

# The Elmwood Extra

*Read All About It!*

June - July 2021

*A Publication of the Department of Elderly Services*



## Elmwood Hall

*The club for people age 60 and up*

### *What's Inside:*

- Gradual Reopening Information
- Available Classes Information
- Programs
- Grab & Go and Delivery Events

**City of Danbury**  
**Department of Elderly Services**  
**Joseph M. Cavo, Mayor**

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 Michelle McNamara, Municipal Agent / Program Coordinator  
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[www.danburyseniors.org](http://www.danburyseniors.org) • Tel. 203-797-4686

# Message from the Director of Elderly Services

Susan M. Tomanio, LCSW



We are so looking forward to welcoming you back to Elmwood Hall - Danbury Senior Center.

While we would like to just open the doors and bring everyone back at once, we will instead open slowly as we all adjust to the new “normal.” We will be bringing more and more programs on-line as soon as we can, but we please still ask for your patience as by the time this newsletter goes to print, guidance will change again.

## Senior Center Gradual Reopening Information

The Senior Center resumed activities with a “gradual reopening” on Wednesday May 19, 2021. We are excited to welcome people back into the building and we will be reopening slowly, with caution. Safety, for our members and our staff, will remain our highest priority. We will use CDC recommendations, the State of Connecticut’s Best Practices to Reopen Senior Centers Guide, and direction from the City of Danbury’s Health and Human Services Department. Although it won’t be the same Senior Center you left on March 16, 2020, we are excited to offer opportunities for people to see each other and have fun.

with Joyce Kuhn about Medicare, you would call the Senior Center and make an appointment. If you want to attend any class or exercise or wellness program you must call in advance to “reserve your spot”. Each activity will have maximum attendance limits due to social distancing, the size of the room, the size of outdoor space, and the activity. If we have greater demand for a class than space and social distancing allows, we will use a hybrid system so individuals can join via Zoom or when that is not possible, attendees will be chosen by lottery.

### FREQUENTLY ASKED QUESTIONS:

**Can I just stop by the Senior Center any time I want?**

Unfortunately, no. Individuals must make an advance reservation to attend a program or receive a service at the Senior Center. For instance, if you want to speak

### Do I have to wear a mask?

**MASKS: MASKS ARE MANDATORY** while participating in an indoor activity or indoor appointment. Masks are encouraged for outdoor events. If you are unable to wear a mask, please call Susan Tomanio at the Senior Center to see if alternative arrangements can be made for you to participate in programs or services virtually. Masks must be worn covering the nose and the mouth completely.

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## Program Information



**CHOICES Over the Phone -** (Connecticut’s program for Health Insurance Assistance, Outreach, Information and Referral, Counseling, Eligibility Screening, i.e. Medicare A, B, D, Advantage, Medigap, Medicare Savings) –

A CHOICES certified counselor and center staff member assists seniors with Medicare A, B, D, Medicare Advantage plans, Medigap plans and the Medicare Savings program. A review of other DSS benefits is also provided.

### MEDICARE SAVINGS PROGRAM SAVES YOU MONEY

**WHO?** The State of Connecticut’s Department of Social Services.

**WHAT?** Can save you \$148.50 per month which is the cost of Medicare Part B currently subtracted from your monthly Social Security Benefit.

**WHEN?** Within 90 days of receiving your application.

**WHY?** Because you meet the simple criteria to qualify for the program which is income based. Assets are not taken into account.

**HOW?** By contacting Joyce Kuhn at 203-797-4686.



### Rent Rebate Over the Phone -

The State of CT Rent Rebate program for 2020 will begin on April 1 and end on October 1. Applications will NOT be mailed. All communication will be handled via telephone, email, and text. Michelle McNamara is the contact for this program and her direct line is 203-731-9903 or via email at [m.mcnamara@danbury-ct.gov](mailto:m.mcnamara@danbury-ct.gov)

# Senior Center Gradual Reopening Information

## What about Social Distancing and Contact Tracing?

**Social Distancing:** Everyone is required to maintain a 6-foot social distance while in the Senior Center building. Everyone who is participating in a wellness class outdoors in the parking lot is required to maintain 12 feet of distance during class.

**Contact Tracing:** Before participating in any activity or meeting with staff, you must stop at the reception desk and provide your name, address, and phone number for contact tracing in the event someone tests positive for COVID-19.

## Do I have to wash or sanitize my hands?

**Hand Sanitizer/Hand Washing:** Hand sanitizer will be available at the entrance of the building, near the restrooms, and in the Sugar Hollow Cafe room. The use of hand sanitizer upon entering the building is mandated.

## How do I get into the Senior Center for a program or appointment?

**Entrance/Exit:** The sliding front door will serve as the point of entry into the building. All other doors will be locked. You may exit the building out of any of the glass, side doors.

## Then what do I do?

**Check-In:** Upon arrival at the Senior Center, all visitors are required to “check-in” with a staff member.

Persons will be required to fill out a renewal of membership form so we have the most up to date information. You will also need to use your “Key Tag” as you have done in the past. This will provide the information we need to contact you if necessary. If you are attending a class outside, you must still check in at the front desk. Please arrive early so you have time to check in.

**Class Fees:** The class fee is \$2 per class and will be collected at the front desk. Please allow extra time before class to take care of these requirements. Masks are required during check-in while you are in the building. Those participating in activities over Zoom are asked to send the class fee by check to the Elmwood Hall Senior Center, 10 Elmwood Place, Danbury, CT 06810.

Make checks payable to Danbury Senior Center.

## Will the bathrooms be available?

**Bathrooms:** The bathrooms will be available for use. We ask that one person use the bathroom at a time. Bathrooms will be sanitized during the day. Masks are required for use of the bathroom.

## Can I meet friends for coffee and a visit?

**Visiting:** People will not be allowed to drop-in and “visit” at this time. Hopefully in the near future, we will establish socially distance outdoor “visiting” times by reservation. Over time we will hope to establish indoor “visiting” times.

## What classes will be available?

Classes will resume gradually and will have space limitations based on the size of our rooms and social distance requirements. Participants will register for classes in advance. Please do not make multiple reservations for an activity if you are not sure you can attend each session. Our space is limited because of the social distance requirements. The fee for all classes is \$2 per class. Indoor classes will require wearing a mask.

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# Classes Available

MONDAYS

**MOVERS AND SHAPERS**

**NEW TIME, 11:15am**  
(outside and Zoom)

MONDAYS

STARTING JUNE 7

**TAI CHI**

10:00am (inside and Zoom)

TUESDAYS

**CHAIR YOGA**

10:00am (Zoom only)

TUESDAYS

**MULTIMEDIA ART**

**NEW TIME, 10:00am-12:00 noon**  
(inside and Zoom)

WEDNESDAYS

**STRENGTH TRAINING**

**NEW TIME, 11:15am**  
(outside and Zoom)

THURSDAYS

**LINE DANCE PRACTICE**

10:00am (outside and Zoom)



**Strength Training, Movers and Shapers, Line Dancing:** These classes will take place outside in our back parking lot. Please come into the front of the senior center to sign in and pay the class fee. Classes will have a limit of 15 students per class with social distance space of 12 feet apart. Masks are not required to be worn during class. Masks are encouraged outdoors after class if you are unable to maintain 12 feet of social distancing.

**Multimedia Art Instruction with Adele:** This will be a Zoom hybrid / indoor class. Participants must pre-register for classes ahead of time to reserve their space. Class size will be limited for in-person participants. Students will be required to bring their own supplies and are encouraged not to share materials. Participants will be spaced 10 feet apart and will be required to wear masks.

**Chair Yoga with Beverly:** This class will continue over Zoom until we are allowed to have 2 classes running at the center at the same time. Scheduling conflicts prevent us from choosing an alternative day and time. This class will have unlimited attendees.

**Tai Chi with Susan:** This will be a Zoom hybrid / indoor class. Participants must pre-register for classes ahead of time to reserve their space. Class size will be limited. Participants will be spaced 10 feet apart and will be required to wear masks.

# Will the breakfast and lunch program resume?

**Meals/Eating/Drinking:** Our Senior Center lunch will continue as Grab and Go and Delivery until further notice. We will not be serving breakfast. We will not be offering coffee, tea or water at this time. Please bring your own water to class.



With **Kevin Burland & Michelle McNamara**

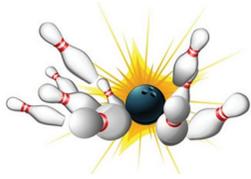
**Timeless Trivia on Fridays, June 25 and July 23 at 1:00pm**

**We did it over Zoom, but now it's time to get back to our room at Elmwood Hall. Get ready to test your knowledge and have some fun with Kevin and Michelle in-person and indoors!**

**This will be an in-person program.  
Please call the Senior Center to sign up.**

## **Walking Club with Michelle and Paul**

Join Michelle and Paul, an Elmwood Hall volunteer on Mondays beginning June 7 at 9:00 am for the return of the Elmwood Hall Walking Club. Walking is the easiest and safest exercise. Lace up your sneakers and join in! The route will include a trip to Roger's Park and back to the Senior Center. All walkers are encouraged to keep their own pace. Please call the senior center to sign up! Please be advised that this is a weather permitting club!

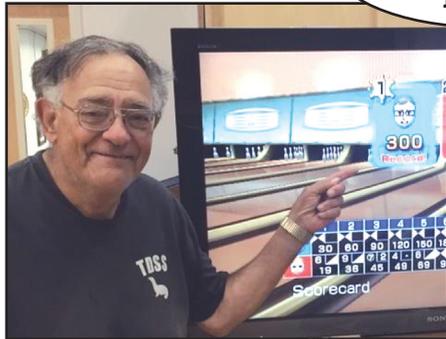


**Wii Bowling is back and ready to roll!!!**

If you are interested in participating in our ever popular Wii Bowling League this summer, then give Michelle a call at 203-731-9903 or send her an email at [m.mcnamara@danbury-ct.gov](mailto:m.mcnamara@danbury-ct.gov) to learn more! We are looking to try and run this program from either your home or safely at Elmwood Hall.

**Senior Shout Out!**

“Congratulations Ron”



**Congratulations to Wii Bowler**

**Ron Arbitelle** Who actively participated in a do it at home and report your scores weekly Wii Bowling Program from January through the end of March.

Ron opened and closed out his scoring with two perfect 300 games.

Thank you as well to our other participants: Joe and Marie Prezzano, Rosemarie and Lou Mastrangelo, Francis Burdick, and Ray Galdo.

**B-I-N-G-O is BACK on Friday, July 9 at 1:00 pm.** Join us as we welcome back one of Elmwood Hall’s most popular events. In an effort to follow the guidelines, we are limited to 28 participants. You must call 203-797-4686 to make a reservation.

The cost to play is \$3.

“Hang in there my friend”



**Summer Sizzler Dance Party on Friday, July 30, at 1:00pm** Join DJ Kevin Burland as he plays his sizzling summer tunes that are guaranteed to have you moving and grooving. This event is sponsored by The Village at Brookfield Common.

**Take a Trip Tuesdays on June 22 and July 13 beginning at 10:30 am.** ...Have you found yourself itching to get outside to enjoy some fresh air or to possibly enjoy the beauty of spring/summer during this time of social distancing, but you don’t have a car? Guess what... No Car, No problem! Let the Elmwood Hall Van Drivers help you to enjoy fresh air and scenic sights from inside the Senior Center Van. With the nicer weather upon us, it’s a perfect time to roll down the windows and appreciate the beauty in and around the Danbury area. While you may not be able to go out and enjoy local parks or beaches, a drive past them is the next best thing. If interested, please call 203-797-4686 to make your reservation. Seating is limited as we will continue to maintain proper social distancing.

**Juneteenth: Celebrate Freedom on Friday, June 25 from 1:00 pm to 2:30 pm via Zoom.** Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. This program will be celebrated over Zoom and is brought to you by the CT Healthy Living Collective, The CT association of Senior Center Personnel, and AARP, CT. Be on the lookout for an email from us that includes a link to sign up for this program.

# Grab & Go and Delivery Events



**“Drink Up Buttercup”  
Grab and Go Before the Show,  
Tuesday, June 15 at 9:00am,  
and Zoom “Rethink Your  
Drink” Seminar June 15  
at 1:00pm.**

Hydration can be boring, but not with Heather! Join Heather Peracchio, MS, RDN, CD-N, for our Seniors Eating Well series for a “Rethink Your Drink” program. This program includes tips for choosing nutrient-rich beverages and staying hydrated throughout the summer.

Grab and go before the show includes the ingredients to make a Tropical Fizz drink! Stop by Elmwood Hall - Danbury Senior Center that morning between 9:00am and 10:00am for a Grab and Go Before the Show that will include ingredients to make the Tropical Fizz drink and a reusable straw!

Delivery to Danbury residents without transportation available. USDA is an equal opportunity provider. This class is funded by USDA’s Supplemental Nutrition Assistance Program-SNAP.

Sign up for both these programs by emailing **Susan** at **s.tomanio@danbury-ct.gov** by **Wednesday, June 8th**. A link for the **Zoom program** will then be sent to those participating.

## Farmers Market Box Program and Farmers Market Coin Program Begins in July

Last summer, due to COVID19, our Seniors Eating Well / Farmers’ Market on the Move, was transformed into the Farmers’ Market Box and/or Coin Program. Participants either came to the Senior Center parking lot and picked up a box of vegetables valued at \$10 or for those participants who were comfortable shopping at the Farmers’ Market, they received a \$10 coin to pick their own produce while there. This program is expanded for 2021. For 2021 Season - You must choose either **Option 1 - Farmers’ Market Box OR Option 2 - Farmers’ Market Coin Program**

### Option 1. Farmers’ Market Box Program

Now Twice a Month on the 1st and 3rd Wednesday on the following dates: July 7 and 21, August 4 and 18, September 1 and 15, October 6 and 20. Each box is valued at \$10 (\$20 total value). Pick up is between 10:30am and 11:30am at the Senior Center parking lot. Delivery available for Danbury residents who lack transportation.

### Option 2. Farmers Market Coin Program

Increased to \$20 per Month. For those who want to shop at the Market with \$20 worth of Farmers’ Market Coins, sign up by June 28. Check in at the Market each month to receive your \$20 worth of coins. Your name will be on a list. Shop any Friday the Market is open throughout the month. This will run July, August, September, and October.

### In other Great News! Rides to the Farmers Market on Fridays on the Senior Center Van.

If you would like to shop in person at the Farmers Market and have no transportation, door to door transportation from your home will be provided by the Senior Center. Shuttle rides from the Senior Center to the Farmers Market will be available. You will park your car at the Senior Center and we will shuttle you to the Farmers’ Market.

Please call us at **203-797-4686** by June 28 to let us know whether you want Option 1 or Option 2 or if you would like a ride on the Senior Center van. Once you pick an Option, you must keep that Option through the entire season, July - October.



# Elmwood Extra Read All About It

Department of Elderly Services  
Elmwood Hall - Danbury Senior Center  
10 Elmwood Place  
Danbury, CT 06810

## 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.

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*

Jose Fuentes - *Program Set Up Assistant* • Vincent Albano - *Program Set Up Assistant*

Kevin Burland - *Van Driver* • Pam Makin - *Van Driver*



Continued thanks to staff member **Vinny Albano** for his graphic design of this newsletter. Vinny is a professional graphic artist, an award winning watercolor painter who resides in Danbury with his wife and two daughters.