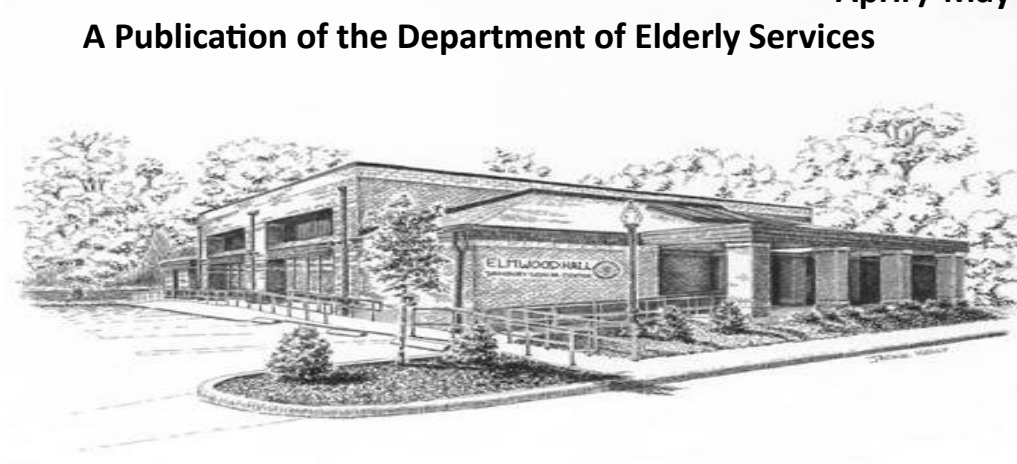


THE ELMWOOD EXTRA

Read All About It!

April / May 2023

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Coffee and Conversation with the Danbury Commission on Aging
Bird Feeder Craft Project
Mimi's Cupcake Decorating
Alcoholics Anonymous: It Really Works
Stroke Prevention
Bees and Bloom Painting
Elmwood Hall Poetry Society
Music Performance: WCSU Student Jazz Trio American Standards

City of Danbury

Department of Elderly Services

Dean Esposito, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services

Tamires DaSilva, Municipal Agent

Joyce Kuhn, Activities/Resource & Referral

10 Elmwood Place, Danbury, CT 06810

www.danburyseniors.org

Tel. 203-797-4686

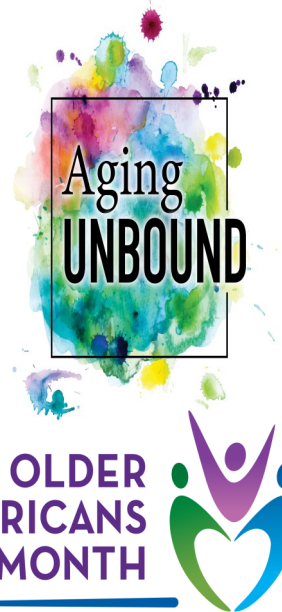
HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, MSW, LCSW



Originally named Senior Center Month by President John F. Kennedy, Older Americans month has been recognized in the US since 1963. It came about after President Kennedy met with the National Council of Senior Citizens to hear about their needs and what was important to them. A proclamation followed shortly afterwards that stated each year in May the nation would pay tribute to its older citizens. The 2023 theme is ***Aging Unbound***, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Everyone has a unique aging experience and we would love to hear yours. Let's celebrate Older Americans month!



OLDER
AMERICANS
MONTH



AGING UNBOUND: MAY 2023

**Elmwood Hall will be CLOSED
on Friday, April 7 for Good Friday and Monday, May 29
in observation of Memorial Day.**

April / May Highlights

Coffee and Conversation with the Danbury Commission on Aging on Wednesday, April 12 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.

Stroke Prevention on Monday, April 24 at 1pm. Lauren Henriques from Nuance Healthcare will be here to discuss the signs

and symptoms of stroke, who is at risk, and how to prevent it. Also discussed will be treatment options. **Sign up required.**

New! Elmwood Hall Poetry Society meets monthly on the 2nd Tuesday of each month starting on April 11 at 11:15am. Do you love poetry – whether writing it or just reading it? Then join us for the new Elmwood Hall Poetry Society! Bring a poem to share and discuss – whether your own or one by a favorite poet. No previous poetic experience is necessary and there's no fee or need to preregister. Led by Barb Jennes, poet and retired educator.



Mimi's Cake Decorating School is coming to Elmwood Hall!

on Thursday, April 20 at 1pm. Participants will learn how to make piping bags, color icing and basic decorating techniques to decorate beautiful Spring themed cupcakes. Each participant will go home with 12 cupcakes. **Sign up required. Class is limited to 12 participants.**

Alcoholics Anonymous: It Really Works on Wednesday, April 26 at 10am. This will be an information meeting run by Alcoholics Anonymous members who will tell their stories of how AA changed their lives. No sign up required. All welcome.

Bird Feeder Craft Project on Wednesday, May 10 at 10am. Join us for another great event with Sarah Johnson from Candlewood Valley Health and Rehab. This time you will be learning about the birds you might see in

your own backyards. Followed by a mason jar lid bird feeder craft where you will make a bird feeder to take home. Try and spot the birds you will learn about when you get home! **Sign up is required for this event.**



Bees and Blooms Painting Event

on Thursday, May 18 at 1pm. Painting made simple and fun. Join us and create a simple yet beautiful painting in a few easy, creative steps. Sponsored by Synergy Home Care and Keystone Place at Wooster Heights. Seating is limited. **Sign up required.**

Music Performance: WCSU Student Jazz Trio

on Wednesday, May 24 at 12noon. The talented students of WCSU music department will be here to perform a mixture of popular music from the early to mid-20th century as well as jazz standards. Music from the American Songbook. No sign up required.

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. Inclement weather cancels. During the winter months, the club walked at the Danbury Fair Mall. Beginning in April, they will be back at the Senior Center walking in downtown Danbury.

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. One to three pound dumbbells suggested. 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.

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.

Every Day Class Offerings & Programs At Elmwood Hall

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

Monday, April 17

The Fablemans (Drama) PG13

Monday, May 15

A Man Called Otto (Comedy, Drama) 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, April 14 and Friday, May 5, at 1pm. **Sign up required.** The cost is \$3.

Dance and Social Parties - on Friday, April 21 (April Showers theme) and Friday, May 19 (May Flowers

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. \$3 donation suggested.

Corn Hole / Bean Bag Toss - on the 4th Friday of each month, Friday, April 28 and Friday, May 26. **Cornhole** (originally named due to the use of corn filling the bags) is a lawn game popular in North America in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. Scores are tabulated following a certain set up rules. No experience necessary to play, all are welcome. No sign up required.












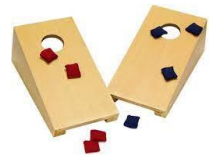
LIFE LONG LEARNING

Elmwood Hall Poetry Society - meets monthly on the 2nd Tuesday of the month at 11:15am. Do you love poetry – whether writing it or just reading it? Then join us for the new Elmwood Hall Poetry Society! Bring a poem to share and discuss – whether your own or one by a favorite poet. No previous poetic experience is necessary and there's no fee or need to preregister. Led by Barb Jennes, poet and retired educator.

Library On-the-Move and One-on-One Tech Support - on Wednesday, April 19 and Tuesday, May 16 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.**













2023 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Multimedia Art 1:00 pm Mah Jongg 1:00 pm Tai Chi 	5 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 2:30 pm Chair Yoga	6 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 	7 
10 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	11 8:30 am Free Lite Breakfast 9:00 am AARP Tax Assistance 10:00 am Multimedia Art 11:15am Poetry Society 1:00 pm Mah Jongg 1:00 pm Tai Chi	12 8:30 am Free Lite Breakfast 10:00am Coffee and Conversation with The Danbury Commission on aging 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling 2:30 pm Chair Yoga	13 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 	14 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Bingo 
17 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: The Fablemans 1:00 pm Pinochle 1:00 pm Bridge Club	18 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 	19 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 	20 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle flow yoga 1:00 pm Line Dancing 1:00pm Mimi Cupcake Decorating – Spring 	21 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 Freestyle Line Dance and Social with DJ Kevin Burland of Old Man Rhythm 
24 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 1:00 pm Stroke Prevention	25 8:30 am Free Lite Breakfast 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 	26 8:30 am Free Lite Breakfast 10:00 am Alcoholics Anonymous – Informational Meeting 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling	27 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 	28 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Corn Hole / Bean Bag 



2023 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

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8 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	9 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:15am Poetry Society 1:00 pm Mah Jongg 1:00 pm Tai Chi	10 8:30 am Free Lite Breakfast 10:00 am Bird Feeder Craft 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00pm Wii Bowling	11 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	12 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch
15 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:00 am Blood Pressure 12:45 pm Movie Club: A Man Called Otto 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club	16 8:30 am Free Lite Breakfast 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 	17 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 	18 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing 1:00 pm Bees and Blooms Painting 	19 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 Freestyle and Line Dance Social with DJ Kevin Burland of Old Man Rhythm
22 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 Low Vision 1:00 pm Pinochle 1:00 pm Bridge Club	23 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 	24 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 12 noon WCSU Live Music 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling	25 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 	26 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Corn Hole / Bean Bag
29 Closed for Memorial Day 	30 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	31 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		
				



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

State Elderly and Disabled Rent Rebate Program

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room or living in cooperative housing, or a mobile home may be eligible for this program. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. The program begins on April 1 and ends on October 1st.

Applications are no longer mailed to past recipients. Outreach will be provided to those who live in senior housing. New applicants must call to make an appointment to review eligibility. Appointment for new applicants take place after June 1.

Please call Tamires DaSilva, Municipal Agent, at the Danbury Senior Center 203-797-4686 or t.dasilva@danbury-ct.gov with questions and to ask about eligibility.

Property Tax Relief for Seniors and Disabled Homeowners

The City of Danbury Assessor's Office administers both local and state programs for the Elderly and Totally Disabled homeowners. The application period for State and Local Elderly and Totally Disabled Programs is February 1st - May 12th. **Please call the Assessor's office for more information at 203-797-4556.**

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



The Immaculate High School Choir and the Danbury Senior Center celebrate St. Patrick's Day



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
Tamires DaSilva, Municipal Agent for the Elderly
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