

# THE ELMWOOD EXTRA

Read All About It!

February / March 2022

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

AARP Income Tax Return Assistance  
Danbury Museum Lecture and Craft Series  
Stroke Prevention  
Gadgets and Gizmos Galore  
Let's Celebrate Spring with the Music of the 50's and 60's  
Movie Club  
BINGO

## 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](http://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, MSW, LCSW



We are pleased to announce that the AARP Tax Aide volunteers will return starting February 7 to assist with tax returns. Due to COVID19 protocols, the program will look a bit different, but we are so happy to offer this service again. Appointments are necessary and you must wear a mask. We will continue to offer many of our regular programs both in person and over Zoom. We are still offering Grab and Go lunches, exercise programs, and some special events, including our Movie Club, Stroke Prevention, and the Danbury Museum Lecture/ Craft Series. Please stay well and take care of yourselves and each other. And remember, the best way to get important news from the Senior Center is to keep your membership information up to date.

**Elmwood Hall will be CLOSED on  
Friday, February 11 and Monday, February 21**

**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. Due to the ever changing nature of the pandemic, programs and activities may change at any time.  
We appreciate your patience.**

## February / March Highlights

**AARP Tax Return Assistance** begins on February 7 and will run through April 13 on Monday and Wednesday 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. Due to COVID19 restrictions, you will be asked to wait in your car until the time of the appointment, unless you ride the van or walk over for your appointment. You will enter the building from the side door and check in with an AARP greeter. Please wear a mask to your appointment.

**Danbury Museum Lecture and Craft Series** on the second Wednesday of the month at 10:30 am at the Danbury Museum. On February 9 we will celebrate the art and artistry of Ms. Marian

Anderson. We will enjoy a special tour of her studio and a fireside chat. On March 9 we will focus on Danbury Women in WW2 with a focus on WASP (Women's Air Force Service Pilots) History and Danbury's own Eleanor Lowery. Please call to reserve your spot! Transportation to the Danbury Museum will be provided to those who need it. Please see page 5 under Education/ Lifelong Learning in this newsletter for a complete list of the topics throughout June.

**Stroke Prevention** on Friday, February 25 at 1:00 pm. Join Lauren Henriques, the Stroke Prevention Coordinator at Danbury and New Milford Hospitals to discuss: What are the signs and symptoms of a stroke? Who is at risk? What can one do to prevent a stroke? And, learn what

some of the latest treatment options are. Seating is limited. Sign up required.

**Gadgets and Gizmos Galore** on Tuesday, March 8 at 1:00 pm. Peter Crossett from SYNERGY Home Care of Danbury will talk about how the company got started and what is currently happening in the home care industry and how SYNERGY helps families. Stacey McIvor, MS, OTR/L, owner of Restore Mobile Therapy, LLC will discuss what Occupational Therapy is and how OT sets itself apart from other disciplines in the home. Stacey will present some simple tricks and inexpensive gadgets to make everyday life easier. A list of items presented will be provided. Be sure to bring questions about everyday tasks that you find challenging. Seating is limited. Sign up required.

**Let's Celebrate Spring** on Friday, March 25,

at 1:00 pm. Join us as Dan Schwartz, a troubadour, vocalist, and guitar player provides us with some music from the 50's and 60's to celebrate Spring. Each participant will receive a party favor bag. Seating is limited and pre-registration is required. Sponsored by SYNERGY HomeCare.

**PLEASE NOTE**



Movers and Shapers will move from Monday mornings at 11:15 am to Tuesday mornings at 8:45 am. This will begin on Tuesday, February 8. In addition, Strength Training will move from Wednesday mornings at 11:15 am to Friday mornings at 9:00 am, beginning on February 18. These classes will run this way through April 15. They will move back to their regularly scheduled day/times beginning Monday, April 18. These schedule changes are necessary to accommodate the AARP Tax Assistance program due to COVID19.

**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—Danbury Senior Center**  
**Inclement Weather Policy**



If the Danbury Schools are closed due to inclement weather, 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 are unsure if we are closed, 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** - NEW DAY - *Beginning on Tuesday, February 8 through April 12 at 8:45 am.* A combination of low impact aerobics, strength training and stretching. The fee is \$2 per class.

**Strength Training** - NEW DAY—*Beginning Friday, Feb. 18 through April 8 at 9:00 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.

**Walking Club** - Mondays and Fridays at 9:00 am. The group meets at the entrance of the Danbury Fair Mall (parking lot in front by LL Bean/Cheesecake Factory area) at 9:00 am and will continue the walking program inside the Mall during the winter months. Masks required.

**Gentle Flow Yoga** - *Thursdays 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, yarn, conversation and support each other when trying something new.

**Hat City Wood Carvers** – *Thursdays at 12:30 pm.*

## **Every Day Class Offerings & Programs At Elmwood Hall**

All woodcarvers – beginners to masters welcomed. Members work on their own projects led by one of their more experienced members.

**BINGO** - Fridays, February 4, and March 4 at 1:00 pm. The fee to play is \$3 and includes one card and seven games. An additional card can be purchased for \$1.

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

**February 18**

*"Little Women" (drama)*

**March 11**

*"Here Today" (drama/comedy)*

**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**

Danbury Museum Lecture and Craft Series will take place at the Danbury Museum at 10:30 am on the second Wednesday of each month through June. Here is the remaining list of topics:

April—A discussion regarding Danbury's most outstanding weather related events

May—Colonial Foods and Storage! We will also make butter!

June—Discuss the art of weaving and we will weave individual bookmarks

## **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













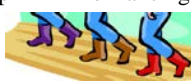










Danbury Senior Center <Danbury@schedulesplus.com>

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.





























## 2022 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Elmwood Hall- Danbury Senior Ctr will be CLOSED in observance of Lincoln's birthday, Feb. 11 and President's Day on Feb. 21	<b>1</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	<b>2</b> 9:00 am Grab and Go Lunch 11:15 am Strength Training	<b>3</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>4</b> 9:00 am Walking Club 10:00 am Zumba Gold 1:00 pm BINGO 
<b>7</b> 9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 	<b>8</b> 8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	<b>9</b> 9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 10:30 am <b>Danbury Museum</b> <b>Lecture Series: Marion Anderson</b> 	<b>10</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>11</b> <b>CLOSED</b> <b>In observance of</b> 
<b>14</b> 9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 	<b>15</b> 8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	<b>16</b> 9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 	<b>17</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>18</b> 9:00 am Walking Club 9:00 am Strength Training 10:00 am Zumba Gold 12:45 pm <b>Movie Club:</b> <b>Little Women</b> 
<b>21</b> <b>CLOSED</b> <b>In observance of</b> 	<b>22</b> 8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	<b>23</b> 9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 	<b>24</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>25</b> 9:00 am Walking Club 9:00 am Strength Training 10:00 am Zumba Gold 1:00 pm <b>Stroke Prevention</b> 
<b>28</b> 9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 	<b>BINGO</b> <b>Feb. 4 at 1:00 pm</b>  <b>Movie Club:</b> <b>"Little Women"</b> <b>Feb. 18</b> <b>@ 12:45 pm</b>	<b>AARP Income Tax Return Assistance</b> Mondays and Wednesdays Appointments starting at 9:00 am 	<b>Danbury Museum Lecture Series at the Danbury Museum!</b> <b>Feb. 9 at 10:30 am</b> Fireside Chat and tour of Marion Anderson's studio. 	<b>Stroke Prevention</b> <b>Friday, Feb. 25 at 1:00 pm</b> 



# 2022 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>March 8 – Gadgets &amp; Gizmos</b> <b>March 9 – Danbury Museum</b> <b>March 25 – Celebrate Spring</b> 	<b>1</b> 8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	<b>2</b> 9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 	<b>3</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>4</b> 9:00 am Walking Club 9:00 am Strength Training 10:00 am Zumba Gold 1:00 pm <b>BINGO</b> 
<b>7</b> 9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 	<b>8</b> 8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 1:00 pm <b>Gadgets &amp; Gizmos</b> 	<b>9</b> 9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 10:30 am <b>Danbury Museum</b> <b>Lecture Series: Danbury Women in WW2</b>  	<b>10</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>11</b> 9:00 am Walking Club 9:00am Strength Training 10:00 am Zumba Gold 12:45 pm <b>Movie Club: Here Today</b>  
<b>14</b> 9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 	<b>15</b> 8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	<b>16</b> 9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 	<b>17</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>18</b> 9:00 am Walking Club 9:00am Strength Training 10:00 am Zumba Gold 
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<b>28</b> 9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 	<b>29</b> 8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 	<b>30</b> 9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 	<b>31</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing 	<b>BINGO</b> March 4 at 1:00 pm <b>Movie Club – Here Today</b> March 11 at 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

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### **Rent Rebate Program**

The State of CT Rent Rebate program for 2022 will begin on April 1st and end on October 1st . 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)

### **State Elderly and Disabled Homeowners Program**

***The Filing Period for this Program is February 1st - May 15th***

Applicants may be eligible for this program if they meet the following requirements:

- Applicant(s) must own the property for which tax relief is sought **and** must reside at this property as their primary residence.
- Applicant must be over the age of 65 years old by the end of the calendar year preceding the filing period OR applicant must be totally disabled (regardless of age).  
\*Current proof of disability will be required at the time of application.
- Eligible applicants who file between February 1st and May 15th will receive the tax credit on their real estate tax bill in July.

Applicant(s) ***must*** meet the income requirements for the year in which they are filing. **GROSS** income is used in determining eligibility for this program.

Please call the Tax Assessor's Office for more information at 203-797-4556



## Elmwood Hall Photos and News Briefs



St. Peter's Kindergarten, 1st and 2nd grade students gather for our first ever parking lot holiday sing along!



Special Thanks to Keystone Place at Wooster Heights and The Linden at Brookfield for sponsoring two holiday events in December.



COVID-19 Home Test Kits were distributed with great success to hundreds of seniors within the Danbury community. Thank you to the City of Danbury Health and Human Services Department for the kits! Pictured above, Susan and Michelle are bundled up and fully equipped with their space heaters to hand out the test kits.

## ***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](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  
Pam Makin - Van Driver