

THE ELMWOOD EXTRA

Read All About It!

April / May 2022

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Timeless Trivia

Plan, Prepare and Protect with Elder Law Attorney Ann Fowler-Cruz

Nutrition Seminar: Eat Smart, Live Strong

Dance Party with DJ Kevin Burland

Danbury Library On-the-Move & One-on-One Tech Support

Don't Be a Victim of Fraud and Scams

Movie Club Matinees

Meet and Greet with Danbury's Commission on Aging

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, MSW, LCSW



Welcome to Spring. As we move into the warmer weather we are happy to announce the return of many programs long missed over the last two years. Included in the list of returning programs are the senior nutrition lunch, morning coffee, pinochle, mah jongg, line dance practice, timeless trivia, and monthly dance parties. The Danbury Commission on Aging will be hosting a program with attorney Ann Fowler-Cruz and the Savings Bank of Danbury will be here to speak about common fraud and scams targeted at older adults. We look forward to seeing many more of you over the coming months and welcome the opportunity to reconnect.

**Elmwood Hall will be CLOSED on
Friday, April 15 and Monday, May 30**

**The Senior Center is now fully open. Masks are recommended.
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.**

April / May Highlights

Danbury Museum Lecture and Craft Series on the second Wednesday of the month at 10:30 am at the Danbury Museum. On April 13 we will discuss Danbury's wild weather over the years and it's impact on Danbury's history. On May 11 we will focus on colonial foods and food storage. All participants will make butter which they can bring home. On June 8, the last of the monthly series, the focus is on weaving with each participant weaving their own book mark. Please call the Senior Center to reserve your spot! Transportation to the Danbury Museum will be provided to those who need it.

Ask the Elder Law Attorney: Plan, Prepare, and Protect with Ann Fowler Cruz on Tuesday, April 19 at 1:00pm. Ann is a certified elder law attorney

with vast experience in estate planning, trusts, wills, advanced directives and much more. Come with your questions to this interesting and informative seminar. This program is brought to you by Danbury's Commission on Aging. Please call the Senior Center to sign up.

UConn Extension Center's Eat Smart, Live Strong Program on Monday, May 9 at 1:30pm. This is a fun, social, and interactive program designed to help older adults improve their health and overall well-being. We will explore classic favorite dishes and play a game to share ways to make these dishes more colorful! Each participant will be sent home with ingredients to make overnight oats in a glass mason jar to make breakfast for the next day! Please call the Senior Center to sign up.

Dance and Social Parties on Friday, April 22 at 1:00pm and Friday, May 27 with DJ Kevin Burland of Old Man Rhythm. Freestyle and Line Dance to your favorite music of today and yesterday. Even if you don't dance this is a great opportunity to come back to the Senior Center to socialize and see old friends. Cake and Coffee served. Please call the Senior Center to sign up. \$3 donation suggested.

Common Fraud and Scams Targeted at Older Adults on Monday, May 16 at 1:00pm, sponsored by the Savings Bank of Danbury. Join us to learn about the most common, as well as new scams, targeted at older adults and how to protect yourself. Please call the Senior

Center to sign up.

Meet and Greet with Danbury's Commission on Aging on Wednesday, May 4 at 10:00am. Did you know that Danbury has a Commission on Aging and their job is to bring attention to issues facing older adults in Danbury. The Commission is hosting a meet and greet at the Senior Center so Danbury older adults can discuss concerns, ask questions, and provide comments and suggestions regarding issues that are important to you. No sign up required. Refreshments served.

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.

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 475-256-5210. 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 look forward to seeing you at the Center.

Every Day Class Offerings & Programs At Elmwood Hall



HEALTH AND WELLNESS

Movers and Shapers - PLEASE NOTE - Class remains on Tuesday through April 12 at 8:45 am. Class returns to Mondays at 11:15am starting on Monday, April 18. A combination of low impact aerobics, strength training and stretching. Taught by Coleen Krempel. The fee is \$2 per class.

Strength Training - PLEASE NOTE - Class remains on Friday through April 8 at 9:00am. Class returns to Wednesdays at 11:15am starting on Wednesday, April 20. This class helps you stay strong and maintain your muscles. Taught by Coleen Krempel. The fee is \$2 per class.

Tai Chi - Tuesdays at 1:00pm. This class is proven to help reduce stress and improve concentration, balance, strength, and flexibility. Taught by Susan Bradley. 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. Taught by Jill Weiss. The fee is \$2 per class.

Chair Yoga - Tuesdays at 10:00am. 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. Taught by Beverly Leighton. The fee is \$2 per class.

Zumba Gold - Fridays at 10:00am. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Taught by Coleen

Krempel. The fee is \$2 per class.

Senior Nutrition Lunch Program – RETURNING! on Monday, April 18 at 12 noon. Hot, nutritionally balanced meal served at the Senior Center. Meals will be served Mondays, Wednesdays and Fridays. You must make a reservation 48 hours in advance to come for lunch. Please call or stop by the front desk to sign up for each day you would like to have lunch. PLEASE NOTE: NO WALK IN'S. Meals provided in partnership with CW Resources. Suggested donation of \$3.

Walking Club - Mondays and Fridays at 9:00am. This group, led by volunteer Paul, and staff member, Michelle, will continue to meet at the entrance of the Danbury Fair Mall (parking lot in front by LL Bean/Cheesecake Factory area) and walk inside the Mall through the beginning of April. As the weather gets warmer, the club will move back outside for new walking adventures around downtown Danbury.

Gentle Flow Yoga - Thursdays at 10:30am. 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. This class will be modified based on an individual's personal needs, but please know that it does involve getting down and up from the floor. No previous yoga experience necessary. The cost for the class is \$2 and a yoga mat is needed.

Line Dance Practice - RETURNING! on Wednesdays starting on April 20th at 1:00pm. Come practice your steps and get some exercise at the same time. This is a fun practice class that gets you moving. Taught by Kevin Burland. There is no fee for this class.















2022 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PLEASE NOTE</p> <p>Elmwood Hall- Danbury Senior Ctr will be CLOSED in observance of Good Friday on Friday, April 15</p>	<p>BINGO Friday, April 1 at 1:00 pm</p> <p>Movie Club: Monday, April 18 at 12:45 pm "Being the Ricardos"</p>	<p>Danbury Museum Lecture Series at the Danbury Museum!</p> <p>Wednesday, April 13 at 10:30 am Topic: Danbury's Weather</p>	<p>Line Dance Practice is BACK with Kevin and Susan! Wednesdays @ 1:00 pm Starting April 20th</p> <p>Timeless Trivia w/ Kevin & Michelle Friday, April 8 at 1:00 pm</p>	<p>1 9:00 am Walking Club 9:00 am Strength Training 10:00 am Zumba Gold 1:00 pm BINGO</p> <p>B I N G O</p>
<p>4</p> <p>9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 1:00 pm Pinochle</p> <p>TAX TIME</p>	<p>5</p> <p>8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>	<p>6</p> <p>9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep</p> <p>TAX TIME</p>	<p>7</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p> <p></p>	<p>8</p> <p>9:00 am Walking Club 9:00 am Strength Training 10:00 am Zumba Gold 1:00 pm Timeless Trivia</p> <p>ZUMBA GOLD</p>
<p>11</p> <p>9:00 am Grab & Go Lunch 9:00 am Walking Club 9:00 am AARP Tax Prep 1:00 pm Pinochle</p> <p>PINOCHLE</p> <p>TAX TIME</p>	<p>12</p> <p>8:45 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p> <p></p>	<p>13</p> <p>9:00 am Grab and Go Lunch 9:00 am AARP Tax Prep 10:30 am Danbury Museum Lecture Series: Danbury's Weather</p> <p>TAX TIME SPECIAL EVENT</p>	<p>14</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p> <p></p>	<p>15</p> <p>CLOSED FOR GOOD FRIDAY</p>
<p>18</p> <p>9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 12:45 pm Movie Club: Being the Ricardos</p> <p>MOVIE CLUB</p>	<p>19</p> <p>10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Tai Chi 1:00 pm Danbury COA presents: Elder Law Attorney: Ann Fowler Cruz Mah Jongg is cancelled today</p>	<p>20</p> <p>11:15 am Strength Training 12 noon Lunch 1:00 pm Line Dance Practice</p> <p>LINE DANCING</p>	<p>21</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p> <p></p>	<p>22</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Freestyle & Line Dance with DJ Kevin Burland of Old Man Rhythm</p>
<p>25</p> <p>9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle</p>	<p>26</p> <p>10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>	<p>27</p> <p>11:15 am Strength Training 12 noon Lunch 1:00 pm Line Dance Practice</p> <p>LINE DANCING</p>	<p>28</p> <p>10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p> <p></p>	<p>29</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12:00 noon Lunch</p> <p>ZUMBA GOLD</p>



2022 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

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2 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle	3 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	4 10:00 am COA: Meet & Greet 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Dance Practice	5 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing	6 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia
9 9:00 am Grab & Go Lunch 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:30 pm Nutrition Talk - Eat Smart, Live Strong	10 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 	11  10:30 am Danbury Museum Lecture Series: Colonial Food 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Dance Practice 	12 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing 	13 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00pm BINGO 
16 9:00 am Walking Club 11:00 am Library on the Move 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Fraud and Scams presented by Savings Bank of Danbury	17 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 	18 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Dance Practice 	19 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing 	20 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 12:45 pm Movie Club: The Healer 
23 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle	24 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	25 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Dance Practice	26  10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing	27 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Freestyle & Line Dance with DJ Kevin Burland of Old Man Rhythm
30 CLOSED 	31 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	Danbury Museum Lecture Series at the Danbury Museum! Wednesday, May 11th at 10:30 am Topic: Colonial Food	Danbury Library On The Move and One on One Tech Support! Monday, May 16th at 11:00 am 	May 4th COA – Meet & Greet May 9th Nutrition Talk May 16th Frauds and Scams Talk

Every Day Class Offerings & Programs At Elmwood Hall

LEISURE TIME ACTIVITIES

Multimedia Art Instruction – *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. Taught by Adele Moros. The fee is \$2 per class.

Knit and Crochet Club – *Thursdays 10:00am.* Share patterns, yarn, conversation and support each other when trying something new.

BINGO - *Fridays, April 1 and May 13 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. Thank you to our sponsors Synergy Home Care and The Linden at Brookfield.

Pinochle - *on Mondays beginning April 4, at 1:00pm.* Pinochle is a game for two or more players using a 48-card deck consisting of two of each card from nine to ace, with the object being to score points for various combinations and to win tricks.

Mah Jongg - *on Tuesday, April 5 at 1:00pm.* Mah Jongg is a game that originated in China that is commonly played by four players. Similar to the Western card game rummy, mah jongg is a game of skill, strategy, and calculation that involves a certain degree of chance. Please note that there will be no class on April 19.

Movie Club Matinees - monthly on Monday, April 18 and Friday, May 20 at 12:45pm. The movie will be followed by a lively discussion with Michelle. Snacks will be served. A \$1 donation is appreciated.

Monday, April 18

“Being the Ricardos” (drama)

Friday, May 20

“The Healer” (romance)

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.

LIFE LONG LEARNING

Library On-the-Move and One-on-One Tech Support on Monday, May 16 from 11:00 am—1:00pm. Representatives from the Danbury Library will be on site at the Senior Center so you can conveniently renew a library card, check out books, check out iPads, and review flyers for upcoming programs. If you want a certain book, you can call Darlene at the Library ahead of time at 203-797-4513, and she will bring it for you. The Library will also offer one-on-one tech support on this same day at the Senior Center. They can help with iPhones, tablets, and smart phones. Please call to set up an appointment for an individual session with one of the Danbury Library’s Tech Support staff. The Library will continue to come to the Senior Center monthly. Future dates include, June 15, July 18, and August 17.

Timeless Trivia - monthly on Friday, April 8 and Friday, May 6 at 1:00 pm. How well do you know stuff? Come test your knowledge and memory. Join in on Timeless Trivia. Categories include: literature, movies, nature, science, geography, music, technology, etc. Sign up required.



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

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

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.

Danbury Lion's Club Low Vision Support Group to Resume Late Spring 2022

The Lion's Club Low Vision Support Group works in conjunction with the Lion's Club Low Vision Center on 235 Main Street, Danbury. The support group provides a place for seniors to come together for support, education, and social interactions.

Please call the Senior Center for exact start date. This support group meets monthly.

Elmwood Hall Photos and News Briefs



A huge amount of thanks to Meghan Woolley and Western CT State University's Rotaract Club for choosing the Senior Center to share Valentine's Day Bags of Love as one of their community engagement projects.

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 - Elderly Services Associate
Joanne Norrito - Elderly Services Associate
Pam Makin - Van Driver