

# THE ELMWOOD EXTRA

Read All About It!

December 2023 / January 2024

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

### Grief Healing & The Holidays

Holiday Name That Tune w/ The Danbury Commission on Aging

Immaculate High School's Inspire Choir Holiday Performance

Holiday Dance and Social Party w/ DJ Kevin Burland

Movie Club: Champions (December) & Nyad (January)

Call Me Old Fashion... But Let's Have a Holiday Sing-a-long!

Winter Wonderland Dance and Social Party w /DJ Kevin Burland

Pet Wellness Clinic for Cats & Dogs

The History of 'The Wizard of OZ'

## City of Danbury

Department of Elderly Services

Roberto Alves, Mayor

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

Tamires DaSilva, BSW, Municipal Agent for the Elderly

Matt Austin, Elderly Services Program Coordinator

10 Elmwood Place, Danbury, CT 06810

[www.danburyseniors.org](http://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



So many times when we hear someone say the holidays are here, we think of the classic “movie” experience of the holidays. Family and friends gather together with everyone having enough money for gifts and special treats. The perfect holiday season. But for so many of us, this is not our experience of the holidays. Many of us are without family or our family is not near by. Some of us have lost family as well as friends and this can be a difficult time. The pandemic and other world events can have us losing faith in humanity, civility, and kindness. While this might be around us, we can choose to extend ourselves to others in kindness of word and deed. We can share our friendship and warmth with others, be they acquaintances, friends, or even strangers. As we move into the new year, perhaps we can remember a simple smile or word of care can make all the difference to others. It can make a difference for us too, as whatever we put out into this world, we receive back. Let us share peace, love, hope, and kindness towards one and other, not only during the holiday season, but in the new year to come. May the light of the season show you the way.

**Elmwood Hall will be CLOSED on Monday, December 25 for Christmas, Monday, January 1 for New Years Day, and Monday, January 15 for the Martin Luther King, Jr. Day**

## December / January Highlights

**Grief, Healing, and The Holidays** on Tuesday, December 3rd at 2:30pm. Join Garrett Walkup, RVNAhealth Manager of Bereavement, Social Work, and Pastoral Care Services for a lecture on tips for dealing with grief around the holiday season. This holiday season might mark the initial one following the loss of a loved one. The holidays can become hard for many as grief tends to cling to us. It doesn't just affect us personally; it also becomes intertwined with specific moments and locations. The lecture will include “how to cope with the emotions and feelings of the season, how to handle holiday tradi-

tions, and what to do differently – and the same,” says Walkup. The program is open to all and is intended to offer support through the holiday season for those who have experienced a loss. **Sign up required.**

**Holiday Name That Tune with The Danbury Commission on Aging** on Monday, December 11th at 1:00pm. The Danbury Commission on Aging joins us for a fun game of Holiday Name That Tune. Sing your heart out! Fun, lighthearted gathering to remember our favorite holiday songs and share nostalgia. **Sign up required. Refreshments served.**

**Immaculate High School Inspire Choir Holiday Concert** on Thursday, December 14th at 12:30pm. Join Choir Director Jen Doherty and students from Immaculate High School for a holiday choir performance, singing all of your holiday favorites. **Sign up required.**



**Call Me Old Fashion... But Let's Have a Holiday Sing-a-long!** on Thursday, December 21st at 1:00 pm with Susan Tomanio. Join us for some old fashion fun as we gather and belt out our favorite holiday songs. No singing skills required! Peppermint hot chocolate will be served. **Sign up required.**

**The History of The Wizard of Oz** on Thursday, January 11th at 1:00 pm. The beloved MGM movie musical The Wizard of Oz celebrates it's 85th anniversary! Join historian Art Gottlieb for a lecture on the history behind one of Judy Garland's most famous movies. **Sign up required.**



**Pet Wellness Clinic for Cats & Dogs**



on Friday, January 26 at 10am. Pet Health and Wellness Veterinary Clinic for Cats and Dogs, 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. You do not need to be a Danbury resident to participate. A cost of \$40 (cash or check only) includes a health and wellness check, heartworm testing (for dogs). Rabies and Distemper vaccinations, basic deworming. Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee. **Please call the Senior Center at 203-797-4686 for an appointment.** Registration closes on Friday, January 19th. This event is provided by Dr. Nicole Sabo of Veterinary Care Everywhere. The event is supported in part through grant money provided by Elmwood Hall—Danbury Senior Center. Transportation is available for seniors or Veterans who are residents of Danbury and have no other means of attending this event.

**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](mailto: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 - 10:00 am. 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 will walk 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 mus-

cles. 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 9:00 am. 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 Monday, Wednesdays, and Fridays at 1:00pm. (Except the first Friday of each month) 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, December 18th Champions (Comedy) Rated PG-13**

A former minor-league basketball coach is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.

### **Monday, January 22nd**

#### **Nyad (Drama, Biography, Sports) Rated PG-13**

Nyad is the biographical movie of swimmer Diana Nyad (played by Annette Benning). The film tells the incredible story of her efforts to swim from Cuba to Florida.

**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. Knit, crochet, make something for a local charity, share patterns, yarn, conversation and support each other when trying something new.

**BINGO** - Friday, December 1st & January 5th at 1:00pm. The cost is \$3. Thank you to our sponsors,

Wilton Meadows (December) & Synergy Home Care (January).

### **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 December 15th (Holiday Dance) and Friday, January 19th (Winter Wonderland 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, December 29th at 1pm. **CORN HOLE IS CANCELLED FOR THE MONTH OF January.** It returns again on February 23. **Corn-hole** (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 of rules. No experience necessary to play, all are welcome. No sign up required.

### **LIFE LONG LEARNING**

**Library On-the-Move** - on Wednesdays, December 13th and January 10th 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
			<p><b><u>Lunch Sign Up</u></b>  <b>Please sign up by the Wednesday of the previous week, before 11am, to have lunch the following week.</b>  <b>Thank you!</b></p>	<p><b>1</b>            8:30 am Free Lite Breakfast            9:00 am Walking Club            10:00 am Zumba Gold            12 noon Lunch  <b>1:00 pm Bingo</b></p>
<p><b>4</b>            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            1:00 pm Pinochle</p>	<p><b>5</b>            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  <b>2:30 pm Grief Healing &amp; The Holidays</b></p>	<p><b>6</b>            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><b>7</b>            8:30 am Free Lite Breakfast            10:00 am Knit/Crochet            10:30 am Gentle Flow Yoga            1:00 pm Line Dancing Instruction</p>	<p><b>8</b>            8:30 am Free Lite Breakfast            9:00 am Walking Club            10:00 am Zumba Gold            12 noon Lunch            1:00 pm Pinochle</p>
<p><b>11</b>            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            1:00 pm Pinochle  <b>1:00 pm Holiday Name That Tune w/ Danbury Commission on Aging</b></p>	<p><b>12</b>            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><b>13</b>            8:30 am Free Lite Breakfast  <b>11:00 am Library on the Move</b>            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><b>14</b>            8:30 am Free Lite Breakfast            10:00 am Knit/Crochet            10:30 am Gentle Flow Yoga  <b>12:30 pm Immaculate HS Inspire Choir Holiday Performance</b>            1:00 pm Hat City Woodcarvers            1:00 pm Line Dancing Instruction</p>	<p><b>15</b>            8:30 am Free Lite Breakfast            9:00 am Walking Club  <b>10:00 am – Zumba Gold - CANCELLED</b>            12 noon Lunch  <b>1:00 Holiday Dance with DJ Kevin Burland</b></p>
<p><b>18</b>            8:30 am Free Lite Breakfast            9:00 am Walking Club            9:00 am Quilt Society  <b>10:15 am Blood Pressure Screen</b>            11:15 am Movers and Shapers  <b>12:45pm Movie: Champions</b>            1:00 pm Bridge Club            1:00 pm Pinochle</p>	<p><b>19</b>            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><b>20</b>            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><b>21</b>            8:30 am Free Lite Breakfast            10:00 am Knit/Crochet            10:30 am Gentle Flow Yoga  <b>1:00 pm Call Me Old Fashion... but Let's Have a Holiday Sing-a-long</b>            1:00 pm Line Dancing Instruction</p>	<p><b>22</b>            8:30 am Free Lite Breakfast            9:00 am Walking Club            10:00 am Zumba Gold            12 noon Lunch            1:00 pm Pinochle</p>
	<p><b>26</b>            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><b>27</b>            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><b>28</b>            8:30 am Free Lite Breakfast            10:00 am Knit/Crochet            10:30 am Gentle Flow Yoga            1:00 pm Hat City Woodcarvers            1:00 pm Line Dancing Instruction</p>	<p><b>29</b>            8:30 am Free Lite Breakfast            9:00 am Walking Club            10:00 am Zumba Gold            12 noon Lunch            1:00 pm Pinochle  <b>1:00 pm Corn Hole / Bean Bag Toss</b></p>

# JANUARY

## 2024 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <i>Closed</i>	<b>2</b> 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	<b>3</b> 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	<b>4</b> 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing Instruction	<b>5</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Bingo</b>
<b>8</b> 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 1:00 pm Pinochle	<b>9</b> 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	<b>10</b> 8:30 am Free Lite Breakfast <b>11:00 am Library on the Move</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Dance Practice 1:00 pm Wii Bowling	<b>11</b> 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing Instruction 1:00 pm Hat City Woodcarvers 1:00 pm <b>The History of 'The Wizard of Oz'</b>	<b>12</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle
<b>15</b> 	<b>16</b> 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	<b>17</b> 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	<b>18</b> 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Hat City Woodcarvers 1:00 pm Line Dancing Instruction	<b>19</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club <b>10:00 am Zumba Gold - CANCELLED</b> 12 noon Lunch <b>1:00 Winter Wonderland Dance &amp; Social Party with DJ Kevin Burland</b>
<b>22</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers <b>12:45pm Movie: Nyad</b> 1:00 pm Bridge Club 1:00 pm Pinochle	<b>23</b> 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	<b>24</b> 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	<b>25</b> 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing Instruction 1:00 pm Hat City Woodcarvers	<b>26</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club <b>10:00 am Zumba Gold - CANCELLED</b> <b>10:00 am Pet Wellness Clinic for Cats and Dogs</b> 12 noon Lunch 1:00 pm Pinochle
<b>29</b> 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 1:00 pm Pinochle	<b>30</b> 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	<b>31</b> 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		<b>Lunch Sign Up</b> <b>Please sign up by the Wednesday of the previous week before 11am to have lunch the following week.</b> <b>Thank you!</b>



## 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.** Please call Tamires DaSilva, Municipal Agent, at the Danbury Senior Center 203-797-4686 or [t.dasilva@danbury-ct.gov](mailto:t.dasilva@danbury-ct.gov) to apply. **Walk-ins will not be accepted. Applications must be completed with all required documents otherwise they will be denied.** Please call Tamires DaSilva, Municipal Agent, at the Danbury Senior Center 203-797-4686 or [t.dasilva@danbury-ct.gov](mailto: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](mailto:info@housatonichabitat.org)



## Elmwood Hall Photos and News Briefs



Thank you to Synergy Home Care for sponsoring our Halloween Spooktacular Party. Very festive!

### **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.**

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**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](http://www.danburyseniors.org)**

### **Department of Elderly Services—Staff Members**

Susan Tomanio, MSW, LCSW - Director of Elderly Services  
Tamires DaSilva, BSW - Municipal Agent for the Elderly / Resource & Referral  
Matt Austin - Elderly Services Program Coordinator  
Joyce Kuhn / Joanne Norrito - Elderly Services Clerk (Grant Funded)  
Linda Rinaldi - Administrative Assistant  
Edie Thomas - Administrative Assistant  
Pam Makin - Van Driver  
Tracy Lynn Edwards - Van Driver