

# THE ELMWOOD EXTRA

Read All About It!

October/ November 2019

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

Happy Feet with Dr. Gosnay  
Fraud Amongst the Elderly Population  
Craft and Bake Sale with Unique Boutique  
Medicare 2020 and You  
Asset Protection, Trusts, and Probate—Lunch and Learn  
2020 Census Information Session  
Speak. Peace. A Storytelling Connect  
Honoring our Veterans  
Seniors and Grandchildren Staying Safe in the Modern World  
Coffee House with Billy Michael

## 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



A new interactive calendar that updates events in real time has been added to the [www.danburyseniors.org](http://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](http://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  
Mon. Oct. 14, Mon. Nov. 11, Thurs., Nov. 28, Fri. Nov. 29**

## October / November Special Highlights

**Bingo** on Fridays, October 4, and November 1 at 1:00 pm. We play 7 games and the cost is \$3. Thank you to our November sponsor, Alzheimer's Association, CT Chapter.

**Timeless Trivia** on Fridays, October 18 and November 15 at 1:00 pm. The game is played in teams and is too fun to miss!

**Information Session on Diabetes Prevention Program** on Tuesday, October 8 at 10:00 am. The YMCA's Diabetes Prevention Program is a yearlong program that provides group support, accountability and education to help make lifestyle changes to prevent Type 2 Diabetes. Those who qualify for the year long program might be eligible for a grant to cover the cost of the program. New class is forming October 22. Please sign up!

**Flu Shot Clinic** on Wednesday, 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.

**Spooktacular Dance** on Friday, October 11 at 1:00 pm with DJ Kevin Burland! Freestyle & line dancing! \$3 donation. Spooky treats will be sponsored by Putnam Ridge Health Care.

**Danbury Library On the Move and One-on-One Tech Help Sessions**, on Wednesday, October 16 and Thursday, November 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.

**Seniors Eating Well (formerly Eat Smart Live Strong)** on Wednesday, October 16 at 1:00 pm. Heather Peracchio, MS, RDN, CD-N will close out the popular program, "Seniors Eating Well" that has helped 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 required!

**Farm Market On the Move at Elmwood Hall** on Wednesday, October 16 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.

**Happy Feet with Dr. Gosnay** on Wednesday, October 23 with appointments running from 9:00 am to Noon. It includes a thorough foot exam and toe nail clippings by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call Elmwood Hall in advance to set up an appointment.

**Fraud Amongst the Elderly Population** on Wednesday, October 23 at 1:00 pm. Detective Len LaBonia from the Danbury Police Department Financial Crimes and Fraud Division will educate on the large amount of fraud cases that are targeting the senior population. Please sign up!

**Craft and Bake Sale** on Friday, October 25 from 8:30 am to 3:00 pm! Be the first to see our home-made collections of crafts, knitware, crocheted items, delicious baked goods, plus our Unique Boutique. The Unique Boutique features gently used purses, scarfs, jewelry, knickknacks, plus much more. All proceeds from the Craft and Bake Sale benefit the Prime Timers, Inc., Friends of Danbury Seniors. Thank You!

**Medicare 2020 and You** on Tuesday, October 29 at 1:00 pm. Learn what changes are being made in 2020 and what this means for you. This is an opportunity to review and change your Medicare Part D Plan (prescription drugs), enroll or change your Medical Advantage Plan or purchase a Supplemental Insurance Plan (Medigap). While you are here, schedule a one-on-one appointment to review your Medicare options with one of the staff or call 203-797-4686 to do so. Please sign up.

**2020 Census Information Session** on Monday, November 4 at 1:00 pm. Members and guests are invited to join us for a presentation on the upcoming 2020 United States Census. A Census Partnership Specialist will explain how the 2020 Census is Safe, Easy, and Important. The Census Bureau representative will provide details on how the Census Bureau will invite everyone to respond and how billions of dollars will be allocated to states based on 2020 Census data. There will also be information on how to apply for new jobs that will be available in the Danbury area. Please sign up!

**Asset Protection, Trusts, and Probate (Lunch and Learn)** on Tuesday, November 4 starting at Noon. Attorneys Tom and Michele Murphy along with Judge Dianne Yamin will team up to present pertinent

information regarding Asset Protection, Trusts, and what's new with probate. Lunch will be provided by Bethel Health Care/Cascades. You must sign up by October 30 and seating is limited.

**Honoring Our Veterans** on Friday, November 8 at 12:45. Join us as honor all those who have served our great country during times of war and peace. Inspiring words from Mayor Mark Boughton, Danbury Council of Veterans Color Guard. Cake, Coffee, and conversation. Please be sure to make a reservation for lunch with at least a 48 hour notice if you are interested in eating here before this event.

**Speak. Peace. A Storytelling Connect** on Monday, November 18 at 1:00 pm. Storyteller Linda Schuyler Ford returns to Elmwood Hall and will present an oral storytelling concert in celebration of International Day of Peace Month. Please sign up!

**Coffee House** on Friday, November 22 at 1:00 pm featuring the Billy Michael. Join us for various blends of delicious coffee, refreshments, and live entertainment! Small donation appreciated.

**Seniors and Grandchildren Staying Safe in the Modern World: Learn how to protect yourself and your grandchildren** on Monday, November 25 at 1:00 pm. In light of recent news, this seminar will help grandparents understand how to keep grandchildren safe in the modern world. Presented by Ann Rodwell-Lawton, Director of Education and Training, Danbury Women's Center, topics to include Women's Center Services, Sexual Violence 101, Child Sexual Abuse, and "Be the Solution."

**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.

### **OCTOBER**

10/7: Chappaquiddick

10/21: On the Basis of Sex

10/28: Breakthrough

### **NOVEMBER**

No movies in November.

## **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.

**Gentle Flow Yoga - Mondays at 9:45 am.** Designed for ages 60 and up as yoga positions are modified to fit your needs. Good for balance, strength and inner peace. 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 9:15 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.

**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 (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.



## EDUCATION/LIFE LONG LEARNING



**Mayor Boughton's Senior Advisory Council** – *Tuesdays, October 8 and November 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, October 18 and November 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, October 25 and November 22 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** - **Rehearsals are on Wednesdays at 1:30 pm.** All singers and musicians welcomed. No experience necessary. Rehearsals run in the Fall and Spring with two performances per year. ***The Fall performance is scheduled for Wednesday, December 4 at 1:00 pm.*** Free.

**BINGO** - *Fridays, October 4 & November 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**



**203-797-4686**

### **Municipal Agent for the Elderly/Senior Support Services**

We are available for appointments at the Elmwood Hall Senior Center or via phone or email.

Information and referral available to

Danbury residents, Caregivers, Family Members, and the Greater Community.

~ Information and Referrals ~ Medicare ~ Medicare Prescription Drug Plans ~ Elderly Nutrition (Congregate Meals/Meals on Wheels/SNAP/Farm Market Vouchers and Gift Certificates) ~ Home Care Options ~ MediGap Supplemental Plans ~ Rent Rebate ~ Tax Relief ~ Medicare Advantage Plans ~ Medicare Savings Program ~ Housing Options ~ Medical Alert ~ Transportation

---

**AARP Smart Driver Course** – *November 6 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.

## ***Save the Date*** **for** **Elmwood Hall- Danbury Senior Center's**



### **HOLIDAY PARTY!**

**Cost: \$10**  
**\$3 for Lunch**  
**\$7 for party**

**December 12**  
**Noon to 3:00 pm**

**Special Luncheon,**  
**Dancing to the music of DJ Kevin Burland,**  
**and Fabulous Raffle Items**

**Sign up Required! Seating is limited!**




*Friends,*



**It is my pleasure to invite you to the**  
**FALL FESTIVAL 2019**

A luncheon & dance celebration!

**Sunday, November 17**  **11 AM**  
**Amber Room Colonnade, Danbury, CT**

**Tickets are \$15 per person & available**  
**at the Elmwood Hall Senior Center on**  
**October 1st.**

**I had such a great time with you last**  
**year and I cannot wait to do it again!**  
**I hope to see you there!**

**Sincerely,**

*Mayor Mark D. Boughton*



## ***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  
Mon., Oct. 14, Mon., Nov. 11, Thurs. Nov. 28, Fri Nov. 29**

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