

THE ELMWOOD EXTRA

Read All About It!

June 2024 / July 2024

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Cultural Celebration: Brazil

Crossword Puzzle Class

AARP Safe Driver Course

Hike at Tarrywile

Singer/ Songwriter John Patrick McHenry

Music of the 50's & 60's

Danbury Westerners Baseball Team Visit

Understanding Hospice & Palliative Care

Seniors Eating Well

Farm Market on the Move

Craft Corner: Painted Terra Cotta Pots

Brush up on Your Oral Health

Understanding Home Care

Pet Health & Wellness Veterinary Clinic

Gambling Addiction Prevention

City of Danbury

Department of Elderly Services

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MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, MSW, LCSW



During the summer months we invite you to come and enjoy our many programs, such as a visit from the Danbury Westerners and free tickets to an evening game. The history of rock and roll music of the 50's and 60's and its impact on America. Seniors Eating Well Nutrition Education program along with the Farmers' Market on the Move. Other programs include a pet health and wellness veterinary clinic for cats and dogs, a celebration of Brazilian cultural with the music of Jose Paulo, and a crossword puzzle class. You might want to consider joining our walking club. They walk a few miles at a leisurely pace in downtown Danbury. Perhaps join us for a hike at Tarrywile Park or come and enjoy the music of Singer / Songwriter John Patrick McHenry. We are serving coffee Monday—Friday until 3:30, so please feel free to drop in anytime. Stay well and see you soon!

Elmwood Hall will be **CLOSED** on
June 19th in observance of Juneteenth and July 4th in observance of Independence Day

June / July Special Events

Cultural Celebration: Brazil on Tuesday, June 4th from 12noon - 2pm. We have partnered with The New American Dream Foundation for the first of many cultural celebrations throughout the coming months. There will be lunch served featuring traditional Brazilian foods followed by a performance from world renowned recording artist Jose Paulo. **This is a free program, sign up required.**

Crossword Puzzle Class on Monday, June 10th from 1:00pm-2:00pm. Do you love crossword puzzles? Are you interested in learning about crossword puzzles? Tips, tricks and techniques. Join Amanda Gilbertie, from the Danbury Library, as she leads you through the wonderful world of crossword puzzles! **Sign up required.**

AARP Safe Driver Course on Wednesday, June 12th from 9:00am-1:00pm. 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 June 5th. Open to CT Residents ONLY.**

Hike at Tarrywile on Friday, June 14th at 9:30am. Join us for a trip to Tarrywile Park for a hike. Susan will lead us on a hike around Tarrywile's 1 mile trail loop. This is not a paved path, expect uneven trail conditions with rocks and roots. Limited van trans-

portation available to those who do not drive. Others can meet us at the park. Hike starts at 9:30am. Van leaves Senior Center at 9am. Wear sturdy shoes. Sunscreen, bug spray, hiking poles suggested. Water and snacks provided. **Sign up required.**

Singer/Songwriter Patrick James McHenry on Tuesday, June 18th from 2:30pm-3:30pm. Singer/Songwriter Patrick James McHenry brings his blend of folk, pop, rock and jazz music to the Danbury Senior Center for a special afternoon concert. Presented by Civility Home Care. **Sign up required.**

Music of the 50's & 60's on Thursday June 20th from 1:00pm-2:00pm. CCSU Professor Stephen Armstrong will discuss Music of the 50s and 60s. There will be an interactive discussion and listening to different groups and singers. Come, enjoy and relive some great memories. Sponsored by SYNERGY HomeCare. Snack will be served. **Sign up required.**

Danbury Westerners Baseball Team Visit on Tuesday, June 25th at 10am. The Danbury Westerners are a collegiate summer baseball team based in Danbury. The team, a member of the New England Collegiate Baseball League, plays their home games at Rogers Park. **Sign up is required**, as all those who attend will receive a free ticket to the Westerners game that evening. This program is sponsored by the Danbury Commission on Aging.

Understanding Hospice & Palliative Care on Wednesday, June 26th from 2:30pm-3:30pm. Join Valory Omasta from Regional Hospice of Danbury for a presentation on what hospice care is and what ser-

vices and resources Regional Hospice can provide. Whether you or a loved one are planning for palliative care, you are a caregiver or you may want to become a volunteer, this presentation is for everyone.

Sign up required.

Seniors Eating Well on Wednesday, July 10th, August 14th (English & Spanish), September 11th, and October 9th. Start time is 1:30pm. Heather Peracchio, MS, RDN, CD-N will lead this popular program. It is a nutrition seminar designed to help those age 60 plus incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmers' Market. For each monthly seminar completed, a \$20 gift certificate will be provided to shop at the Danbury Farmers' Market or at the Farm Market on the Move located at the Danbury Senior Center, which takes place on the same day as the nutrition seminars. **Limited to 70 people per date. Sign up is required for each, separate date. Sign up opens the Thursday after the previous seminar. Sign up for July's seminar begins June 13th.**

Farm Market On the Move at Elmwood Hall Wednesday, July 10th, August 14th (English & Spanish), September 11th, and October 9th. From 1:00pm - 3:30pm. Clatter Valley Farm of New Milford will bring their fresh vegetables and produce. Cash, credit cards, SNAP cards, "Seniors Eating Well" gift certificates and state department of agriculture cards will be accepted.

Craft Corner: Painted Terra Cotta Pots on Thursday, July 11th from 1:00pm - 3:30pm. Join artist Pamela Cassidy as she leads a class on painting and decorating beautiful designs on Terra Cotta pots. This step by step instructional class is for all levels. Paints, brushes, pots and basic supplies will be provided. There is a \$7 fee to offset the cost of materials. **Sign up required by July 3rd.**

Lunch & Learn: Brush Up on Your Oral Health on Tuesday, July 16th from 12:00pm-1:00pm. Join Dr.

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.

Suzanna Kia and the staff from Aspen Dental in Danbury as they bring you an informational program on oral health and hygiene. Oral health is important at any age, but especially as we get older. This informational program will be followed by a Q&A to answer your questions. **Sign up required.**

Understanding Home Care on Wednesday July 17th from 2:30pm-3:30pm. Join Kelley Green, from FCP Live-in Home Care as she gives an in depth presentation of everything you need to know about home care in Connecticut. She will explain the differences between what "Home Care" and "Home Health Care" is. This presentation will help you understand what these care options are and their differences so that when you or a loved one actually needs care at home, you'll be able to navigate through the system without being overwhelmed. **Sign up required.**

Pet Health and Wellness Veterinary Clinic for Cats and Dogs on Friday, July 26th from 10:00am - 1:00pm. 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. A cost of \$40 includes a health and wellness check, heartworm testing and medication (for dogs), vaccinations (rabies, distemper), basic deworming. Optional care offered at an additional charge: ear cleaning / treatment, microchipping, and nail clipping. **Please call the Senior Center for an appointment. Sign up by July 19th.** This event is provided by Dr. Nicole Sabo of Veterinary Care Everywhere. It is supported in part through grant money provided by Elmwood Hall—Danbury Senior Center.

Gambling Addiction Prevention on Wednesday July 31st from 10:00am-11:00am. Did you know that half of all older adults gamble and 25% of those do it on a regular basis? Gambling may lead to medical problems like arthritis and angina, as well as, severe anxiety and depression. Join Andrea Luis Grigorio from the Western Connecticut Coalition for a presentation 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.**

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 8:30am - 10:00am. 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 - **NEW TIME!** Mondays at 9:30am. 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 1:00pm. 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.

June 17 - Respect - Rated PG-13

Following the rise of Aretha Franklin's career -- from a child singing in her father's church choir to her international superstardom -- it's the remarkable true story of the music icon's journey to find her voice.

July 15 - Jules - Rated PG-13

A man's quiet life gets upended when a UFO crashes in his backyard

Every Day Class Offerings & Programs At Elmwood Hall

in rural Pennsylvania. As he befriends the mysterious extraterrestrial, things start to get complicated when two neighbours discover it and the government quickly closes in.

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 the 1st and 3rd Tuesday 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.

Chess Club - Thursdays at 10:00am-12:00pm Come down to the Center to play chess and meet others who enjoy the game.

Knit and Crochet Club – Thursdays 10:00am. Knit or crochet at your own ability. Start a new project or get new incentive to finish an old one, make something for a local charity, share patterns and enjoy conversation. If you are just getting started, we are glad to help you start. Suggested supplies for beginners: Crochet hook size J or any large hook. Skein of yarn.

BINGO - Fridays June 7th and July 12, the cost is \$3. Thank you to our sponsors, *The Cascades (June)* & *Synergy Home Care (July)*.

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 waitlist**
- No walk-in's allowed

Dance and Social Parties - on Fridays June 21st and July 19th 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, June 28th (July Cancelled). 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, June 12 and July 10 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.**

Page Turners Book Club - Bi-monthly on the first Monday of the month at 1pm. The next meeting date is Monday, June 3rd. 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 Invisible Life of Addie LaRue* by V.E. Schwab**

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.

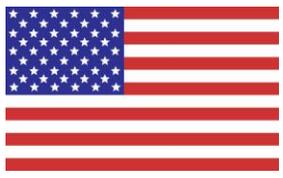


2024 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 am Free Light Breakfast 9:00 am Walking Club 9:30 am Tai Chi 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Page Turners Book Club	4 12:00pm Cultural Celebration: Brazil  All other programs cancelled	5 8:30 am Free Light Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Wii Bowling 1:00 pm Line Up and Dance	6 8:30 am Free Light Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	7 8:30 am Free Light Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 pm BINGO 
10 8:30 am Free Light Breakfast 9:00 am Walking Club 9:30 am Tai Chi 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Crossword Puzzle Class	11 8:30 am Free Light Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 	12 8:30 am Free Light Breakfast 9:00 am AARP Safe Driver Course 11:00 am Library on The Move / One on One Tech Support 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Wii Bowling 1:00 pm Line Up and Dance	13 8:30 am Free Light Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	14 8:30 am Free Light Breakfast 9:00 am Walking Club 9:30 am Hike at Tarrywile 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle
17 8:30 am Free Light Breakfast 9:00 am Walking Club 9:30 am Tai Chi 10:15 am Blood Pressure 11:15 am Movers and Shapers 12 noon Lunch 12:45 pm Movie Club: Respect 1:00 pm Pinochle 1:00 pm Bridge Club	18 8:30 am Free Light Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk 2:30 pm Singer/Songwriter Patrick James McHenry	19 Closed for the Holiday 	20 8:30 am Free Light Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 1:00 pm Music of the 50's & 60's 	21 8:30 am Free Light Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 pm Dance & Social Party w/ DJ Kevin Burland
24 8:30 am Free Light Breakfast 9:00 am Walking Club 9:30 am Tai Chi 11:15 am Movers and Shapers 12 noon Lunch 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Low Vision Support Group	25 8:30 am Free Light Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 10:00 am Danbury Westerners Baseball Team Visit 1:00 pm Mah Jongg 	26 8:30 am Free Light Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Wii Bowling 1:00 pm Line Up and Dance 2:30pm Understanding Hospice & Palliative Care	27 8:30 am Free Light Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	28 8:30am Free Light Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 pm Corn Hole / Bean Bag Toss 
				



2024 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 1:00 pm Pinochle 1:00 pm Bridge Club	2 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk	3 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 1:00pm Wii Bowling	4 Closed for the Holiday 	5 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle
8 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 1:00 pm Pinochle 1:00 pm Bridge Club	9 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Trash Talk 1:00 pm Mah Jongg 	10 8:30 am Free Lite Breakfast 11:00 am Library on the Move / One on One Tech Support 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Farmers Market 1:30 pm Seniors Eating Well	11 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 1:00 pm Craft Corner: Painted Terra Cotta Pots	12 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00 pm Hot Dog Bingo 
15 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:00 am Blood Pressure Screen 11:15 am Movers and Shapers 12:45pm Movie Club: Jules 1:00 pm Pinochle 1:00 pm Bridge Club	16 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 12:00 pm Brush Up on Your Oral Health 1:00 pm Mah Jongg 1:00 pm Sports Talk	17 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 2:30 pm Understanding Home Care	18 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 	19 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Pinochle 1:00pm Dance and Social party w/ DJ Kevin Burland
22 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 1:00 pm Pinochle 1:00 pm Bridge Club 1:00 pm Low Vision Support	23 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 	24 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	25 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing 	26 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Pet Wellness Clinic 12 noon Lunch 1:00 pm Pinochle
29 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 Pinochle 1:00 pm Bridge Club	30 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	31 8:30 am Free Lite Breakfast 10:00am Gambling Addiction 11:15 am Strength Training 12 noon Lunch 1:00 pm Pinochle 1:00 pm Line Up and Dance 1:00 pm Wii Bowling		



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 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 with questions and to ask about eligibility.

State of Connecticut Farmers' Market Nutrition Card Program

The Farmers Market Cards 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 June. One card is available per person. You must be a Danbury resident. If you receive a card 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 June for specific date and time for distribution. **IF YOU RECEIVED YOUR CARD LAST YEAR FROM THE DANBURY SENIOR CENTER, YOUR MUST BRING IT BACK THIS YEAR FOR REUSE. PLEASE BRING BACK YOUR CARD TO HAVE 2024 FUNDS ADDED.**

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. **May 20th (3rd Monday, due to Holiday). No meetings in January or February.** Transportation provided.

A Brush with Kindness - Home Repairs for Low Income Seniors

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

Elmwood Hall Photos and News Briefs



Matt Austin, Department of Elderly Services Program Coordinator, presents *We Love Lucy!* 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.

Property Tax Relief for Seniors and Disabled Homeowners

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

Connecticut Energy Assistance Program (CEAP)

Each year, the State of Connecticut and EVERSOURCE offer energy assistance to help homeowners and renters offset the cost of heating their homes. The assistance is for the primary source of heat, such as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Eligibility is based on income and you must provide documentation. Applications are now being accepted by COMMUNITY ACTION AGENCY OF WESTERN CT. Contact the Agency at 203-748-5422 Ext. 3. EVERSOURCE offers various program, such as The New Start Program, Matching Payment Program, Winter Protection Plan, and Weatherization services. Contact EVERSOURCE Customer Service directly 1-800-286-2000 to see if you qualify.

Van Transportation Program

Rides are provided to and from Elmwood Hall—Danbury Senior Center for activities and programs. Please call the center 48 hours in advance. Van riders must have independent mobility. If you need assistance, aides and companions (greater than 18 years old) are welcome to ride with you free of charge, but you must indicate that there will be an additional passenger with you at time of scheduling. Suggested donation is \$1 per one way ride.

Inclement Weather Policy

Elmwood Hall Danbury Senior Center closes at times during inclement weather. Because there have now been many occasions when Danbury Schools are closed and the Senior Center did not close, such as during Storm Isaac in 2020 and during the pandemic, **we will no longer follow the Danbury School's closing schedule. A message regarding our closing status will be on our answering machine, will be noted on our Facebook page, and announced on WLAD radio 800am and TV Channel 3 WFSB.**

Elmwood Extra ~ Read All About It

Department of Elderly Services
Elmwood Hall ~ Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810

Mission Statement

The Department of Elderly Services seeks to increase the quality of life of Danbury area citizens who are age 60 or older by developing many comprehensive programs and resources and referral services specifically designed to enrich the general well-being of Danbury's more mature population.

**Elmwood Hall Senior Center (Wellness, Livelong Learning, Leisure Time Programs)
Municipal Agent's Office for the Elderly (Resource, Referral, Benefits, Services)
Van Transportation Program
Rent Rebate Program
Intergenerational Programs**

For a full listing of our programs please visit our website www.danburyseniors.org

Department of Elderly Services—Staff Members

Susan Tomanio, 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