

# THE ELMWOOD EXTRA

Read All About It!

February / March 2020

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

AARP Tax Prep Assistance

Fun in February: Board Game Tuesdays, Corn Hole Wednesdays & Group Puzzle Thursdays

Valentine's Day Dance

Art Gottlieb presents: Rosa Parks and the Montgomery Bus Boycott

Craft Project - Bunnies!

Happy Feet Program with Dr. Gosnay

Senior Paw Project—Lunch and Learn

Celebrate St. Patrick's Day - Sounds of Ireland

Coffee House Fridays

## 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

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## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



February brings more cold weather and snow while March promises the warmth of Spring. Programs continue at the center to give you an opportunity to exercise, meet with friends, have lunch, or get information you might need about community resources. We offer over 30 regular programs a month, from gentle flow yoga to art instruction, from wood carving to line dancing. Try zumba gold or strength training, our book club, or coloring circle. Come to our coffee house program and enjoy the live entertainment. When the weather is good, we encourage you to come down to the center. Please look inside the newsletter for special programs we will offer over the next couple of months. We hope you find something of interest. As always, the AARP tax volunteers return with free income tax assistance, and we like to remind people about tax relief programs and the Rent Rebate program. Hope to see you soon!

**Elmwood Hall will be CLOSED on  
Mondays, February 10 and 17**

## February / March Special Highlights

**AARP Tax Return Assistance** begins on February 4 and will run through April 14 on Tuesday and Thursday mornings. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service provided by the AARP for ages 18 and up and includes both CT and NY state returns.

**Fun in February: Board Games** on Tuesdays, Feb. 4, 11, 18, 25 from 2:00—4:00 pm. Don't be bored! Drop in and play some fun board games like scrabble, Yahtzee, Uno, or feel free to bring your own game!

**Fun in February: Corn Hole/Bean Bag Toss**: on Wednesdays, Feb. 5, 12, 19, and 26 from 1:00 to 3:00 pm. Join us as we have some fun tossing the bean bags around.

**Fun in February: Group Puzzle Activity** on Thursdays, Feb. 6, 13, 20, 27 from 1:00—3:00 pm. Work together to pick up the pieces and complete a puzzle of Elmwood Hall.

**Elmwood's FINEST Chorus** on Wednesday, February 5 at 1:30 pm. The chorus group is back in action and is always looking for new members. The group meets for rehearsal on Wednesdays at 1:30 pm. No singing experience necessary!

**Valentine's Dance** on Friday, February 14 at 1:00 pm with DJ Kevin Burland. Be sure to wear Red, Pink or White. Sponsored by Candlewood Valley Health and Rehab. Suggested donation of \$3.

**Danbury Library On the Move and One-on-One Tech Help Sessions**, on Wednesday, February 19 and Thursday, March 19 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.

**Coffee House** on Friday, February 28 at 1:00 pm featuring the Dina DiMarco Duo. Dina is a jazz vocalist who will be accompanied by Bentley Lewis on guitar. Both are accomplished students at Western CT State University. Join us for various blends of delicious coffee, refreshments, and live entertainment! Small donation appreciated.

**Art Gottlieb presents: Rosa Parks and the Montgomery Bus Boycott** on Monday, March 9 at 1:00 pm. This commemorative program honors Rosa Parks who, on December 1, 1955, boarded a bus in Montgomery, Alabama and refused to give up her seat to white passengers after the bus became full. Arrested and found guilty on December 5, 1955, this incident triggered the Montgomery Bus Boycott organized by Martin Luther King Jr. and remains a seminal event of the Civil Rights Movement. Please sign up!

**Veterans Benefits: General Overview** on Wednesday, March 11 at 1:00 pm. Veterans Service Officers from the State of CT Department of Veterans Affairs will be here to give a general overview on Veterans Benefits with a question and answer period.

**St. Patrick's Dance** on Friday, March 13 at 1:00 pm with DJ Kevin Burland! Freestyle and Line Dancing. Suggested donation of \$3. Sponsored by Quality Hearing. Please wear green!

**Celebrate St. Patrick's Day—Sounds of Ireland** on Tuesday, March 17 at 1:00 pm. Join us as Dan Swartz, a troubadour, vocalist and guitar player, performs Irish tunes we all know and recognize such as "Irish Eyes" and "Danny Boy". Come and enjoy an afternoon of celebrating all things Irish for St. Patrick's Day. Sponsored by Synergy Home Care. Refreshments will be provided.

**Happy Feet Program with Dr. Gosnay** on Wednesday, March 18 with appointments running from 9:00 am through 12 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.

**Bunny Making Craft Project** on Wednesday, March 18 at 1:00 pm. Join Melissa from Candlewood Valley Health & Rehab for this fun bunny making craft. Please sign up.

**Senior Paw Project: Lunch and Learn:** on Tuesday, March 24 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. 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.**

**Coffee House** on Friday, March 27 at 1:00 pm featuring The Bellas! The Bellas have become a favorite, singing your favorites and taking requests! Join us for various blends of delicious coffee, refreshments, and live entertainment. Small donation appreciated.

**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. Suggested \$1 donation for attending the movies. All movies start at 12:45 pm. Snacks provided.

### **February**

*Feb. 3—Late Night*

*Feb. 24—The Art of Racing in the Rain*

### **March**

Mar. 2—Sully

Mar. 16—Judy

Mar. 23—The Good Liar

Mar. 30—A Beautiful Day in the Neighborhood

## **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, February 11 and March 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, February 21 and March 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, February 28 and March 27 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** - **Rehearsals are on Wednesdays at 1:30 pm and begin on February 5.** All singers and musicians welcomed. No experience necessary. Rehearsals run in the Fall and Spring with two performances per year.

**BINGO** - *Fridays, February 7, and March 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



**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

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**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** – 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.

### **Rent Rebate—2020**

- If you applied last year, an application will be mailed to you by the end of March.
- 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 5th**. Please call 203-797-4686.

### **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



Wii Bowling Banquet 2019!  
Wii Bowl. What's Your Superpower?



DHS Bioscience Academy Students held a paint-along to promote socialization. Pictured above are the students and our very talented seniors!



Holiday Gnome Making was a SUCCESS!  
Special thanks to Melissa at Candlewood Valley Health and Rehab for this great idea!  
{Pictured above are the Gnomes and their creative makers}



BINGO 2020 is underway and pictured above are the first winners of the new year! Special thanks to Denise from Home Sweet Home Care for sponsoring!

## ***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

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Mondays, February 10 and 17**

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