

# THE ELMWOOD EXTRA

Read All About It!

February 2024 / March 2024

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

AARP Tax Assistance  
AARP Safe Driver Course  
Fall Prevention Workshop  
Your Life, Your Legacy: Planning for the Future  
Movie Club: Maestro and The Holdovers  
Black Broadway: A Musical History  
Gambling Addiction Prevention  
Medicare: Avoiding Scams and Fraud  
Understanding Alzheimer's and Dementia  
Craft Corner: Pressed Flower Lanterns  
Introduction to Pickleball  
Memories to Memoir Writing Workshop  
"A Journey" A One-Woman Musical Show

## City of Danbury

Department of Elderly Services

Roberto L. Alves, Mayor

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

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Tel. 203-797-4686

## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, MSW, LCSW



During these winter months it can be difficult to get yourself out of the house. It's cold, gets dark early, and we all must watch out for ice and snow. But when you can, the benefits of connecting with others are well worth it, as connection with other people, animals, nature, all have been shown to reduce loneliness and instill a sense of hope. Some suggestions to beat back the winter blues are to get yourself moving, walking in the mall, taking an exercise class, even some housecleaning, anything at all. Set goals or make some plans for a future event you would like to attend. There are many events here at the Senior Center, as well as at the Danbury Library, Danbury Museum, Veterans organizations, and cultural centers. Try to get enough sleep and eat healthy foods. Sharpen your mind with puzzles, crosswords, or read a book. Join a suitable online group of interest through Reddit or Facebook. And stay connected to family and friends. The winter season can be tough, but it also offers beauty in the slowing down of the crazy pace of the world — time to just relax, enjoy your favorite beverage, and curl up with a good book. Hope to see you soon!

Elmwood Hall will be **CLOSED** on Monday, February 12th for Lincoln's Birthday, Monday, February 19th for President's Day, and Friday, March 29th for Good Friday.

## February / March Highlights

**AARP Tax Return Assistance** begins on February 6th and will run through April 11th on Tuesday and Thursday mornings from 9am - 12noon. **Please call for an appointment** to have your tax return completed by experienced AARP volunteers. This is a free service provided by the AARP.

**AARP Safe Driver Course** on Wednesday, February 7th from 9am-1pm. Refresh your driving skills and you may save on your car insurance (please verify your discount with your insurance carrier). In this four hour course you will learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. **This course is \$20 for AARP Members and \$25 for Non-Members. Payment accepted via check made out to AARP. Sign up required. Sign up closes January 31st. Snow date: February 21st.**

**Fall Prevention Workshop** on Tuesday, February 13th at 2:30pm. Join Nuvance Health for a presentation on fall prevention awareness. Learn tips and tricks to improve your balance and keep yourself safe from falls. **Sign up required.**

**Your Life, Your Legacy: Planning for the Future** on Tuesday, February 20th at 2:30pm. Kelly Coughlin, Director of Green Funeral Home, will join us for a presentation entitled 'Your Life, Your Legacy'. This

fast-moving program addresses the importance of making your final arrangements in advance and the steps to take. This session provides attendees with information on planning as well as resources for learning more. There will be an interactive Q&A after the program. Light refreshment will be served. **Sign up required.**

**Community Conversation with the Department of Aging and Disability Services** on Wednesday, February 21 at 1pm. The State Unit on Aging (SUA) is writing an updated strategic plan around services for aging people in Connecticut. To ensure the plan includes priorities important to residents in the state, the SUA is holding a series of community conversations across Connecticut for input. Light refreshments will be served. Registration is requested by emailing [agingstateplan@ct.gov](mailto:agingstateplan@ct.gov) or by calling 860.424.111 or 866.218.6631 and speaking with a State Unit Staff member.

**Black Broadway: A Musical History** on Tuesday, February 27th at 2:30pm. Join Western Connecticut State University professor and theater historian Dr. Donald Gagnon for a fascinating talk on Black Broadway trailblazers and the history of Black musicals on Broadway. From Porgy & Bess to The Wiz and beyond, this presentation takes a look at the incredible work and

achievements of Black performers, creators, designers, directors, and more that have all been woven into the fabric of what Broadway is today. **Sign up required.**

**Craft Corner: Pressed Flower Lanterns** on Monday, March 4th from 1:00pm. Join Mary Sourivahn from Wilton Meadows, as she leads us in creating pressed flower lanterns. Making this pressed flower craft is so simple, and the results are so pretty! These pressed flower lanterns provide a pop of color from the dried flowers and a soft glow from the tea light candles inside. **Sign up required.**

**Gambling Addiction Prevention** on Tuesday, March 5th from 2:30pm. Did you know that half of all older adults gamble and 25% of those do it on a regular basis? Join Andrea Luis Grigorio from the Western Connecticut Coalition for a talk on gambling addiction prevention. Find out what gambling addiction looks like, who might be affected and how you can help yourself or someone else if they are struggling. **Sign up required.**

**Medicare: Avoiding Scams and Fraud** on Wednesday March 6th from 11:00am. Join Audrey Cole from the Western CT Area Agency on Aging for a group discussion on the latest Medicare fraud affecting our community and how you can protect yourself or a loved one. **Sign up required.**

**"A Journey" A One-Woman Musical Show** on Sunday, March 10 at 2pm at the black box theater at Danbury High School. "A Journey" is an intricate look at the Black experience told through the eyes of the Black woman, written and performed by professional actress and singer Kimberly Wilson. The show brings to life seven historical women, seven pivotal generations, who present to you their stories through song, movement and dialogue and show how ultimately their

**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.**

faith, hope, and calling help shape the America we know today. Brought to you in partnership with The Families Network of Western CT, The Danbury Museum and Historical Society and Elmwood Hall—Danbury Senior Center. Sign up via Eventbrite at <https://bit.ly/AJourneyTickets> **This is a free program open to all.**

**Understanding Alzheimer's and Dementia** on Wednesday, March 20th at 10:00am. Join a presenter from the Alzheimer's Association of CT for a talk on Alzheimer's and Dementia. Learn basic information on the difference between Alzheimer's and dementia; stages, risk factors, research and FDA-approved treatments. There will be a Q&A at the end of the program. Snow date: Wednesday, March 27th at 10am **Sign up required.**

**Memories to Memoir Writing Workshop** A six week workshop meeting every Wednesday from March 27th to May 1st from 10:00am-12:00pm. Join writer Beth Young as she works to help you put your memories on paper. **Sign up required.**

**Intro to Pickleball/Demo** on Wednesday, March 27th at 2:30pm. Pickleball is here to stay! Pickleball is a sport that combines elements of tennis, ping pong, and badminton into one game. It can be played singles or doubles on a court that looks like a tennis court but is much smaller. Instead of tennis rackets, you use paddles and a plastic ball. Because of its simple rules and straightforward style of play it has become very popular with people of all ages and athletic abilities. It is also inexpensive to play, great exercise and a fun social activity. Taught by staff member Joanne Norrito.

#### **Quilt Raffle**

Now through May 1st, we will be raffling off a Red, White & Blue quilt, displayed in our lobby, handmade by our Quilting Society.

All proceeds will benefit The Afghanistan Iraq Veterans War Memorial Fund.

\$5 per ticket. Tickets can be purchased at the front desk or via our Venmo @DanburySeniorCenter

### **Senior Center Robo Calls & E-mails**

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 Mondays, 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 INS.** 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 Up and Dance** - Wednesdays at 1:00pm. Exercise class where participants line up, dance, and exercise to a set of simple choreographed steps. Led by Kevin Burland and Susan Tomanio. Free.

**Gentle Flow Yoga** - Thursdays at 10:30am. Instructor Beverly Leighton has been practicing and teaching yoga for seventeen years. Anyone can practice yoga. 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. 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.

**Movie Club Matinees** - Monthly on third Monday of each month at 12:45pm. Snacks will be served. A \$1 donation is appreciated. **February's movie will be on the fourth Monday due to the holiday.**

# **Every Day Class Offerings & Programs At Elmwood Hall**

## **February - Maestro (Drama) Rated R**

On the verge of securing a golden opportunity, American conductor/ composer Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives. Starring Bradley Cooper & Carey Mulligan.

## **March - The Holdovers (Comedy, Drama) R**

A cranky history teacher at a remote prep school is forced to remain on campus over the holidays with a troubled student who has no place to go. Starring Paul Giamatti & Da'Vine Joy Randolph.

**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 tile game that is similar to the 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** - Fridays, February 2nd & March 1st. The cost is \$3. Thank you to our sponsors, HavenCare (February) & Greenwood Physical Therapy (March).

### **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

- 70 people for each sign up, no more than 10 placed on waitlist
- No walk-in's allowed

**Dance and Social Parties** - on Friday February 16th and Friday, March 15th 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,. **Cornhole** (originally named due to the use of corn filling the bags) is a lawn game popular 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**



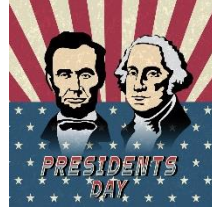



**Library On-the-Move and One-on-One Tech Support** - on Wednesday, February 14th and March 13th from 11:00am—1:00pm. Representatives from the Danbury Library will be on site at the Senior Center so you can renew a library card, check out books or check out iPads. If you want a certain book, you can 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 to set up an appointment for an individual session with one of the Danbury Library's Tech Support staff.**

**New! Page Turners Book Club** - Bi-monthly on the first Monday of the month. Start date and introduction to the book club is on Monday, April 1 at 1:00pm. Read interesting books and share in lively discussion. Books read will be made available at the Danbury Library. Book club meeting dates are April 1, June 3, August 5, October 7, and December 2. April's book is *The Kite Runner* by Khaled Hosseini

**Lending Library of Puzzles and Books** - Did you know we have a small lending library of books and puzzles? Looking for a new book, feel like trying a puzzle? Located in the conference room and lounge of the Senior Center, members are welcome to take home books and puzzle and return them on the honor system.













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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Elmwood Hall-Danbury Senior Ctr will be <b>CLOSED</b> in observance of Lincoln's birthday, Feb. 12 and President's Day on Feb. 19</p>			<p><b>1</b></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><b>2</b></p> <p>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>5</b></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><b>6</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>	<p><b>7</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Safe Driver Course</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p><b>8</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Woodcarving 1:00 pm Line Dancing</p>	<p><b>9</b></p> <p>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>12</b></p> <p><b>CLOSED</b> In observance of</p> 	<p><b>13</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi <b>2:30 pm Fall Prevention Workshop</b></p>	<p><b>14</b></p> <p>8:30 am Free Lite Breakfast <b>11:00 am Library On The Move / One on One Tech Support</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p><b>15</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p>	<p><b>16</b></p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Dance and Social Party with DJ Kevin Burland</b></p>
<p><b>19</b></p> <p><b>CLOSED</b> In observance of</p> 	<p><b>20</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax assistance</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi <b>2:30 pm Your Life, Your Legacy: Planning for the Future</b></p>	<p><b>21</b></p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling <b>1:00 pm Community Conversation: State Department of Aging and Disability Services</b></p>	<p><b>22</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p>	<p><b>23</b></p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Corn Hole/Bean bag Toss</b></p>
<p><b>26</b></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 <b>12:45 pm Movie Club: Maestro</b> 1:00 pm Pinochle 1:00 pm Bridge Club</p>	<p><b>27</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi <b>2:30 pm Black Broadway: A Musical History</b></p>	<p><b>28</b></p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p><b>29</b></p> <p>8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p>	





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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			 <p>Sunday, March 10<sup>th</sup> at 2:00pm at Danbury High School</p>	<p>1</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Bingo</b></p> 
<p>4</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm <b>Craft Corner</b></p>	<p>5</p> <p>8:30 am Free Lite Breakfast 9:00 am <b>AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 2:30 pm <b>Gambling Addiction Prevention</b></p>	<p>6</p> <p>8:30 am Free Lite Breakfast 11:00 am <b>Medicare: Avoiding Scams &amp; Fraud</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p>7</p> <p>8:30 am Free Lite Breakfast 9:00 am <b>AARP Tax Assistance</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p> 	<p>8</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p>
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<p>18</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:00 am <b>Blood Pressure</b> 11:15 am Movers and Shapers 12 noon Lunch 12:45pm <b>Movie: The Holdovers</b> 1:00 pm Pinochle 1:00 pm Bridge Club</p>	<p>19</p> <p>8:30 am Free Lite Breakfast 9:00 am <b>AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p> 	<p>20</p> <p>8:30 am Free Lite Breakfast 10:00 am <b>Understanding Alzheimer's &amp; Dementia</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p>21</p> <p>8:30 am Free Lite Breakfast 9:00 am <b>AARP Tax Assistance</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing</p> 	<p>22</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <b>Corn Hole/Bean Bag Toss</b></p>
<p>25</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm <b>Low Vision Support</b></p>	<p>26</p> <p>8:30 am Free Lite Breakfast 9:00 am <b>AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi</p>	<p>27</p> <p>8:30 am Free Lite Breakfast 11:00am <b>Memories to Memoir</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling 2:30 pm <b>Intro to Pickleball / Demo</b></p>	<p>28</p> <p>8:30 am Free Lite Breakfast 9:00 am <b>AARP Tax Assistance</b> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing</p>	<p>29</p> <p><b>Closed For Good Friday</b></p> 



## **BENEFITS AND SUPPORT INFORMATION**

**203-797-4686**



### **Municipal Agent for the Elderly/Senior Support Services**

We are available for appointments at the Elmwood Hall Senior Center or via phone or email. Information and referral available to Danbury residents, Caregivers, Family Members, and the Greater Community

~ 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



**Left:** Mayor Alves made a surprise visit to our annual holiday party on December 15th!

**Right:** The Immaculate High School's Inspire Choir brought a lovely holiday concert to our members.

### **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  
Paul Lukaszewski - Elderly Services Office Associate  
Pam Makin - Van Driver  
Tracy Lynn Edwards - Van Driver