

THE ELMWOOD EXTRA

Read All About It!

February / March 2023

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

AARP Income Tax Assistance Program

Winter Hands Lotion

Dance and Social Parties - Valentine's Day, St. Patrick's Day

Movie Club: *Judy and Green Book*

Ten Warning Signs of Alzheimer's Disease

Corn Hole Tournaments

Quilting and Sewing Society

Armchair Travel and Crafting: Ireland

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



Activity continues to increase at the Senior Center as February brings the return of our very dedicated AARP income tax volunteers. This program begins on Tuesday, February 7. Appointments are required for income tax assistance program, so give us a call. Our quilting and sewing program got off to a good start with a lot of interest. This group continues weekly on Mondays with our new instructor, Alison Rogers. Beginner quilters and sewers welcome! Wii Bowling takes place Wednesday afternoons and Corn Hole Tournaments begin again on the 4th Friday of the month. Special programs include a seminar on the ten warning signs of Alzheimer's, and an Irish Armchair travel and crafting event. Please consider coming down to the Senior Center when the weather is good to get yourself out of the house. There is always a place at the table for you along with coffee, tea, and conversation.

**Elmwood Hall will be CLOSED
on Monday, February 13 and Monday, February 20
in observation of these holidays.**

February / March Highlights



AARP Tax Return Assistance begins on February 7 and will run through April 13 on Tuesday and Thursday 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. Please bring last year's tax return, your ID, and all paper work pertaining to this year's return.

Winter Hands-Lotion Workshop

on February 8 at 10am. We all know that winter weather is hard on the hands. They become dry, chapped, and cracked, and keeping moisturized becomes an everyday task. Please join us for the Winter Hands Lotion Workshop where you will make your own lotion with essential oils to help soothe your winter hands. Sponsored by Candlewood Valley Health and Rehab. **Please call to sign up.**





Corn Hole Tournaments on Friday, February 24 and Friday, March 24 at 1:00pm.

Corn Hole is a game where two wooden boards with a hole are positioned out 20 feet apart. There are two people standing at each board and they take turns tossing the bean bags back and forth. It's an overall great game that is certain to provide a lot of fun. All welcome. **Sign up required.**

The Ten Warning Signs of Alzheimer's on Monday, March 6 at 1:00pm. Some change in memory is normal as we grow older, but the symptoms of Alzheimer's disease are more than simple lapses in memory. People with Alzheimer's experi-

ence difficulties communicating, learning, thinking, and reasoning — problems severe enough to have an impact on an individual's work, social activities, and family life. Come learn about the ten warning signs of Alzheimer's as defined by the Alzheimer's Association. This program is sponsored by the Danbury Commission on Aging. **Please sign up.**

Armchair Travel: Ireland on Wednesday, March 8 at 10:00am. Join us for a virtual tour of Ireland, enjoy some Irish soda bread and create a shamrock pin. Sponsored by Candlewood Valley Health and Rehab. **Please sign up.**



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.

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.

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 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.

Monday, February 27

(NOTE: THIS IS THE 4TH MONDAY DUE TO THE HOLIDAY ON THE FEBRUARY 20)

Judy (Drama, Musical) Rated PG-13

Monday, March 20

Green Book (Drama, Comedy) 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, February 3, sponsored by Comfort Keepers Home Care and Friday, March 3, at 1pm. **Sign up required.** The cost is \$3.

Dance and Social Parties on Friday, February 17 (Valentine's Day theme) and Friday, March 17 (St. Patrick's Day theme) with DJ Kevin Burland of Old Man Rhythm. Dances start at 1:00pm. 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 to the Senior Center to socialize and see friends. Refreshments served. Please call the Senior Center to sign up. \$3 donation suggested.

LIFE LONG LEARNING

Library On-the-Move and One-on-One Tech Support - on Wednesday, February 15 and Tuesday, March 21 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, February 10 and Friday, March 10 at 1:00pm with Kevin Burland of Old Man Rhythm. Test your knowledge, have some fun! **Sign up appreciated, but drop in's are welcome.**










2023 ~ 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 Lincoln's birthday, Feb. 13 and President's Day on Feb. 20</p>		<p>1</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>2</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p>	<p>3</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>6</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</p>	<p>7</p> <p>8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 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>8</p> <p>8:30 am Free Lite Breakfast 10:00 am Winter Hands Lotion Workshop 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00pm Wii Bowling</p>	<p>9</p> <p>8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing</p>	<p>10</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>13</p> <p>CLOSED In observance of</p>	<p>14</p> <p>8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 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>15</p> <p>8:30 am Free Lite Breakfast 11:00 am 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>16</p> <p>8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p>	<p>17</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Valentine's Freestyle and Line Dance Social with DJ Kevin Burland of Old Man Rhythm</p>
<p>20</p> <p>CLOSED In observance of</p>	<p>21</p> <p>8:30 am Free Lite Breakfast 9:00 am AARP Tax assistance 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>22</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>23</p> <p>8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p>	<p>24</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Corn Hole Tournament</p>
<p>27 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: Judy 1:00 pm Alcohol Anonymous Info 1:00 pm Pinochle 1:00 pm Bridge Club</p>	<p>28</p> <p>8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>		<p>© CanStockPhoto.com - csp48905055</p>	



2023 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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	2 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing 	3 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Bingo 
6 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 Alzheimers Awareness	7 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	8 8:30 am Free Lite Breakfast 10:00am Armchair Travel Ireland 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00pm Wii Bowling	9 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing	10 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
13 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	14 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	15 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	16 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing	17 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 St. Patrick's Freestyle and Line Dance Social with DJ Kevin Burland of Old Man Rhythm
20 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:00 am Blood Pressure 11:15 am Movers and Shapers 12 noon Lunch 12:45pm Movie Club: Green Book 1:00 pm Pinochle 1:00 pm Bridge Club	21 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Library On The Move 1:00 pm Mah Jongg 1:00 pm Tai Chi 	22 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	23 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	24 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Corn Hole Tournament
27 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 Low Vision Support	28 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi	29 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	30 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing 	31 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch



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.

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. 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.

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.

Elmwood Hall Photos and News Briefs



Immaculate High School Choir Performance!



Senior Center member, Joan, recites 'Twas the Night Before Christmas!



Thank you to the Danbury High School Leo Club for joining our Holiday Party!



Thank you to the Design class at New Fairfield High School for making each Holiday Party attendee a Holiday card!

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