

THE ELMWOOD EXTRA

Read All About It!

December 2022 / January 2023

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Holiday Name That Tune with the Danbury Commission on Aging

Holiday Dance

Holiday Snowman Craft

Immaculate High School Choir Holiday Performance

AAA Safe Drivers Course

Pet Health and Wellness Veterinary Clinic

Poetry: Mirror, Magic, Muse

Massage Therapy

The Brain - Healthy Cooking

City of Danbury

Department of Elderly Services

Dean Esposito, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services

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 the Holiday season! With the Holidays upon us, we have lined up a full course of programs that we hope you will enjoy. We will continue to assist seniors with Medicare Open Enrollment by offering one on one counseling until December 6. We invite you to the Elmwood Hall Holiday dance on December 16, as well as our Holiday snowman craft project, and a Holiday performance by Immaculate High School Choir. The spirit of the season is upon us and we look forward to spreading good cheer! As we move into the new year, we want to remind you that we can provide you with resources and answers to many questions from how to get help at home, to energy assistance, to home maintenance repairs and much more. I hope that you find something of interest in this newsletter and encourage you, when the weather is good, to get out and socialize with friends and family. Wishing you all a blessed holiday season and a healthy new year!

**Elmwood Hall will be CLOSED
on Monday, December 26, Monday January 2 and Monday,
January 16 in observation of the holidays.**

December / January Highlights

Returning - Wii Bowling weekly on Wednesdays at 1:00pm beginning on December 7. Wii Sports Bowling - back by popular demand. Come alone or with friends to Wii bowl. Wii Bowling is similar to real-life bowling. The player attempts to knock down 10 pins with a ball. The player has 10 attempts with 2 bowls in each frame. It's fun and easy to play. Beginners welcome.

Holiday Name That Tune on Monday, December 5 at 1:00pm. Name that tune is a fun way to test your memory with your favorite holiday songs. Come play on your own or bring a friend. Refreshments provided by Maplewood of Danbury and Maplewood of Bethel. Sponsored by the Danbury Commission on Aging who will host the event. **Sign up is required.**

Holiday Sock Snowman Craft on Monday, December 12 at 1:00pm. Do you want to build a snowman? Join us for some holiday crafting as we build sock snowmen. This event is sponsored by Candle-

wood Valley Health and Rehab. **Sign up is Required.**

Holiday Dance with DJ Kevin Burland of Old Man Rhythm on Friday, December 16 at 1:00pm. Dance to your favorite music, enjoy holiday trivia, sing holiday songs. Raffle prizes! **Sign up required.** Sponsored by Synergy Home Care, Maplewood of Danbury, Bethel Health Care, and Church Hill Village Assisted Living.

Immaculate High School Holiday Performance on Monday, December 19 at 1:00pm. 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. **Sign up required.**

What is Myofascial Release Therapy? on Thursday, January 5 at 1pm with licensed massage and mindful myofascial release therapist, Stephanie Besson. Are you experiencing physical pain in your body? Do you feel like human touch could support you in being grounded and in maintaining a healthy nervous sys-

tem? Myofascial Release Therapy can help reduce pain, anxiety, stress related conditions, chronic and/or acute. Come learn more about it and then book an appointment for a chair massage session on the 1st and 3rd Thursdays starting January 19. Cost of chair massage is \$12. **Sign up required.**

Quilt, Sew, Create: The Elmwood Hall Quilt and Sewing Society - Informational Gathering on Monday, January 9 at 10am. Informational meeting to relaunch the Elmwood Hall Quilt (and Sewing) Society. All previous and new members encouraged to attend to discuss past projects and gather input from members on future work. Introduction of new quilting and sewing instructor, Alison Rogers. Alison is looking forward to meeting everyone. Here is a little bit about her. "I have a Bachelor of Fine Arts degree and worked as a graphic artist for Caldor Corporation before having my children. I have been sewing since I was young, having learned how to sew in home economics class. I taught quilting at Homestead Quilts for 5 years. I created a summer sewing program through Bethel Schools that I have run for the past 15 years. I have experience in home decorating, sewing, clothing, all types of quilting, both hand and machine. I am excited to meet all of you and to learn all about the Elmwood Hall Quilt and Sewing Society."

AAA Defensive Driver Course on Thursday, January 12 from 9am to 1pm. Stay safe on the road with this free course that may qualify you for an auto insurance discount upon completion. Snow date is Thursday, January 26. **Sign up required.**

Poetry: Mirror, Magic, Muse a six week class beginning on Tuesday, January 17 at 11:15am. Enjoy poetry? Reading it, writing it, discussing it? Then

you'll love this six week workshop, led by poet/retired educator Barb Jenness. Each week, we'll read and discuss 3-4 related poems. Then, you'll be encouraged to write and share your own poems, guided by easy, inspirational writing prompts. Finally, you'll have the chance to share your favorite poems – your own, or those written by others - at a celebratory poetry reading in February, where your guests will be welcome and refreshments will be served. **Sign up required.**

Pet Health and Wellness Veterinary Clinic for Cats and Dogs on Friday, January 20 from 10:00am to 1:00pm. For seniors age 60 plus and Veterans of any age who own a dog or cat, this is a health and wellness checkup for your pet. A cost of \$40 includes a health and wellness check, heartworm testing and medication (for dogs), vaccinations (rabies, distemper), basic deworming. Optional care offered at an additional charge: ear cleaning / treatment, micro-chipping, and nail clipping. **Please call the Senior Center for an appointment.** This event is provided by Dr. Nicole Sabo of Veterinary Care Everywhere. It is supported in part through grant money provided by Elmwood Hall—Danbury Senior Center.

Brain Healthy Cooking Demonstration on Monday, January 23 at 1pm. What is Brain Healthy Cooking? A growing body of scientific research points to the important role played by diet in the cause, prevention and management of Alzheimer's disease. "Brain healthy" eating, based on the Mediterranean Diet, can provide protective benefits and enhance cognitive function at any age. Attendees will have the opportunity to try some food, hear about the types of foods that are "brain healthy," and watch a demo of the food being prepared. Sponsored by Ridgefield Station Assisted Living. **Sign up required.**

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 every two years 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

Walking Club - Mondays and Fridays 9:00am. This group, led by volunteer Paul, will meet at the Senior Center and will enjoy walking adventures around downtown Danbury. Beginning in December, the Walking Club will meet and walk at the Danbury Mall. Inclement weather cancels.

Movers and Shapers - Mondays at 11:15am. Low impact aerobics, strength training and stretching. Taught by Coleen Krempel. The fee is \$2 per class.

Senior Nutrition Lunch Program – Served on Mondays, Wednesdays, and Fridays at noon. This is a hot, nutritionally balanced meal served at the Senior Center. You must sign up for lunch by the previous Wednesday before 11:30am in order to have lunch the following week. **PLEASE NOTE: NO WALK IN'S.** Meals provided in partnership with CW Resources. Suggested donation of \$3.

Blood Pressure Screening - the 3rd Monday of each month at 11:00am. Your blood pressure is your most important number! Thank you to Bethel Health Care for sponsoring our monthly blood pressure screening. No appointment is necessary. Free.

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.

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.

Strength Training - Wednesdays at 11:15am. This class helps you stay strong and maintain your muscles. Taught by Coleen Krempel. The fee is \$2 per class.

Line Dance Practice - Wednesdays 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 and Susan Tomanio. There is no fee for this class.

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. The cost for the class is \$2 and a yoga mat is needed.

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.

Myofascial Release Chair Massage Therapy - 1st and 3rd Thursday of each month by appointment from 1pm - 3pm. Myofascial Release Therapy can help reduce pain, anxiety, stress related conditions, chronic and/or acute. Provided by licensed massage therapist Stephanie Besson. Cost is \$12.

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.

LEISURE TIME ACTIVITIES

Elmwood Hall Quilting and Sewing Society - Mondays starting January 23 at 9am. The Elmwood Hall Quilting and Sewing Society makes quilts for pleasure and to donate to charity. They also work on individual sewing projects for both beginners and advanced sewers. Quilts are on display in the Candlewood Room of Elmwood Hall. Some are for sale. Donations of fabric are welcomed and accepted. Led by quilting and sewing instructor Alison Rogers. All levels of quilters and sewers are welcome.

Every Day Class Offerings & Programs At Elmwood Hall

Pinochle - on Mondays and Wednesdays 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.

Movie Club Matinees - monthly on third Monday of each month at 12:45pm. Snacks will be served. A \$1 donation is appreciated.

No Movie in December.

Monday, January 30

(NOTE: THIS IS THE 5TH MONDAY DUE TO THE HOLIDAY ON THE 16)

“Top Gun: Maverick” (Rated PG-13)

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.

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. Please bring your own art supplies.

Mah Jongg - on Tuesdays 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.

Wii Bowling - on Wednesdays at 1:00pm. Wii Sports Bowling - back by popular demand. Come alone or with friends to Wii bowl. Wii Bowling is similar to real-life bowling. The player attempts to knock down 10 pins with a ball. The player has 10 attempts with 2 bowls in each frame. It's fun and easy to play. Beginners welcome.

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

BINGO - on Friday, December 2, sponsored by Synergy Home Care and Friday, January 6, sponsored by Church Hill Village at 1pm. **Sign up required.** The cost is \$3. **Seating is limited.**

Dance and Social Parties - join us on Friday, December 16 at 1:00pm for our **Holiday Party**, and Friday, January 27 at 1:00pm for our Winter Wonderland dance. Music provided by 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 socialize and see old friends. Refreshments served. A \$3 donation is suggested. **Sign up required for the Holiday Party dance only.**


















LIFE LONG LEARNING

Library On-the-Move and One-on-One Tech Support - on Wednesday, December 21 and Tuesday, January 17 from 11:00am - 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 the Senior Center to set up an appointment for an individual session with one of the Danbury Library's Tech Support staff.**

Timeless Trivia on Friday, December 9 and Friday, January 13 at 1:00pm with Kevin Burland of Old Man Rhythm. Test your knowledge, have some fun! **Sign up required.**









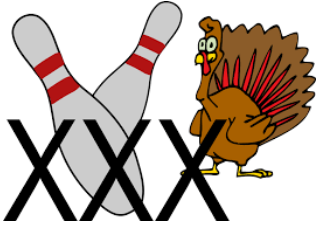
DECEMBER 2022

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p> 	<p>2</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Bingo</p> 
<p>5</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Holiday Name That Tune</p>	<p>6</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>	<p>7</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00pm Wii Bowling</p> 	<p>8</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p> 	<p>9</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1 pm Timeless Trivia with Kevin</p> 
<p>12</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Sock Snowman Craft</p>	<p>13</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 12:00 pm Holiday Lunch 1:00 pm Mah Jongg 1:00 pm Tai Chi</p> 	<p>14</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling</p>	<p>15</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p> 	<p>16</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Holiday Dance with DJ Kevin Burland from Old Man Rhythm</p>
<p>19</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 11:00 am Blood Pressure Screen 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Immaculate HS Choir Holiday Performance</p>	<p>20</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p> 	<p>21</p> <p>8:30 am Free Lite Breakfast 11:00am Library On the Move 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling</p>	<p>22</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p> 	<p>23</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p> 
<p>26</p> 	<p>27</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p> 	<p>28</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling</p>	<p>29</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p> 	<p>30</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p> 

JANUARY

2023 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Closed</p> 	<p>3</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>	<p>4</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00pm Wii Bowling</p>	<p>5</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 1:00 pm What is Myofascial Release Massage Therapy?</p>	<p>6</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Bingo</p>
<p>9</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Quilt Society Meeting 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club</p>	<p>10</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p> 	<p>11</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00pm Wii Bowling</p>	<p>12</p> <p>8:30 am Free Lite Breakfast 9:00 am AAA Drivers Course 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p>	<p>13</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia with Kevin</p>
<p>16 Closed MLK Day Observed</p> 	<p>17</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Library On-The-Move 11:15 am Poetry: Mirror Magic Muse 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>	<p>18</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling</p>	<p>19</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Chair Massage 1:00 pm Line Dancing</p> 	<p>20</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 10:00 am Pet Wellness Veterinarian Clinic 12 noon Lunch</p>
<p>23</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Brain Healthy Cooking Demo</p>	<p>24</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:15 am Poetry: Mirror Magic Muse 1:00 pm Mah Jongg 1:00 pm Tai Chi</p> 	<p>25</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling</p>	<p>26</p> <p>8:30 am Free Lite Breakfast 9:00 am Snow Date AAA Driver's Course 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p> 	<p>27</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Winter Wonderland Freestyle and Line Dance Social with DJ Kevin Burland at Old Man Rhythm</p>
<p>30</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers 12 noon Lunch 12:45 pm Movie Club: Top Gun: Maverick 1:00 pm Pinochle 1:00 pm Bridge Club</p>	<p>31</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:15 am Poetry: Mirror Magic Muse 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>			



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

Connecticut Energy Assistance Program (CEAP)

Each year, the State of Connecticut and EVERSOURCE offer energy assistance to help homeowners and renters offset the cost of heating their homes. The assistance is for the primary source of heat, such as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Eligibility is based on income and you must provide documentation.

Applications are now being accepted by COMMUNITY ACTION AGENCY OF WESTERN CT. Contact the Agency at 203-748-5422 Ext. 3.

EVERSOURCE offers various program, such as The New Start Program, Matching Payment Program, Winter Protection Plan, and Weatherization services. Contact EVERSOURCE Customer Service directly 1-800-286-2000 to see if you qualify.

Danbury Lion's Club Low Vision Support Group

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.

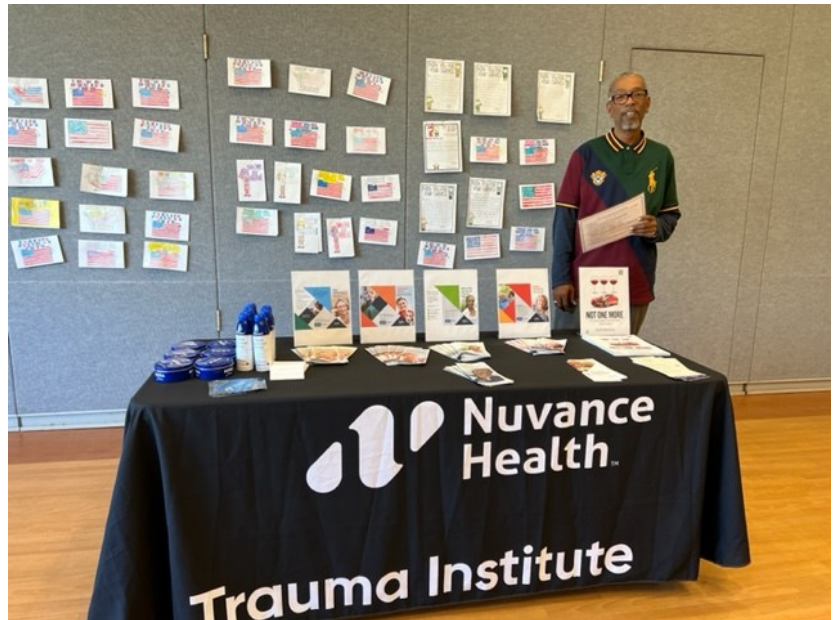
**This support group meets on the fourth Monday of each month, except for January and February.
No meeting in December, but Low Vision Support Group members will be
invited to the Lion's Club Holiday Party.**

All Senior Center programs are subject to change. Please call us if you are unsure if a program is running as scheduled. Thank you for your patience.

Elmwood Hall Photos and News Briefs



WCSU Music Department Calypsos Concert.



Fall Prevention Program with Nuvance Health.



Honoring Our Veterans 2022. Thank you to the VFW for the beautiful cake!

Inclement Weather Policy

Elmwood Hall Danbury Senior Center closes at times during inclement weather. Because there have now been many occasions when Danbury Schools are closed and the Senior Center did not close, such as during Storm Isaac in 2020 and during the pandemic, **we will no longer follow the Danbury School's closing schedule.** A message regarding our closing status will be on our answering machine, will be noted on our Facebook page, and announced on WLAD radio 800am and TV Channel 3 WFSB.

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 (Wellness, Livelong Learning, Leisure Time Programs)
Municipal Agent's Office for the Elderly (Resource, Referral, Benefits, Services)
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
Joyce Kuhn - Activities/Resource & Referral (Grant Funded)
Linda Rinaldi - Administrative Assistant
Chris Bachmann - Administrative Assistant
Jose Fuentes - Elderly Services Associate
Clinton Bartow - Elderly Services Associate
Pam Makin - Van Driver
Tracy Lynn Edwards - Van Driver