

THE ELMWOOD EXTRA

Read All About It!

December 2021 / January 2022

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Sip and Stroll

Gentle Flow Yoga

Let's Get Trivial!

Movie Club

"On the Road Again" Holiday Music Performance

"Immaculate Sings" Holiday Performance

Estate Planning Seminar

Knee and Hip Replacement Seminar

City of Danbury

Department of Elderly Services

Dean Esposito, 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

Tel. 203-797-4686

HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Welcome to the holiday season. As we continue to move through the COVID-19 pandemic, we are scaling up operations for December and January. While masks are still required for all activities, we will be bringing back blood pressure screenings, Gentle Flow Yoga, the Coloring Circle, Monthly Movie Club, and Monthly Trivia. We also invite you to our Holiday event that will feature the music group, "On the Road Again." In January, we will offer Fall Prevention and Estate Planning seminars. Through grant money, we have a new "check in" system at the front desk. This system will allow us to communicate better with you through email and voice messages about special events, changes, weather events, etc. Wishing you the best of the holiday season. Stay

well and we look forward to a new year.

**Elmwood Hall will be CLOSED on
Friday, Dec. 24, Friday, Dec. 31 and Monday, Jan. 17**

The Senior Center is open for in-person appointments and pre-registered activities only. Masks are required. Social distancing and other COVID-19 mitigation strategies remain in place.

December / January Highlights

Sip and Stroll on Wednesday, December 1 at 10:00 am. Join us at Elmwood Hall for a very special, "Sip and Stroll through Danbury's Museum in the Streets" event with Danbury Museum director, Brigid Guertin. Be sure to bundle up as we take a walk down historic main street. Hot Chocolate will be provided! Sign up required.

Holiday Music Performance "On The Road Again" on Wednesday, December 15 at 1:30pm. Join us for a holiday performance by "On the Road Again," featuring Nancy J, Julie T, and Tammy Lee performing the songs you love to hear, sing along with, and tap your toes! Join us for good old fashion fun. "The life we love is making music with our friends." -Willie Nelson Holiday Party favor bags given out to each par-

ticipant. Seating is limited. Sign up required.

Immaculate Sings - Holiday Performance on Friday, December 17 at 1:00 pm. We are so happy to welcome the Immaculate High School Choir back for a holiday performance. Under the direction of Jennifer Doherty, these talented students are sure to make you smile. Seating is limited. Sign up required.

Knee and Hip Replacement Seminar on Wednesday, January 5 at 1:00 pm. Dr. Jesse Torbet has recently relocated from Richmond, Virginia and is the new Ortho Trauma Director at Danbury Hospital. His office is in Brookfield at Orthopaedic Specialists of CT. He will be giving an educational presentation on Hip and Knee replace-

ments as well as discussing total hip arthroplasty through the direct anterior approach, which is his area of expertise. Sign up required.

Fall Prevention - Practical Solutions for Preventing and Reducing Falls, Wednesday, January 12, 2022 at 1:00pm. Learn practical strategies on preventing and / or reducing falls. This talk focuses on key components of fall prevention - physical activity, behavior, and environmental modifications that will help reduce the risk of falls. Presented by Maria Tumang, Injury Prevention Coordinator at Danbury Hospital/Nuvance Health. Sign up required.

Estate Planning with Attorney Lynda Lee Arnold from Czepiga, Daly, Pope and Perri on Wednesday, January 19, 2022 at 1:00pm. Everyone, both young and old, needs an estate plan. It protects you and your assets not just after you die, but during your life as well. Will you be prepared when life takes a turn? Who will pay your bills if you can't? How will your estate be divided amongst your heirs? Attorney Lynda Lee Arnold will explain estate planning basics and the documents every adult should have. You'll learn answers to questions like: What is the difference between a Will and a trust? Why won't a Will be sufficient by itself? Do you need a power of attorney (POA) and what should it say? What are health care directives? You'll walk away knowing what you need to do to build an estate plan that will protect what you've worked for in life. Sign up required.



DANBURY ALERT
BE PREPARED – STAY INFORMED



Danbury's Emergency Notification System just got an upgrade! Sign-up now for "Danbury Alert" by visiting www.danbury-ct.gov/alert. Be prepared—stay informed. Even if you have received alerts in the past, we ask that you please create a new account on the Everbridge platform (www.danbury-ct.gov/alert) to ensure we have your most accurate contact information to send you important location-specific notifications. Create your account now and manage it at any time. Please call Susan at the Senior Center if you would like some help setting up an online account.

Elmwood Hall—Danbury Senior Center **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. You will receive a phone call with recorded message from us letting your know we are closed. You can also call the center and our answering machine will have the latest closing information. Closings are also announced on WLAD radio 800 AM, Channel 3 and Channel 8 TV.

Every Day Class Offerings & Programs At Elmwood Hall



HEALTH AND WELLNESS

Movers and Shapers - Mondays at 11:15 am.

A combination of low impact aerobics, strength training and stretching. The fee is \$2 per class.

Strength Training - 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 1:00 pm. This class is proven to help reduce stress and improve concentration, balance, strength, and flexibility. The fee is \$2 per class.

Line Dancing Instruction - Thursdays at 1:00 pm. 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 - Tuesdays at 10:00 am. 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.

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.

Grab and Go Senior Nutrition Lunch Program – Two meals each on Monday and Wednesday. Pick up at 10:00 am. Nutritionally balanced meal. Suggested \$3 donation. Call to register for the program.

RETURNING! Blood Pressure Screenings - First Wednesday of each month, beginning December 1 by appointment, starting at 9:00 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. Call for appointment.

RETURNING! Gentle Flow Yoga - Thursdays beginning on December 2 at 10:30 am. Instructor Beverly Leighton has been practicing and teaching yoga for seventeen 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. No previous yoga experience necessary.



LEISURE TIME ACTIVITIES

Art Class – Tuesdays at 10:00 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 – Thursdays 10:00 am. Share patterns and yarn, conversation and coffee, and support each other when trying something new.

RETURNING! The Elmwood Hall Coloring Circle, Mondays at 1:00 pm beginning on December 6.

Every Day Class Offerings & Programs At Elmwood Hall

The Coloring Circle provides a relaxing environment free from stress to enjoy something that was once part of many people's childhoods, the simple act of coloring. Please bring your own supply of colored pencils or gel pens. You may bring your own coloring books or pages. The Senior Center does have coloring pages available as well.

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.

BINGO - *Fridays, December 10, and January 21 at 1:00 pm.* The fee to play is \$3 and includes one card and seven games.

RETURNING! The Movie Club - The popular Movie Club is back!! Join us for our mid-day matinee!

December 8

"Best Sellers" a drama/comedy

January 26

"The Secret: Dare to Dream" based on the best selling book, *The Secret*.

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.



EDUCATION **LIFE LONG LEARNING**

Let's Get Trivial! – *Fridays, December 3 and January 7 at 12:30 pm.* Come test your knowledge and memory with questions about interesting and important facts. A friendly competition between players!

NEW MEMBERSHIP AND CHECK IN SYSTEM!
































We have a new software for membership and check in. You will now check in with your seven digit phone number, not a scan card. You can pay as you go for classes, or put money on your account and prepay, making check in easier. We don't ask for your credit card or social security number. We will be sending you important recorded messages over the phone about special events or closings. The calls will come from phone number 475-256-5512. If you have email, you will receive emails from us as well. The email will come from



























Danbury Senior Center <Danbury@schedulesplus.com>

While membership remains free, you will be asked each year to update your member information, especially your emergency contact person. We ask for your patience as we all get used to this new system. We look forward to seeing you at the Center.



2021 Elmwood Hall ~ Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DM DANBURY MUSEUM</p> <p> Sip and Stroll Dec. 1 at 10:00 am</p> <p> Mid-Day Matinee: "Best Sellers" Dec. 8 @ 12:45 pm</p>	<p> Holiday Performance By "On the Road Again" on Dec. 15 1:30 to 2:30 pm</p> <p></p>	<p>1</p> <p>9:00 am Grab and Go Lunch 9:00 am Blood Pressure Screen by appointment.</p> <p>10:00 am Sip and Stroll 11:15 am Strength Training</p> <p></p>	<p>2</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing</p> <p></p>	<p>3</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12:30 pm Let's Get Trivial!</p> <p></p>
<p>6</p> <p>9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Strength Training 1:00 pm Coloring Circle</p> <p></p>	<p>7</p> <p>10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi</p> <p>  Tai Chi</p>	<p>8</p> <p>9:00 am Grab and Go Lunch 11:15 am Strength Training 12:45 pm Movie Club – <i>Best Sellers</i></p> <p></p>	<p>9</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing</p> <p></p>	<p>10</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 1:00 pm Bingo</p> <p></p>
<p>13</p> <p>9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Strength Training 1:00 pm Coloring Circle</p> <p></p>	<p>14</p> <p>10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi</p> <p>  Tai Chi</p>	<p>15</p> <p>9:00 am Grab and Go Lunch 11:15 am Strength Training 1:30 pm Holiday Performance by "On the Road Again."</p> <p></p>	<p>16</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing</p> <p></p>	<p>17</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 1:00 pm Holiday Performance by "Immaculate Sings."</p> <p></p>
<p>20</p> <p>9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Strength Training 1:00 pm Coloring Circle</p> <p></p>	<p>21</p> <p>10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi</p> <p>  Tai Chi</p>	<p>22</p> <p>9:00 am Grab and Go Lunch 11:15 am Strength Training</p> <p></p>	<p>23</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing</p> <p></p>	<p>24</p> <p></p>
<p>27</p> <p>9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Strength Training 1:00 pm Coloring Circle</p> <p></p>	<p>27</p> <p>10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi</p> <p>  Tai Chi</p>	<p>29</p> <p>9:00 am Grab and Go Lunch 11:15 am Strength Training</p> <p></p>	<p>30</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing</p> <p></p>	<p>31</p> <p></p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Strength Training 1:00 pm Coloring Circle 	4 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	5 9:00 am Grab and Go Lunch 9:00 am Blood Pressure Screen by appointment 11:15 am Strength Training 1:00 pm Hip & Knee Replacement Talk 	6 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	7 9:00 am Walking Club 10:00 am Zumba Gold 12:30 pm Let's Get Trivial! 
10 9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Strength Training 1:00 pm Coloring Circle 	11 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	12 9:00 am Grab and Go Lunch 11:15 am Strength Training 1:00 pm Fall Prevention 	13 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	14 9:00 am Walking Club 10:00 am Zumba Gold 
17 	18 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	19 9:00 am Grab and Go Lunch 11:15 am Strength Training 1:00 pm Estate Planning 	20 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	21 9:00 am Walking Club 10:00 am Zumba Gold 1:00 pm BINGO 
24 9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Strength Training 1:00 pm Coloring Circle 	25 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	26 9:00 am Grab and Go Lunch 11:15 am Strength Training 12:30 pm Movie Club: <i>The Secret: Dare to Dream</i> 	27 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	28 9:00 am Walking Club 10:00 am Zumba Gold 
31 9:00 am Grab & Go Lunch 9:00 am The Walking Club 11:15 am Strength Training 1:00 pm The Coloring Circle 	 Knee and Hip Replacement Talk with Dr. Jesse Torbet- the new Ortho Trauma director at Danbury Hospital Jan. 5 @ 1:00 pm	 Fall Prevention Talk with Maria Tumang, Injury Prevention Coordinator at Danbury Hospital/Nuvance Health Jan. 12 @ 1:00 pm	 Estate Planning With Attorney Lynda Lee Arnold from Czepiga, Daly, Pope, and Perri. Jan. 19 @ 1:00 pm	  Mid-Day Matinee: "The Secret: Dare to Dream" Jan. 26 @ 12:45 pm



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

Winter Energy Assistance

Each year, the State of Connecticut and EVERSOURCE offer energy assistance to help homeowners and renters offset the cost of heating their homes. CEAP (Connecticut Energy Assistance Program) runs from November 1 thru May 1. This program will provide winter heating assistance for a household's primary heating source such as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets on behalf of eligible households. The amount of heat assistance **may not** cover a household's entire winter heating costs.

The CEAP program is administered by COMMUNITY ACTION AGENCY OF WESTERN CT. You may contact the agency at 203-748-5422 to schedule an appointment. Please note, the Community Action Agency of Western CT is now located at 78 Triangle Street in Danbury.

Van Transportation Program

Rides are provided to and from Elmwood Hall—Danbury Senior Center for activities and programs. Please call the center 48 hours in advance. Seating is limited due to social distancing. Van riders must have independent mobility. If you need assistance, aides and companions (greater than 18 years old) are welcome to ride with you free of charge, but you must indicate that there will be an additional passenger with you at time of scheduling. Suggested donation is \$1 per one way ride. **PLEASE WEAR A MASK!** The health and safety of our riders and drivers are of utmost importance.

Elmwood Hall Photos and News Briefs



Our "It's Fall Y'All" Grab and Go
Thank you to our sponsors, Bethel Health
Care and Synergy Home Care!



Thank you to the Mayor's Office for supporting
our "It's Fall Y'All" Grab and Go!



Thank you to Synergy Home Care for
Sponsoring our Halloween Bingo!



Halloween Parade with St. Peter's School!

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.

**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
Jose Fuentes - Program Set Up Assistant
Pam Makin - Van Driver