

THE ELMWOOD EXTRA

Read All About It!

August / September 2023

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Seniors Eating Well Nutrition Program

Farmers' Market on the Move

"Rock" the World: Digging Into the DMS (Danbury Mineralogical Society)

Armchair Travel Series - India

Apex Community Health Center: Who They Are and How They Can Help You

Book Signing and Author Talk with Deirdre Virvo, Author of

Home To Home: The Step By Step Senior Housing Guide

Flu Shot Clinic with Danbury Health Department

City of Danbury

Department of Elderly Services

Dean Esposito, Mayor

Susan M. Tomanio, MSW, LCSW, Director of Elderly Services

Tamires DaSilva, Municipal Agent

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



Late summer greets us with a variety of new programs. The Danbury Mineralogical Society will visit along with the Apex Community Health Center. We will host an armchair travel program that will take us to India and have an author talk and presentation by Deirdre Virvo, Author of *Home To Home: The Step By Step Senior Housing Guide*. Plus our first flu shot clinic will take place in September. I would like to thank the senior center members and generous donors that make up our Senior Center Garden Club. The Senior Center looks beautiful. Please check out the community herb garden and if you are needing fresh rosemary, parsley, time, sage, etc for a special recipe, feel free to come by and take what you need. Soon we will have tomatoes and maybe even a few zucchini and eggplant. Stay cool and remember to hydrate, wear light color clothing, and come down to enjoy our air conditioning. Happy Summer!

**Elmwood Hall will be CLOSED
On Monday, September 4 for Labor Day**

August / September Highlights

"Rock" the World: Digging Into the DMS (Danbury Mineralogical Society) on Friday,



August 11 at 1pm. Ellirose Edwards from the Danbury Mineralogical Society (DMS) will be coming to the senior center on August 11th to talk rocks and shop! She will delve into why she joined the club and what benefits she has found from attending. She will also be bringing pieces of her collection to "show and tell". Gear up for a talk about field trips, mining tools, and why a mountain in South Carolina makes one of the best summer trips in the hobby! **Please sign up.**

Armchair Travel Series: India on August 30 at 10am. Learn about the beauty and culture of

India through this slide show presentation. Learn history through trivia and fact sharing. Sponsored by Candlewood Valley Health Care. **Please sign up.**

Seniors Eating Well on Wednesday, July 19, August 16, September 20, and October 18. Start time is 1:30pm. Heather Peracchio, MS, RDN, CD-N will lead this popular program. It is a nutrition seminar designed to help those age 60 plus incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmers' Market. For each monthly seminar completed, a \$20 gift certificate will be provided to shop at the Danbury Farmers' Market or at the Farm Market on the Move located at the Danbury Senior Center, which takes place on the same day as the nutri-

tion seminars. **Sign up is required for each, separate date.**

Farm Market On the Move at Elmwood Hall on Wednesday, July 19, August 16, September 20, and October 18 from 1:00pm to 3:30pm. Clatter Valley Farm of New Milford will bring their fresh vegetables and produce. Cash, credit cards, SNAP cards, "Seniors Eating Well" gift certificates and state department of agriculture cards will be accepted. During the August 16 session, End Hunger CT will be available to sign up seniors who qualify for SNAP. The Danbury Farmers' Market will double the amount of SNAP benefits so it's worth seeing if you qualify.

Apex Community Care Who are They and How they Can Help You? On Thursday, September 7 at 1pm. Apex Community Care is a non-profit medical group / primary care who assists with routine physical exams and check ups, medication management, and chronic conditions and disease management. Our mission is to advocate for and provide services to people living with HIV/AIDS, mental health and substance use disorders, their families, and loved ones and to actively promote education and prevention in the community. We envision a world free of stigma and

shame, where all people are treated with dignity and respect and their value as an individual is recognized and celebrated. We will work relentlessly and passionately to help those individuals who are disenfranchised and to create a more inclusive community. **Sign up required.**

Flu Shot Clinic on Tuesday September 12 from 1pm to 3pm. This flu shot clinic is provided by the City of Danbury Health Department. No appointment necessary. Please bring your id and insurance cards.

Book Signing and Presentation on Thursday, September 21 at 1pm. Join us for a book signing and presentation by Deirdre Virvo, a senior specialist, author of Home To Home The Step By Step Senior Housing Guide and owner / operator of residential senior homes for seniors with dementia. She will cover various housing topics such as: Are you concerned that your spouse is, or may become debilitated, either mentally or physically, then what do you do? Are you concerned about preserving your money and home if your spouse needs nursing home care? Are you interested in downsizing but it feels like an overwhelming feat. At the end of the presentation she will do a book signing and all attendees will receive a free book. Refreshments will be provided. **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

Light Breakfast Program - Served Monday through Friday from 8:30 - 10am. Breakfast items include whole grain toast and pastry along with coffee and tea. Supported in partnership with CT Foodshare. Free.

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 Wednesdays and Fridays at noon. This is a hot, nutritionally balanced meal served at the Senior Center. You must sign up in person for lunch by the previous Wednesday before 11:00am 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 10:15am. 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 Wednesdays and Fridays at 1:00pm. (Except the first Friday of each month) Pinochle is a

Every Day Class Offerings & Programs At Elmwood Hall

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, August 21

Air: A Story of Greatness (Drama, Sport) Rated R

Monday, September 18

The Glass Castle (Biography, 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, August 4 and Friday, September 1 at 1pm. The cost is \$3.

New Policy for Bingo Sign Up

- Sign up opens on the Monday after the last Bingo at 8:30am
- Bingo is always the first Friday of the month, unless a Holiday or other closing causes a conflict
- You may call or sign up in person
- You may sign up for yourself and no more than 4 other people
- 60 people for each sign up, no more than 10 placed on waitlist
- No walk-in's allowed

Dance and Social Parties - on Friday, August 18 (Dog Days of Summer dance) and Friday, September 15 (End of Summer dance) 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, August 25 and Friday, September 22 at 1pm. **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

Library On-the-Move - on Tuesday, September 19 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.










2023 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 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	2 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	3 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle flow yoga 1:00 pm Line Dancing 	4 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Bingo 
7 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers 1:00 pm Bridge Club	8 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	9 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	10 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	11 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 pm "Rock the World" Danbury Mineralogical Society Presentation
14 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers 1:00 pm Bridge Club	15 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:15 am Poetry Society 1:00 pm Mah Jongg 1:00 pm Tai Chi	16 8:30 am Free Lite Breakfast 9:00 am Line Dance Practice 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Farmers Market 1:30 pm Seniors Eating Well 1:30 pm Adultos Mayores y Mercado Móvil Agrícola!	17 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing	18 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 Freestyle and Line Dance Social with DJ Kevin Burland of Old Man Rhythm
21 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 10:15 am Blood Pressure Screen 11:15 am Movers and Shapers 12:45pm Movie Club: Air - A Story of Greatness 1:00 pm Bridge Club	22 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 	23 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Dance Practice 1:00 pm Pinochle 1:00pm Wii Bowling	24 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 	25 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 pm Corn Hole / Bean Bag
28 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers 1:00 pm Low Vision 1:00 pm Bridge Club	29 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	30 8:30 am Free Lite Breakfast 10:00 am Armchair Travel India 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling	31 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 	



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11 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 10:15 am Blood Pressure Screen 11:15 am Movers and Shapers 12:45pm Movie The Glass Castle 1:00 pm Bridge Club	12 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 1:00 pm Flu Clinic	13 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	14 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	15 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 Freestyle and Line Dance Social with DJ Kevin Burland of Old Man Rhythm
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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

~ Senior Housing ~ Elderly Nutrition (Congregate Meals/Meals on Wheels/SNAP/Farm Market Cards and Gift Certificates) ~ Home Care Options ~

Western CT Area Agency on Aging (WCAAA)

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare and the options that supplement Medicare. The WCAAA can answer questions that you may have on Medicare, Medicare part D prescription drug plans, Medicare Advantage Plans, Medicare Savings Program, and Medicaid. The WCAAA can assist in filling out applications for different programs for which you may be eligible. For more information please call WCAAA at 1-800-994-9422 or 1-203-757-5449.

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. **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.

State of Connecticut Farmers' Market Nutrition Card Program

The Farmers Market Cards (Vouchers) are available to persons 60 years of age or older who qualify for the program. To qualify, your income cannot exceed the following limits: \$2,248 monthly for an individual; \$3,041 for a family of two. The cards may be used at the Danbury Farmers Market, which is located at the Downtown Danbury Green. Complimentary parking is available at the Patriot Garage. The market is open on Saturdays from 10am until 2pm. Cards will be distributed in person at the Danbury Senior Center in early July. One card is available per person. You must be a Danbury resident. If you receive Cards from the Senior Housing building you reside in, you are not eligible to receive a second one from the Danbury Senior Center. Recipients will be asked to sign an acknowledgement that your income does not exceed the program limits. Please call the Senior Center in July for specific date and time for distribution.

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 at the Danbury Senior Center. Transportation provided.

A Brush with Kindness - Home Repairs for Low Income Seniors

For residents who are 60 years or older and a homeowner who meet income level requirements. For a listing of approved repairs and their application process call 203-744-1340 or email info@housatonichabitat.org

Elmwood Hall Photos and News Briefs



**Danbury Westerners Visit Elmwood Hall Senior Center, Free Tickets Given out to a Game.
Event sponsored by the Danbury Commission on Aging.**

Property Tax Relief for Seniors and Disabled Homeowners

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

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.

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
Linda Rinaldi - Administrative Assistant
Chris Bachmann - Administrative Assistant
Jose Fuentes - Program Set Up Assistant
Pam Makin - Van Driver
Tracy Lynn Edwards - Van Driver