

THE ELMWOOD EXTRA

Read All About It!

December 2019/ January 2020

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Senior Paw Project—Lunch and Learn
Elmwood's Finest Chorus Performance
Annual Holiday Party
Holiday Hot Chocolate and Karaoke
Holiday Craft Project - Gnomes!
Cooking Demo with Western Rehabilitation Care Center
Timeless Trivia
Wii Bowling One Day Tournament
Coffee House with The Bellas

City of Danbury

Department of Elderly Services

Mark D. Boughton, Mayor

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MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Welcome to the Holiday season! With the Holidays upon us, we have lined up a full course of programs that we hope you will enjoy. We will continue to assist seniors with Medicare Open Enrollment by offering one on one counseling until December 6. We invite you to the annual Elmwood Hall Holiday Party, as well as our Holiday Craft Making Project, and Holiday Karaoke. The spirit of the season is upon us and we look forward to spreading good cheer! As we move into the new year, we want to remind you that we can provide you with resources and answers to many questions from how to get help at home, to energy assistance, to home maintenance repairs and much more. I hope that you find something of interest in this newsletter and encourage you, when the weather is good, to get out and socialize with friends and family. Wishing you all a blessed holiday season and a healthy new year!

**Elmwood Hall will be CLOSED on
Wednesdays Dec. 25, Jan. 1 and Monday, Jan. 20**

December / January Special Highlights

Senior Paw Project: Lunch and Learn: on Tuesday, December 3 at Noon. The Catherine Violet Hubbard Foundation created the Senior Paw Project to address the critical and growing needs of seniors who are struggling to keep or care for their pets. The program provides accessible veterinary care, fostering if a senior leaves the home for rehab or a hospital stay, transportation assistance to veterinary appointments and pet food, all which honors the treasured bond between animals and humans, which as we know combats social isolation and loneliness. In addition, the program looks for foster homes for senior dogs and cats, as they are 4 times more likely to remain in a shelter while younger animals get adopted much quicker. The program serves Newtown, CT and surrounding towns and they will discuss over lunch who they are, what they do, and answer any questions. **You must sign up in advance for this lunch and learn.**

Elmwood's FINEST Performance on Wednesday, December 4 at 1:00 pm. Join us as our talented chorus group, led by director Jill Weiss, showcase some of their musical favorites in their year ending performance with the theme of Food and Drink!

B-I-N-G-O on Fridays, December 6 and January 3 at 1:00 pm. We play 7 games and the cost is \$3.

Elmwood Hall's Annual Holiday Party on Thursday, December 12 from Noon to 3:00 pm. Celebrate the Holiday/Winter Season with freestyle and line dancing led by our own Kevin Burland. Be sure to wear red, white, or silver to blend with our color theme. There will be a few raffle items as well! CW Resources will be serving a special holiday meal for lunch that day. You **MUST** sign up by **Monday, December 9.** The cost is \$10 and is due at the time you sign up. Seating is limited!



Holiday Karaoke and Hot Chocolate on Friday, December 13 at 1:00 pm. Many of us still enjoy sitting together and singing our favorite holiday songs. If this is something you enjoy, join Kevin and Susan as we sing and share the joy of the season.

Danbury Library On the Move and One-on-One Tech Help Sessions, on Monday, December 16 and Tuesday, January 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.

Cooking Demo with Western Rehabilitation Care Center on Tuesday, December 17 at 1:00 pm. Stuck in a cooking rut? Let the Registered Dietician from Western Rehabilitation Care Center show you how using what is in season can be a quick and healthy way to expand your cooking repertoire. They will take you step by step on how to prepare a delicious and nutritious, yet simple meal. Food samples will be provided. Please sign up!



Holiday Gnome Making Craft Project on Wednesday, December 18 at 1:00 pm. Candlewood Valley Health & Rehab will be offering a Holiday Gnome Making craft event on 12/18 at 1pm. If you have an empty wine bottle, please bring it, otherwise one will be provided for you.

The wine-bottle topper gnomes are perfect for gift giving and holiday decorating. Please sign up.

Timeless Trivia on Fridays, December 20 and January 17 at 1:00 pm. The game is played in

teams and too fun to miss! Come check out our new technology!

Just Dance 2020 on Friday, January 10 at 1:00 pm with DJ Kevin Burland! Freestyle & Line dancing! \$3 donation.

Coffee House on Friday, January 24 at 1:00 pm featuring The Bellas. Join us for various blends of delicious coffee, refreshments, and live entertainment! Small donation appreciated.



Wii Bowling ONE Day Tournament on Friday, January 31. Games will run every half hour starting at 10:00 am (with a break for lunch) and running through 3:00 pm. Times are subject to change depending on the number of participants. There will be a \$5 charge to participate and that includes lunch. For more information or to sign up and play, please contact Michelle at Elmwood Hall, 203-797-4686.

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.

December

Dec. 2—A Dog's Purpose

Dec. 9—A Dog's Journey

Dec. 16—A Dog's Way Home

Dec. 23—Long Shot

Dec. 30—The Hustle

January

Jan. 6—POMS

Jan. 13—Late Night

Jan. 27—Art of Racing in the Rain



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, December 10 and January 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, December 20 and January 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, December 20 (Luncheon) and January 31 at 2:30 pm.* This group reads a variety of books, mostly fiction, but every now and then non-fiction 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 - **Fall performance is on Wednesday, December 4 at 1:00 pm.** All singers and musicians welcomed. No experience necessary. Rehearsals run in the Fall and Spring with two performances per year. **The group takes a break and returns to rehearsals on February 5 at 1:30 pm.**

BINGO - *Fridays, December 6 & January 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



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 – April 1, 2020 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.

Winter Energy Assistance

The Connecticut Energy Assistance Program is administered by the Department of Social Services, and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies. On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Homeowners and renters may apply. Call Community Action Agency of Western CT at **203-748-5422** to see if you are eligible.

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. Please note that when schools are delayed, our Senior Center Van will NOT run. If you have questions about whether or not classes are still running, please call ahead. Closings are announced on WLAD radio 800 AM, Channel 3 and Channel 8 TV.

Elmwood Hall Photos and News Briefs



Pictured above is one of the largest groups of BINGO winners to date! Check us out on the first Friday of each month!



The health benefits of dancing for seniors range from improving your physical health to creating strong social connections that increase your sense of happiness and well-being. At Elmwood Hall– Danbury Senior Center, we dance on the second Friday of each month! Check us out!



Seniors Eating Well, formerly known as Eat Smart, Live Strong, proved to be one of our most popular programs again this year! Pictured above are participants actively engaging in the lesson for the day!

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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Danbury, CT 06810
Permit No. 155

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Wed., Dec. 25, Wed., Jan. 1, Mon. Jan. 20**

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