**

August / September Special Highlights

Downtown Chow-Down on Thursdays, August 1, and 15. We will depart Elmwood Hall at 11:15 am and return by 12:45/1:00 pm. First come, first serve for van rides with preference given to those who do not drive. You must bring cash to pay for your own lunch. Average cost is between \$8 -\$15, and we will ask about a senior discount. Sign up at the front desk!

Bingo on Fridays, August 2, and September 6 at 1:00 pm. We will play 7 games and the cost is \$3. Door prizes from our monthly sponsors too. Thank you to our sponsors, Medical Home Care and Putnam Ridge Health Care.

Timeless Trivia on Friday, August 16 and Friday, September 20 at 1:00 pm. The game is played in teams and is too fun to miss!

Summertime Craft Project on Tuesday, August 6 at 1:00 pm. Easy to make sun catchers will be the focus of this fun and easy craft. Sponsored by Putnam Ridge Healthcare. Please sign up.

Dog Days of Summer Dance on Friday, August 9 at 1:00 pm and **End of Summer Dance** on Friday, September 13 at 1:00 pm, both with DJ Kevin Burland! Freestyle and line dancing, refreshments and punch. \$3 donation.

Protect yourself against Medicare Fraud on Wednesday, August 14 at 1:00 pm. Seniors and Caregivers: Empower yourself to prevent, detect, and report healthcare fraud and more! You will walk away with practical tips to start using right away. Scammers keep learning new tricks, why shouldn't we? Presented by the Western CT Area Agency on Aging. Please sign up!

Danbury Library On the Move and One-on-One Tech Help Sessions, on Monday, August 19 and Tuesday, September 17 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, August 21 and September 18, 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 class.

Farm Market On the Move at Elmwood Hall on Wednesdays, August 21 and September 18 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” gift certificates and state department of agriculture checks will be accepted.

Elmwood’s FINEST Chorus is back on Wednesdays, beginning September 4 at 1:30 pm. After a brief summer break, Elmwood’s Finest, the senior center chorus, under the direction of Jill Weiss, will fall back in to the swing of things. We are always looking for new members to join us! No singing experience required.

Gentle Flow Yoga on Mondays beginning September 9 at 10:00 am. Instructor Beverly Leighton has been practicing and teaching yoga for fifteen years. She says that anyone can practice yoga and believes the idea of concentration and focusing inward fosters patience, balance and peace. The cost for the class is \$2 and a yoga mat is needed. This will be modified for seniors, but please know that it does involve getting down and up from the floor.

Elder Law Attorney Lynda Arnold, “What the heck is a trust?”, on Tuesday, September 10 at 1:00 pm. Elder Law Attorney Lynda Arnold, from Czepiga, Daly, Pope, and Perri will discuss what a trust is and explain the different types of trusts and what they can help people accomplish. She will also help people understand if a trust is even something they need.

Fall Prevention on Tuesday, September 24 at 1:00 pm. Presented by Dr. Jennifer Kolwicz, Director of Rehab at Candlewood Valley Health & Rehab Center, you will learn what YOU can do to prevent falls. Discussion will be held on components of balance, risk factors for falls, and how therapy services can help you with assessment of balance and reducing current risk.

Poetry: Mirror, Magic, Muse: Tuesdays, beginning on September 24 for 6 weeks from 1:00 pm to 2:30 pm. Enjoy poetry? Reading it, writing it, discussing it? Then you’ll love this six week workshop, led by poet/retired educator Barb Jennes. Each week, we’ll read and discuss 3-4 related poems. Then, you’ll be encouraged to write and share your own poems, guided by easy, inspirational writing prompts. Finally, you’ll have the chance to share

your favorite poems – your own, or those written by others - at a celebratory poetry reading in November, where your guests will be welcome and refreshments will be served. Please sign up.

Flu Shot Clinics on Wednesdays, September 25 and October 9 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.

Cooking with Kelley: The Mother of All - SAUCES! A five week cooking class starting on Wednesday, September 25. Class begins at 1:00—2:15 pm. It has been said that if you can master the five “Mother Sauces,” you can cook anything! Join us as we learn to make Bechamel, Veloute, Espagnole, Sauce Tomat, and Hollandaise: and how you can use these sauces in everyday cooking. Seating is limited, sign up required.

Coffee House Friday is back on Friday, September 27 at 1:00 pm featuring the sounds of The Bella’s. Join us for various blends of delicious coffee, refreshments, and live entertainment! Small donation appreciated.

Senior Dining Coupons sold EXCLUSIVELY at Elmwood Hall! Danbury Senior residents have the opportunity to enjoy delicious and nutritional meals at five 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.

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. Snacks provided.

Action/Sci-Fi Movie Mondays in August — August 5: *The Martian*, August 12: *Arrival*, August 19: *Avatar*, August 26: *Black Panther*

Special Animated Movie Mondays in September - Sept. 9: *Up*, Sept. 16: *Inside Out*, Sept. 23: *How to Train Your Dragon*, Sept. 30: *The Incredibles*

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 1:00 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, August 13 and September 10 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, August 16 and September 20 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, August 30 and September 27 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.

Coloring Circle— *Wednesdays, 1:00 pm.* Color intricate illustrations or simple designs, use colored pencils or gel sparkle pens, it's your choice, it's your design! Free.

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 - REHEARSAL RESUMES ON WEDNESDAY, SEPTEMBER 4 AT 1:30 pm. All singers and musicians welcomed. No experience necessary. Rehearsals run in the Fall and Spring with two performances per year. Free.

BINGO - *Fridays, August 2 & September 6 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



REMINDERS FOR RENT REBATE -2018

- All Rent Rebate Applications **and** Required Documentation **MUST** be turned in by September 30, 2019.
- If you need assistance or have any questions, call 203-797-4686.

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! **The program ends September 30!**

AARP Smart Driver Course – September 4 , and October 2 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.



Save the Date!

Mayor Boughton's Fall Festival

Sunday, November 17

Amber Room Colonnade

Featuring DJ Kevin Burland (formerly of WINE Radio)

**Thanksgiving Meal, Dancing,
& Raffle Prizes**

Tickets go on sale Tuesday, October 1st!



Farm Market on the Move is BACK! Join us here at Elmwood Hall on August 21, September 18 and October 16 from 11:00 am to 3:00 pm

Save the Date!

Elmwood Hall's Annual

Craft, Bake Sale &
Unique Boutique

on

Friday, October 25
8:30 am to 3:00 pm



Special thanks to Officer Kevin Pimpinelli and MTA K9 Johnny for their presentation on June 5.

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
PAID
Danbury, CT 06810
Permit No. 155

**Elmwood Hall will be CLOSED on
Monday, September 2 for Labor Day**

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