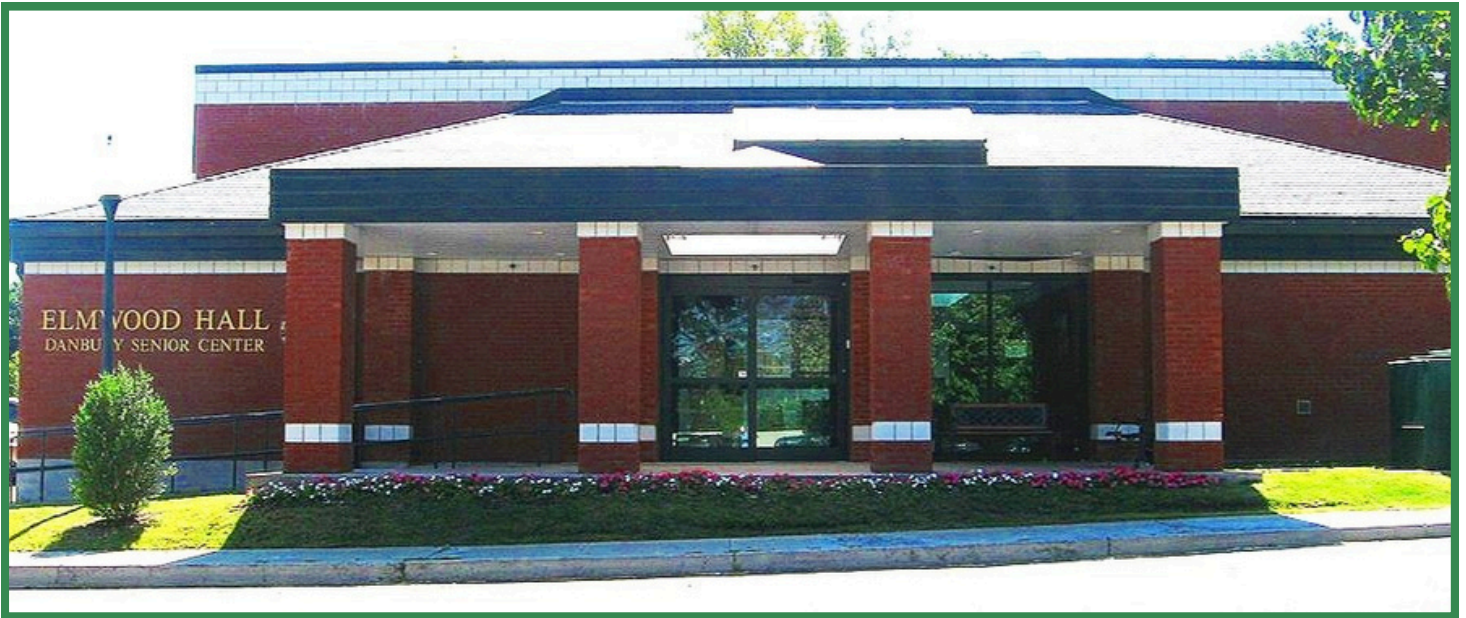


The Elmwood Extra

A Publication of the Department of Elderly Services

April / May 2025



Department of Elderly Services

Roberto L. Alves, Mayor

**Susan M. Tomanio, MSW, LCSW
Director of Elderly Services
City of Danbury**

Elmwood Hall Senior Center

(Wellness, Livelong Learning,
Leisure Time Programs)

Municipal Agent's Office for the Elderly

(Resource, Referral, Benefits, Rent Rebate)

10 Elmwood Place, Danbury, CT 06810

203-797-4686

www.danburyseniors.org

In This Issue

Murders, Mayhem & Mysteries in Danbury History,
What You Need to Know About Your Electric Choices
Mini Golf To Go!

A Visit from Christine's Critters
Documentary Screening Series

Craft Corner: Painting Spring Birdhouses
Danbury Police Department: Avoiding Scams

Rita's African Show
Music of the 60's & 70's

Inside the Tony Awards: A Conversation w/ Don Gagnon
Karaoke

Day Trips with AARP Chapter #1067

Message From The Director



Originally named Senior Center Month by President John F. Kennedy, Older Americans month has been recognized in the US since 1963. It came about after President Kennedy met with the National Council of Senior Citizens to hear about their needs and what was important to them. A proclamation followed shortly afterwards that stated each year in May the nation would pay tribute to its older citizens. The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

Meet our Staff

Municipal Agent for the Elderly

Tamires DaSilva, BSW



Elderly Services Program Coordinator

Matt Austin



Elderly Services Clerk (Grant Funded)

Joyce Kuhn, Joanne Norrito



Administrative Assistants

Edie Thomas, Linda Rinaldi



Elderly Services Associate

Paul Lukaszewski



Van Driver

Pam Makin



WHAT'S HAPPENING AT ELMWOOD HALL?

MARK YOUR CALENDARS!

TOWN HALL WITH MAYOR ALVES

Join Mayor Roberto Alves and other elected officials as they host a town hall focused on Danbury seniors and veterans. They will be on hand to talk with you and answer any questions you may have.

FRIDAY, JUNE 27TH
1:00PM-2:00PM

Elmwood Hall Danbury Senior Center
10 Elmwood Place
Danbury, CT



For More Info

Mayor's Office - 203-797-4511
Veteran's Affairs - 203-797-4620
Senior Center -203-797-4686



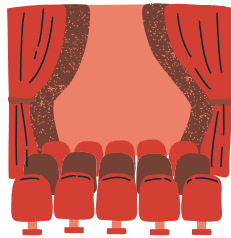
Thank you to all those who attended and supported our Cultural Celebration of Ecuador. Especially The AARP Foundation, Wilson Hernandez, The New American Dream Foundation, Mayor Alves & Ballet de proyección folclórica Pureqkuna.



SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP

Theater Class with Beth - continues Mondays from 1:00pm-2:30pm until May 19th. Join actor/writer/director Beth Young for a class on the basics of theater from the ground up. From writing your own play to acting and directing, Beth will lead you through exercises and games to help your creativity flow. No experience necessary! Come have fun and learn a new hobby!



How to Write an Obituary Workshop - on Thursday, April 3rd from 1:00pm-2:00pm. Writing an obituary can be difficult. How do you sum up a life in a few paragraphs? Join Kelly Coughlin from Green Funeral Home as she leads us through a workshop on how to write your own, celebrating the heart and soul of a person, sharing likes and dislikes, hopes and dreams, proudest accomplishments and even regrets.

Murders, Mayhem & Mysteries in Danbury History - on Tuesday, April 8th from 1:00pm-2:00pm. Join Brigid Guertin from the Danbury Museum as she explores the mysterious side of the Hat City. Join us for this fascinating talk sponsored by The Commission on Aging.



AARP Presents: What You Need to Know About Your Electricity Choices - on Thursday, April 10th from 2:30pm-3:30pm. Many Connecticut residential customers have experienced issues with retail electric choice in the last several years: overly-aggressive marketing practices, charging high prices under variable rate contracts, and the current proliferation of fixed rate offers with enrollment and termination fees. Join AARP as they help you navigate these choices and answer your questions.

City of Danbury Elderly Tax Relief Info Session - on Monday, April 14th from 1:00pm-2:00pm. Join Donna Murphy and staff from the City of Danbury Assessor's office as they give a presentation on the new elderly tax relief program. They will go over all aspects of the new program as well as answer any questions you might have.

Mini Golf To Go! - on Wednesday, April 16th from 1:00pm-4:00pm. Spin Doctor Entertainment will bring their mobile 9-hole Mini Golf Course to Elmwood Hall! Come on your own, bring a friend or sign up for a tee time as a group of four, long as space allows. Event is free, but sign up is required. Event limited to 44 participants. No walk-ins. Don't miss out on scheduling a time! All other programs CANCELLED on this date.

A Visit From Christine's Critters - on Tuesday, April 22nd from 1:00pm-2:00pm. Join us for an afternoon up close and personal with some live critters. Christine's Critters, Inc. is a non profit whose mission is to rescue, rehabilitate and release birds of prey and other animals. Christine will be bringing a handful of birds, including hawks, owls and falcons. In addition to the birds she will also be bringing a few reptile friends for us to enjoy. Don't miss out on an unforgettable afternoon of fun.



Skip the Line: How AAA can help you with DMV Services - on Wednesday, April 23rd from 10:00am-11:00am. MaryAnn Parisi from AAA Northeast will be joining us to share how the Danbury branch can help you with your much needed DMV services. Whether it is renewing your driver's license, getting a Real ID or accessing your driving history, AAA can help.

Documentary Screening Series: Join or Die: A Film About Why You Should Join a Club - on Monday, April 28th from 1:00pm-3:00pm. *Join or Die* is a film about why you should join a club — and why the fate of America depends on it. In this feature documentary, follow the half-century story of the unraveling of America's social fabric through the journey of legendary Harvard social scientist Robert Putnam, whose research has illuminated the powerful connection between ordinary community bonds and our health, happiness, economy, and politics. Join us for this fascinating documentary and a discussion afterwards.

Birdsongs with Tom Damiani - on Wednesday, April 29th from 10:00am-11:00am. Join bird expert Tom Damiani for a look at bird calls. This interactive presentation will delight audiences with things they never knew about the birds around them. Sponsored by Synergy Homecare.

Avoiding Scams: A Presentation by the Danbury Police Department - on Tuesday, May 6th from 1:00pm-2:00pm. Join members of the Danbury Police department as they present information on avoiding scams. They will dig into what scams may be out there and how you and your loved ones can avoid falling victim. Sponsored by the Commission on Aging.

Craft Corner: Spring Bird House Painting - on Thursday, May 8th from 1:00pm-3:30pm. Join artist and instructor Pam Cassidy as she leads you through painting a beautiful spring birdhouse. Cost is \$10 per person, which includes a birdhouse and use of materials. Payment due at sign up. Last day to sign up is April 25th.



Rita's African Show - on Wednesday, May 7th from 2:30pm-3:30pm. Rita Wagener (Kabali) is a native of Uganda who brings her culture to audiences around the United States in this fun and interactive show. Rita's show takes you through fashions and dances of Africa. At the end of the show, you feel like you have traveled to Africa, without even being on a plane!

Music of the 60's & 70's - on Tuesday, May 13th from 1:00pm-2:00pm. Join CCSU Professor Stephen Armstrong as he presents a multimedia presentation on Music of the 60's & 70's. This is part of an ongoing series. Sponsored by SYNERGY Home Care.

Inside the Tony Awards: A Conversation with Tony Nominator Don Gagnon - on Thursday, May 15th from 1:00pm-2:30pm. Join program coordinator Matt Austin for a conversation with member of the Tony Award Nomination Committee and WCSU Theater professor, Donald Gagnon. This will be a fascinating dive into the world of Broadway.

The History of the Vietnam War - on Tuesday, May 20th from 1:00pm - 2:00pm. Historian and Veteran Art Gottlieb will give a talk on the history of The Vietnam War. Sponsored by SYNERGY Homecare.

Documentary Screening Series: Alive Inside - on Tuesday, May 27th from 1:00pm - 3:00pm. Social worker Dan Cohen, through his nonprofit organization Music and Memory, advocates for the use of music therapy with dementia patients. Screening followed by a discussion of the film.

Karaoke - on Friday, May 30th from 1:00pm-2:00pm. Come show off your singing skills (or lack thereof) and have some fun! Join us as we sing some of our favorite songs! No pressure to sing, just come and watch.

EVERYDAY OFFERINGS

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 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 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. Due to the holiday, there will be no screening in February. 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.

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 - 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.

Pickleball - Tuesdays. Join us at the War Memorial Gym for open play Pickleball from 10:00am-12:00pm through April 29th. We will return to the outdoor courts at 11:00am in Rogers Park on May 6th. Please bring: your own Pickleball paddle, water for proper hydration, appropriate attire (clothes you can move in and court sneakers) & willingness to learn and have fun! Beginners welcome!

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.






Monday

Tuesday

Wednesday

Thursday

Friday

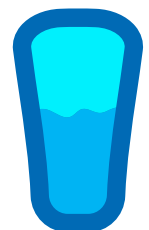
	<p align="center">1</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga 11:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM MEMORIES TO MEMOIR</u></p>	<p align="center">2</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p align="center">3</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn <u>1:00 PM HOW TO WRITE AN OBITUARY</u></p>	<p align="center">4</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM BINGO</u></p>
<p align="center">7</p> <p>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 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM BOOK CLUB: RADIIUM GIRLS</u> <u>2:00PM THEATER CLASS</u></p>	<p align="center">8</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga 11:00 am Chair Yoga 1:00 pm Mah Jongg <u>1:00 PM MEMORIES TO MEMOIR</u> <u>1:00 PM MURDERS, MAYHEM & MYSTERY IN DANBURY HISTORY</u></p>	<p align="center">9</p> <p>8:30 am Free Lite Breakfast <u>11:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling</p>	<p align="center">10</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn <u>2:30 PM AARP: ELECTRICITY CHOICES</u></p>	<p align="center">11</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM TRIVIA</u></p>
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<p align="center">21</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15 AM BLOOD PRESSURE</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB: THE SIX TRIPLE EIGHT</u> 1:00 pm Bridge Club <u>1:00 PM THEATER CLASS</u></p>	<p align="center">22</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga 1:00 pm Mah Jongg <u>1:00 PM CHRISTINE'S CRITTERS</u></p>	<p align="center">23</p> <p>8:30 am Free Lite Breakfast <u>10:00 AM AAA: DMV SERVICES</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p align="center">24</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn</p>	<p align="center">25</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM CORN HOLE/ BEAN BAG TOSS</u></p>
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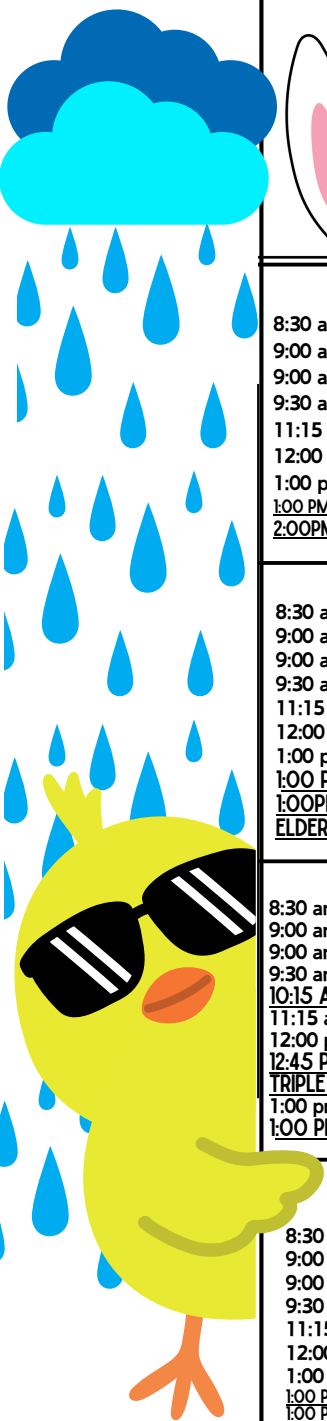
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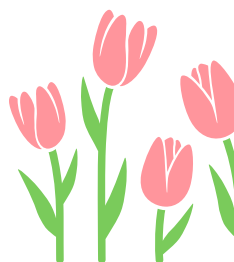



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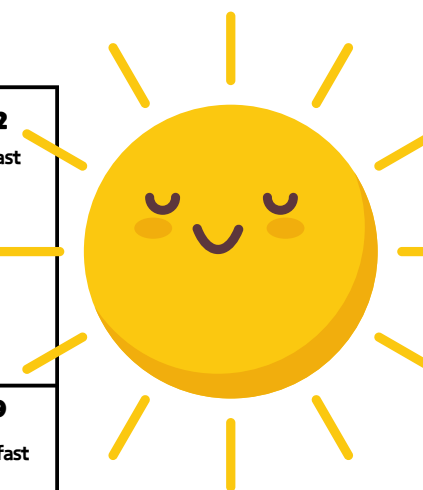
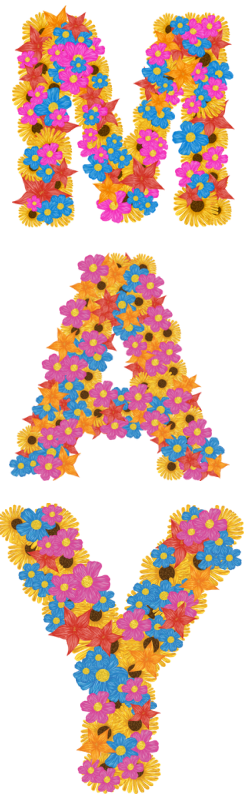
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			<p>1</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn</p>	<p>2</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM BINGO</u></p>
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<p>19</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15 AM BLOOD PRESSURE</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB: A COMPLETE UNKNOWN</u> 1:00 pm Bridge Club <u>1:00 PM LIONS CLUB LOW VISION</u> <u>1:00 PM THEATER CLASS</u></p>	<p>20</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga 11:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM THE HISTORY OF THE VIETNAM WAR</u> <u>1:30 PM CRAFT CORNER: ROCK PAINTING</u></p>	<p>21</p> <p>8:30 am Free Lite Breakfast <u>10:00 AM CROSSWORD PUZZLE CLUB</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p>22</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn</p>	<p>23</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM CORN HOLE/ BEAN BAG TOSS</u></p>
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Line Up and Dance - Wednesdays at 1:00pm. Come practice your steps and get some exercise at the same time. This is a fun practice class that gets you moving. Led by Kevin Burland and Susan Tomanio. There is no fee for this class.

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

Broadway Burn - Thursdays at 1:00pm. Fun and heart-pounding cardio stretch/ dance class that incorporates Broadway jazz and musical theater patterns in an easy-to-follow workout set to your favorite show tunes from television, movies, and of course Broadway. Taught by Mathew Ames. The fee is \$2 per class.

LEISURE TIME ACTIVITIES

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.

Bridge Club - Mondays at 1:00pm. A trick-taking game played with a deck of 52 cards and a group of four, bridge has been one of the most popular card games since the 1930's.

Elmwood Hall Quilting and Sewing Society - Mondays at 9:00am. 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.

Page Turners Book Club - Bi-monthly on the first Monday of the month at 1:00pm. Read interesting books and share in lively discussion. Books read will be made available at the Danbury Library. Next meeting date February 3rd. 2025 Meeting dates: April 7th, June 2nd, August 4th, October 6th & December 1st. **April's Book is Radium Girls by Kate Moore.** Upcoming: June - The Rosie Project by Graeme Simsio & August - Cloud Cuckoo Land by Anthony Doerr.

Movie Club Matinees - Monthly on third Monday of each month at 12:45pm. April 21st & May 19th. Snacks will be served. A \$1 donation is appreciated.

April: The Six Triple Eight - PG-13 (Drama)

During World War II, 855 women joined the fight to fix the three-year backlog of undelivered mail. Faced with discrimination and a country devastated by war, they managed to sort more than 17 million pieces of mail ahead of time.

May: A Complete Unknown- R (Drama/Music)

In the early 1960s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. During his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

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.

Music Talk - on the 2nd & 4th Tuesday of the month, beginning December 10th at 1:00pm Join our own Paul Lukaszewski for a casual discussion group on all things music. Music of yesterday, today and beyond!

Library On-the-Move and One-on-One Tech Support - on Wednesdays April 9th & May 14th from 11:00am-1:00pm. 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, call Darlene at the Library ahead of time at 203-797-4513, and she will bring it for you. The Library will also offer 1-on-1 tech support on this same day, helping 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.

Crossword Puzzle Club - Third Wednesday of every month, 10:00am-11:00am. Come do a crossword puzzle with friends! Join Amanda Gilbertie as she leads us through a New York Times Crossword puzzle each month. Giving tips and tricks as we go along.

Wii Bowling - on Wednesdays at 1:00pm. Wii Sports Bowling 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.

Sports Talk - on the 1st & 3rd Thursdays of the month at 1:00pm. Join our own Paul & Paul for a casual discussion group on all things sports.

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 4th & May 2nd - \$3 (extra card - \$1). 1:00pm.

- 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, no waitlist
- No walk-ins allowed

Dance and Social Parties - *Third Friday of Every Month. No dance in April (we are closed). Dances return May 16th.* Dances start at 1:00pm. Join DJ Kevin Burland of Old Man Rhythm for 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.

Trivia - *Second Friday of Every Month from 1:00pm-2:30pm. April 11th & May 9th.* Monthly trivia is back! Join Matt Austin on the second Friday of every month for an afternoon of trivia! Grab a team and test your knowledge on music, history, Pop Culture and more! Sponsored by Highbridge Healthcare.

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.

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

TRIPS WITH AARP

We've partnered with AARP Danbury Chapter #1067 to offer trips to our members. Please contact JoAnn Farrell at 203-746-4084 for more info, payment info and to register for these trips. Please note that the Bus will leave from the Police Athletic Building, 30 Hayestown Rd., Danbury, CT, **NOT** the senior center.

APRIL 22ND, 2025 - RESORTS WORLD CASINO

\$50 - Includes bus, \$25 slot play & \$15 food comp

SEPT. 9TH, 2025 - DOO WOP SHOW @ AQUA TURF

\$127 - Includes bus, lunch & show

SEPT. 15TH-19TH, 2025 - NIAGARA FALLS

\$730pp (double occupancy) - Includes lodging, meals, tours & museums.

INCLEMENT WEATHER POLICY

Elmwood Hall Danbury Senior Center closes at times during inclement weather or other unexpected occurrences. Therefore, we no longer follow the Danbury Schools closing schedule.

A message regarding our closing status will be on our answering machine, will be noted on our

Facebook page, our website www.danburyseniors.org and announced on WLAD 800am and TV Channel 3 WFSB and Channel 8.



BENEFITS & SUPPORT

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) ~ Medicare Home Care Options ~ Legal Aid ~

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 September 30th. 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 email t.dasilva@danbury-ct.gov with questions, to ask about eligibility and to apply. Walk-ins will not be accepted. Applications must be completed with all required documents otherwise they will be returned.

BENEFITS & SUPPORT

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 from July-September each year. The cards may be used at the Danbury Farmers Market, which is located at the Downtown Danbury Green. Cards will be distributed in person at the Danbury Senior Center and at the farmer's market starting early July. One card is available per person. Please keep your card for next year. You must be a Danbury resident. Please call the Senior Center for more information.



Medicare

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.



LIONS LOW VISION SERVICES

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.



Aging in Place: 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 203-744-1341 or visit their website at www.housatonic Habitat.org

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.

City Dump Passes

The Danbury Tax Collector's office offers a booklet of free dump passes to any handicapped individual, Prisoner of War, or Disabled Veteran with valid proof once a fiscal year (July 1 through June 30). The booklet has twenty five \$3 "coupons" to be used at the transfer station on White St.



Van Transportation Program

Based on availability and scheduling, rides are provided to and from Elmwood Hall—Danbury Senior Center for activities and programs. 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. Please call the Senior Center for more information. Due to high demand, not all rides can be accommodated. Thank you for your understanding.



Elmwood Extra

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

Elmwood Hall Mission Statement

The Department of Elderly Services, part of the City of Danbury, 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.