

# THE ELMWOOD EXTRA

Read All About It!

April 2024 / May 2024

A Publication of the Department of Elderly Services



## Elmwood Hall

*The club for people age 60 and up.*

IHS Choir Spring Concert

Ask the Elder Law Attorney: Plan, Prepare, and Protect with Ann Fowler Cruz

Craft Corner: Painted Garden Rocks

Intro to Chess

We Love Lucy: The Life & Legacy of Lucille Ball

Medicare: What You Need to Know

Black Broadway: A Musical History

Aging in Place: Adaptive Equipment and Home Modification

Lunch & Learn: Making Your Money Last

Medication Management

The History of The U.S. Armed Forces

Guided Meditation

Freedomland U.S.A: A History

Trip to Ferris Acres Creamery

Walk at Fairfield Hills

## City of Danbury

Department of Elderly Services

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## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, MSW, LCSW



**SPRING** is a colorful season that brings life to the world after the cold sleep of winter. As the temperature rises and nature displays its vibrant colors, there's an undeniable sense of renewal in the air. During spring, flowers bloom, birds sing in the skies, and the cold embrace of winter is replaced by a gentle warmth. Ten things that happen in the Spring



Cherry Blossom Spectacle in D.C. ∞ Baseball's Opening Day Tradition ∞ Bird Migration  
Blooming Bluebonnets in Texas ∞ Spring Cleaning Frenzy ∞ Community Festivals ∞ Outdoor  
Adventures ∞ Strawberries ∞ Graduations ∞ Return to the Senior Center!

Elmwood Hall will be **CLOSED** on Monday, May 27th in observance of Memorial Day

## April / May Special Events

**IHS Inspire Choir Spring Concert** on Thursday, April 4th at 1:00pm. Immaculate High School's Inspire Choir presents their spring concert. They will sing classic songs as well as share a preview of their upcoming theater production of "The Little Mermaid."

**Ask the Elder Law Attorney: Plan, Prepare, and Protect with Ann Fowler Cruz** on Monday April 8th at 1:00pm. Ann is a certified elder law attorney with vast experience in estate planning, trusts, wills, advanced directives and much more. Come with your questions to this interesting and informative seminar. This program is brought to you by Danbury's Commission on Aging. Sign up required.

**Craft Corner: Painted Garden Rocks** on Thursday, April 11th at 1:00pm. Help make our garden grow! Join us for a crafty morning of painting rocks with inspirational sayings and scenes to adorn our outdoor garden this year. You'll also make one to take home. No experience necessary. Rocks and paint markers provided. Sign up required.

**Medicare: What You Need to Know** on Wednesday, April 17th at 11:00am. Join The Western Connecticut Area Agency on Aging (WCAAA) for a special presentation about Medicare. This will be an overview of the Medicare program ranging from what options might be best for you to how to enroll. The WCAAA will be on hand to answer any questions you may have. Sign up required.

**Intro to Chess** on Thursday, April 18th at 1:00pm.

Interested in playing Chess? We're looking to expand our weekly offerings with a chess club! Whether you are a regular player or always wanted to learn, join us for this first meeting of our Chess club. Come to play or come to watch! All welcome. Sign up required.

**We Love Lucy: The Life & Legacy of Lucille Ball** on Thursday, April 25th. Join Matt Austin as he gives a talk on the life and legacy of one of the greatest comedians of all time. From her radio days to her groundbreaking sitcom to becoming the first female head of a major studio, there is so much more to America's favorite red-head. Sign up required.

**Black Broadway: A Musical History** on Tuesday, April 29th at 2:30pm. \*\*\*Rescheduled from February\*\*\* 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.

**Ageing in Place: Adaptive Equipment and Home Modification** on Thursday May 2nd at 1:00pm the Danbury Commission on Aging presents Stacey McIvor, Occupational Therapist from Restore Mobile Therapy, giving a presentation on adaptive equipment and home modification equipment to help you age in place. Whether you are thinking about adapting your

bathroom, having increasing difficulty getting in and out of the shower or getting in and out of bed, Stacey will share a variety of solutions on how to age in place, maintaining your independence as you age. She will also discuss simple tips and tricks on how to reduce your risk of falls. Sign up required.

**Freedomland U.S.A: A History** on Tuesday, May 7th at 2:30pm. Author Mike Virgintino will talk about Freedomland U.S.A., the 1960s American history theme park located in The Bronx. Mike will explain the rise and demise of Freedomland with vintage film, plenty of photos and a memorabilia display. Sign up required.

**Lunch & Learn: Making Your Money Last** on Thursday, May 9th at 1:00pm. During the Lunch and Learn session, Maria from Edward Jones Financial will provide insights on creating a retirement plan that aligns with your goals and helps you to live comfortably in your golden years. Maria's expertise in the field of financial planning will provide you with valuable knowledge on maximizing your savings and investments for long-term growth. Don't miss out on this opportunity to learn from one of the best in the industry and take the first step towards securing your financial future. Pizza will be served courtesy of Edward Jones Financial. Sign up required.

**Medication Management** on Monday, May 13th at 1:00pm. Join Corrine Muy-Cando, RVNAhealth RN and Clinical Supervisor, for a presentation on medication management. She will explore practical and easy-to-follow strategies to streamline your daily routine, ensuring that your medications are taken effortlessly and on schedule. Discover a range of tips designed to make managing your meds a simple and stress-free

part of your daily life, including the "brown bag method", medications lists and history, polypharmacy, and safe disposal. Sign up required.

**Guided Meditation Class** on Tuesday, May 14th at 2:30pm. Guided Meditation is becoming one of the most recognized, natural methods to reduce stress and anxiety and is proven to decrease stress and improve concentration. In this session you will be led by experienced instructor, Lisa Tancredi, through a series of light stretches and guided meditations. Come relax with us! Sign up required.

**The History of The U.S. Armed Forces** on Thursday, May 16th at 1:00pm. SYNERGY Homecare will sponsor a talk from historian Art Gottlieb on the history of Military Services in the United States in honor of Memorial Day. Sign up required.

**Walk at Fairfield Hills** on Friday, May 24th at 9:00am. Join Susan for a two mile paved walk around Fairfield Hills in Newtown. Walk starts at 9:30am. Meet at parking lot Trades Lane off Wasserman Way. Wear sneakers and bring water. Sign up required.

**Trip to Ferris Acres Creamery** on Thursday, May 30th at 1:00pm (van leaves at 12:30pm). Join us for a sweet treat! Take a beautiful, scenic ride with us up Route 302 to Newtown, CT for homemade Ice cream at Ferris Acres Creamery. Limited van transportation provided for those who do not drive (sign up required), otherwise drive yourself and meet us there! Pay on your own for preferred ice cream. 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.**

**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 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 April 1st 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.

### **April - Queen Bees (Comedy) - Rated PG-13**

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where

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she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls." 1 Hour & 40 Minutes.

### **May - What Happens Later (Comedy) - Rated R**

Snowed-in at a regional airport overnight, ex-lovers Willa and Bill realize they're still attracted to each other -- but also still equally annoyed with each other. As they unpack the riddle of their mutual past and compare their lives to the dreams they once shared, they begin to wonder if their reunion is a mere coincidence or something more enchanted. Starring Meg Ryan & David Duchovny.

**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 10:00am. 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.

**Sports Talk** on Tuesdays at 1:00pm. Join us for a casual discussion group about all things sports!

**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, April 5th & May 3rd. The cost is \$3. Thank you to our sponsors, *The Commons of Newtown (April)* & *Bethel Healthcare (May)*.

### **New Policy for Bingo Sign Up - UPDATED**

- 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 waitlist (new)**
- No walk-in's allowed

**Dance and Social Parties** - on Fridays April 15th and May 17th 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, April 26th & May 24th. 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, April 10th and May 8th 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. June Book: *The Radium Girls* by Kate Moore.

**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
<b>1</b> 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 <b>1:00 pm Page Turners Book Club</b>	<b>2</b> 8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 1:00 pm Sports Talk 	<b>3</b> 8:30 am Free Lite Breakfast <b>10:00 am Memories to Memoir</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up & Dance 1:00 pm Wii Bowling	<b>4</b> 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 <b>1:00pm IHS Spring Concert</b>	<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 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm <b>Ask an Elder Law Attorney: Ann Fowler-Cruz</b>	<b>9</b> 8:30 am Free Lite Breakfast <b>9:00 am AARP Tax Assistance</b> 10:00 am Multimedia Art 10:00am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 1:00 pm Sports Talk	<b>10</b> 8:30 am Free Lite Breakfast <b>10:00 am Memories to Memoir</b> <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 Up & Dance 1:00 pm Wii Bowling	<b>11</b> 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 <b>1:00 pm Craft Corner: Inspirational Garden Rocks</b>	<b>12</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold <b>10:00 am Rent Rebate (English)</b> <b>11:00 am Rent Rebate (Spanish)</b> 12 noon Lunch 1:00 pm Pinocle
<b>15</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society <b>10:15 am Blood Pressure Screening</b> 11:15 am Movers and Shapers 12 noon Lunch <b>12:45 pm Movie Club: Queen Bees</b> 1:00 pm Pinochle 1:00 pm Bridge Club	<b>16</b> 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Tai Chi 1:00 pm Sports Talk 	<b>17</b> 8:30 am Free Lite Breakfast <b>10:00 am Memories to Memoir</b> <b>11:00 am Medicare: What You Need to Know</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up & Dance 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 Line Dancing <b>1: 00 pm Intro to Chess</b> 	<b>19</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <b>1:00 Dance &amp; Social Party w/ DJ Kevin Burland</b>
<b>22</b> 8:30am 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 <b>1:00 pm Low Vision Support</b>	<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 1:00 pm Sports Talk	<b>24</b> 8:30 am Free Lite Breakfast <b>10:00 am Memories to Memoir</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up & Dance 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 12:30 pm Woodcarving 1:00 pm Line Dancing <b>1:00 pm We Love Lucy: The Life &amp; Legacy of Lucille Ball</b>	<b>26</b> 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</b> 1:00 pm Pinocle
<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 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club	<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>2:30 pm Black Broadway: A Musical History</b>			



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		<b>1</b> 8:30 am Free Lite Breakfast <b>10:00 am Memorials to Memoir</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up & Dance 1:00pm Wii Bowling	<b>2</b> 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle flow yoga 1:00 pm Line Dancing <b>1:00 pm Age In Place: Adaptive Equipment &amp; Home Modification</b>	<b>3</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>6</b> 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	<b>7</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 1:00 pm Sports Talk <b>2:30 pm Freedomland USA: A History</b>	<b>8</b> 8:30 am Free Lite Breakfast <b>11:00 am Library on the Move &amp; 1-on-1 Tech Support</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up & Dance 1:00pm Wii Bowling	<b>9</b> 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 <b>1:00 pm Lunch &amp; Learn: Make Your Money Last</b>	<b>10</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>13</b> 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 <b>1:00 pm Medication Management</b>	<b>14</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 1:00 pm Sports Talks <b>2:30 pm Guided Meditation</b>	<b>15</b> 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up & Dance 1:00 pm Wii Bowling	<b>16</b> 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 1:00 pm Line Dancing <b>1:00 pm Military Talk: The History of the Armed Forces</b>	<b>17</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 Dance &amp; Social Party w/ DJ Kevin Burland</b>
<b>20</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society <b>11:00 am Blood Pressure</b> 11:15 am Movers and Shapers 12 noon Lunch <b>12:30 pm Movie Club: What Happens Later</b> 1:00 pm Pinochle 1:00 pm Bridge Club <b>1:00 pm Low Vision Support</b>	<b>21</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 1:00 pm Sports Talk 	<b>22</b> 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up & Dance 1:00 pm Wii Bowling 	<b>23</b> 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 	<b>24</b> 8:30 am Free Lite Breakfast <b>9:00 am Walk at Fairfield Hills</b> 10:00 am Zumba Gold 12 noon Lunch <b>1:00 pm Corn Hole / Bean Bag</b> 1:00pm Pinochle
<b>27</b> <b>Closed For Memorial Day</b> 	<b>28</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>29</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>30</b> 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 <b>1:00 pm Trip to Ferris Acres Creamery</b>	<b>31</b> 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle



## BENEFITS AND SUPPORT INFORMATION



### **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 ~  
Rent Rebate ~ Tax Relief ~ Housing Options ~ Medical Alert ~ Transportation

### **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. **Application must be completed with all required documents otherwise will be returned.** Please stop by our location or visit [www.danburyseniors.org](http://www.danburyseniors.org) to find an application and eligibility. New applicants must call to make an appointment to review eligibility. **Walk-ins will not be accepted.** 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, unless otherwise noted. **April 22nd & May 20th (3rd Monday, due to Holiday).** 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



(L to R) Jairus Domenech, Mayor Roberto Alves, Juan Rivas, John Kennedy, Wilfredo Mulero, Nelson Martins, Senator Richard Blumenthal, David Vieira & Representative Bob Godfrey holding the beautiful patriotic quilt created by our quilting club at the ground breaking of the new Afghanistan/Iraq Veteran's Memorial in Rogers Park. We are raffling this quilt off now through May 1st, with all proceeds benefiting the memorial fund.

### **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  
Jerry Rojas - Elderly Services Office Associate  
Pam Makin - Van Driver  
Tracy Lynn Edwards - Van Driver