

The Elmwood Extra

A Publication of the Department of Elderly Services

June / July 2025



Department of Elderly Services

**Roberto L. Alves, Mayor
City of Danbury**

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

Elmwood Hall Danbury Senior Center

(Wellness, Lifelong 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

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Message From The Director



It feels like yesterday that we were welcoming spring and now we are going full steam ahead into summer! Lots of exciting things going on here at Elmwood Hall.

The summer brings the return of our Farm Market on the Move program as well as our Senior Nutrition Programs. More info about those can be found in this issue. We are also trying something new and exciting this year due to popular demand - Food Truck Tuesdays! We have arranged for various local food trucks to come here and set up on most Tuesdays during the summer. Food from the trucks will be available to purchase. There will be a wonderful variety from burgers to Greek delights and even LOBSTER! Join us for some foodie fun! No matter what your interest may be, Elmwood Hall has got you covered!

Meet our Staff

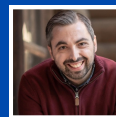
Municipal Agent for the Elderly

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 Program Assistant

Paul Lukaszewski



Van Driver

Pam Makin



Rent Rebate Clerk (Grant Funded)

Jerry Rojas



WHAT'S HAPPENING AT ELMWOOD HALL?

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



Veterans Affairs



[For More Info](#)

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

Food Truck Tuesdays



Join us on select Tuesdays this summer as we welcome local food trucks to Elmwood Hall - Danbury Senior Center from 11am-1pm. **They will be offering lunch for purchase.** Summer schedule:

- June 10th - Greek Style Grill
- June 17th - Cousins Maine Lobster
- June 24th - The Stacks Mobile
- July 8th - Banh Mi Aiki Vietnamese
- July 15th - Cousins Maine Lobster
- Aug. 5th - Greek Style Grill
- Aug. 19th - Cousins Maine Lobster
- Aug. 12th - The Stacks Mobile

SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP

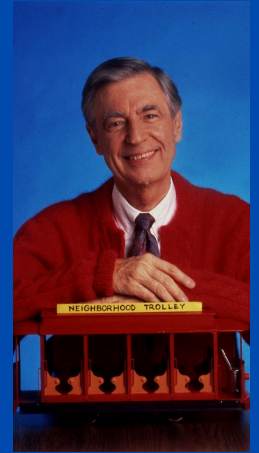
AARP Safe Driver Course - Wednesday, June 4th from 9:00am-1:00pm. Refresh your driving skills and you may save on your car insurance (please verify your discount with your insurance carrier). In this four-hour course you will learn about skills and strategies you can use on the road every day. Discover 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 May 28th. Open to CT Residents ONLY.

Pickleball Workshop Series - selected Thursdays from 10:00am-11:00am May-June. Join coach Maura Keenan as she hosts a series of individual workshops to help you hone your Pickleball skill. Dates & topics are as follows:

- **June 5th - Intermediate Pickleball** - Moving beyond beginner introductory play, this class is geared for those that know the rules and have played some live games. Maura will focus on purposeful dinking, blocking, volleying, overall game strategy. Limited to 10 participants.
- **June 12th - Strengthen Your Net Play** - Become a threat at the net! Maura will help you lose fear of the net and become a threat to your opponents through strong attacking skills, topspin shots, proper partner play and more. Limited to 10 participants.
- **June 17th (Rescheduled from May 22nd) - Intro to Pickleball** - This will be a workshop for Beginners new to Pickleball or those who want to brush up their skills. Learn the basics of the game such as dinking, serve, serve return, scoring and rules of the amazing game of Pickleball. Limited to 16 participants!
- **June 26th - Pickleball Skills & Drills** - Join us to work on your individual skills. Those who signed up for the class can arrange with coaches specific areas he/she would like to work on in addition to those already pre-established by coaches. Limited to 10 participants.

All workshops cost \$10 each (due at signup, no refunds) and must be signed up for separately. Workshops to be held at the Rogers Park Pickleball Courts. Participants must bring their own racket, water and appropriate court attire.

The Good Neighbor: The Life & Legacy of Fred Rogers - on Tuesday, June 10th from 1:00pm-2:00pm. Join Program Coordinator Matt Austin as he gives a presentation on the life and legacy of Fred Rogers. From Rogers' days as a Presbyterian minister to his long running children's television show. How an interest in child development lead to an impactful life.

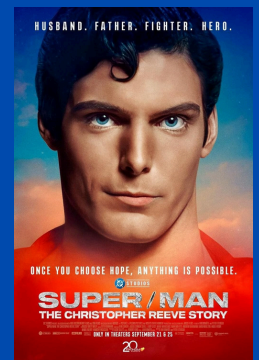


Local Public Transportation Options for Seniors - on Thursday, June 12th from 1:00pm-2:00pm. Join Michael D'Elia, Regional Mobility Manager at The Kennedy Collective, for a presentation on senior transportation options. Come hear about what options you have in the Danbury area.

Cyber Safety for Seniors - on Monday, June 16th from 1:00pm-2:00pm. Join Cyber Security expert Mike Samoska as he presents on how to keep yourself safe in the digital age. Tips and tricks to avoid scams and keeping your devices free from harm.

Danbury Westerners Baseball Team Visit on Tuesday, June 17th at 10:30am. 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. Signup 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.

Documentary Screening Series: Super/Man - on Monday, June 30th from 1:00pm-3:00pm. Super/Man: The Christopher Reeve Story is a 2024 documentary film about the life of American actor Christopher Reeve after a horse riding accident left him paralyzed, and his subsequent work as an activist for disability rights.



Pet Health and Wellness Veterinary Clinic for Cats

and Dogs on Friday, July 25th 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 (cash or check only) includes a health and wellness check, heartworm testing (for dogs). Rabies and Distemper vaccinations, basic deworming. Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee. Please call the Senior Center (203-797-4686) for an appointment to reserve your spot. Registration closes on Friday, July 18th. This event is provided by Dr. Nicole Sabo of Veterinary Care Everywhere. Transportation is available for seniors or Veterans who are residents of Danbury and have no other means of attending this event.

Seniors Eating Well on Wednesday, July 9th (English & Spanish), August 13th, September 10th, and October 8th. 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 12th.

Farm Market On the Move at Elmwood Hall

Wednesday, July 9th, August 13th, September 10th, and October 8th. 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.



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. 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 Rogers Park Pickleball Courts, starting May 6th for open play Pickleball from 10:00am-12:00pm. 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

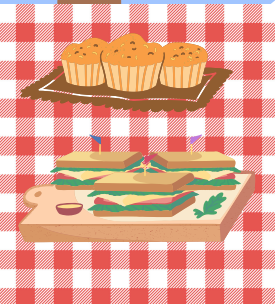
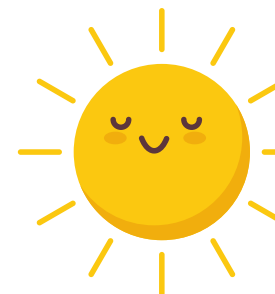
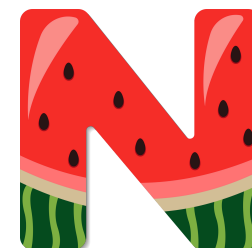
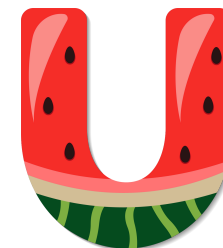
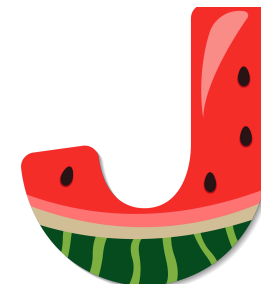
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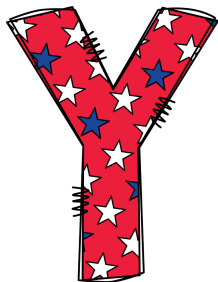
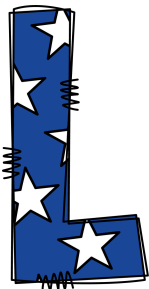
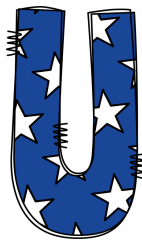
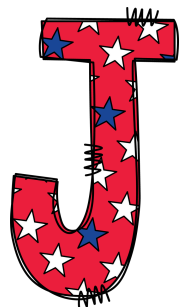
Wednesday

Thursday

Friday

<p>2</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 THEATER CLASS SHOWCASE</u></p>	<p>3</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 1:00 pm Sports Talk</p>	<p>4</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP SAFE DRIVER</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p>5</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet <u>10:00 AM INTERMEDIATE PICKLEBALL WORKSHOP</u> 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn</p>	<p>6</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>9</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: THE ROSIE PROJECT</u></p>	<p>10</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK: GREEK STYLE GRILL</u> 1:00 pm Mah Jongg <u>1:00 PM THE GOOD NEIGHBOR: FRED ROGERS</u></p>	<p>11</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>12</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet <u>10:00 AM STRENGTHEN NET PLAY PICKLEBALL WORKSHOP</u> 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn <u>1:00 PM LOCAL PUBLIC TRANSPORTATIONS OPTIONS FOR SENIORS PRESENTATION</u></p>	<p>13</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>
<p>16</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: JAWS</u> 1:00 pm Bridge Club <u>1:00 PM CYBER THREATS & SCAMS</u></p>	<p>17</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga <u>10:30 AM DANBURY WESTERNERS VISIT</u> <u>11:00 PM FOOD TRUCK: COUSINS MAINE LOBSTER</u> 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:30 PM CRAFT CORNER: ROCK PAINTING</u></p>	<p>18</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>19</p> <p>CLOSED</p>	<p>20</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 DANCE & SOCIAL PARTY</u></p>
<p>23</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 LIONS CLUB LOW VISION</u></p>	<p>24</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK: JJ STACKS MOBILE</u> 1:00 pm Mah Jongg</p>	<p>25</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>26</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet <u>10:00 AM SKILLS & DRILL PICKLEBALL WORKSHOP</u> 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn</p>	<p>27</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 TOWN HALL WITH MAYOR ALVES</u></p>
<p>30</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 DOCUMENTARY: SUPER/MAN</u></p>				








Monday

Tuesday

Wednesday

Thursday

Friday

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<p>14</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</p>	<p>15</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 FOOD TRUCK: COUSINS MAINE LOBSTER 1:00 pm Mah Jongg 1:00 pm Sports Talk 1:30 PM CRAFT CORNER: ROCK PAINTING</p>	<p>16</p> <p>8:30 am Free Lite Breakfast 10:00 AM CROSSWORD PUZZLE CLUB 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p>17</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00pm Broadway Burn</p>	<p>18</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 PM DANCE & SOCIAL PARTY</p>
<p>21</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 10:15 AM BLOOD PRESSURE 11:15 am Movers and Shapers 12:00 pm Lunch 12:45 PM MOVIE CLUB: LUCKIEST MAN IN AMERICA 1:00 pm Bridge Club</p>	<p>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</p>	<p>23</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>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>25</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 AM PET HEALTH & WELLNESS CLINIC 12 noon Lunch</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.

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

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 June 9. 2025 Meeting dates: June 9nd, August 4th, October 6th & December 1st. **June's Book -The Rosie Project by Graeme Simsio.** Upcoming: August - Cloud Cuckoo Land by Anthony Doerr.

Movie Club Matinees - *Monthly on third Monday of each month at 12:45pm. June 16th & July 21st.* Snacks will be served. A \$1 donation is appreciated.

Jaws: 50th Anniversary - Thriller - Rated R
When a massive killer shark unleashes chaos on a beach community off Long Island, it's up to a local sheriff, a marine biologist, and an old seafarer to hunt the beast down. First released June 20th, 1975, revisit a timeless classic.

The Luckiest Man in America - Drama - Rated R

Based on a true story, an unemployed ice cream truck driver steps onto the game show Press Your Luck harboring a secret: the key to endless money.

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.

Library On-the-Move and One-on-One Tech Support - *on Wednesdays June 11th & July 9th 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.

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, June 6th (\$3 - extra card \$1) & July 11th (HOT DOG BINGO - cost will be \$5, which will include the games along with a hot dog, chips, and a drink). 1:00pm.*

BINGO (continued)

- 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.* 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.* **NO TRIVIA IN JULY DUE TO THE HOLIDAY.** 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.

JUNE 24TH, JULY 29TH & AUGUST 26TH - RESORTS WORLD CASINO

\$50 - Includes bus, \$25 Slot Play & \$15 Food Voucher

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

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

OCT. 16TH, 2025 - OKTOBERFEST (HOLYOKE, MA)

\$150 - Includes bus, German lunch & show

DEC. 9TH, 2025 - HOLIDAY CLASSICS @ AQUA TURF

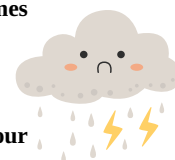
\$127 - Includes bus, lunch & show

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. 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.