

The Elmwood Extra

A Publication of the Department of Elderly Services

August / September 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)

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Meet our Staff



Summer is in full swing! Come cool off at Elmwood Hall Danbury Senior Center. We hope you will join us for some of our special events. There are so many programs to choose from!

Over the next few months we will be welcoming the WCAAA for a handful of Medicare presentations to help you prepare for open enrollment in October. Whatever your interest is, there is a program for you!

If you just want to come make some new friends, remember, the Sugar Hollow Cafe room is always open for you to stop by, read the local paper and enjoy a cup of coffee or tea. We are always happy to see you!

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

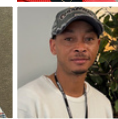
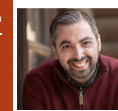
Edie Thomas, Linda Rinaldi

Van Drivers

Pam Makin, Tavone Williams

Rent Rebate Clerk (Grant Funded)

Jerry Rojas



WHAT'S HAPPENING AT ELMWOOD HALL?

Food Truck Tuesdays



Food Truck Tuesdays continue 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. Remaining Summer schedule:

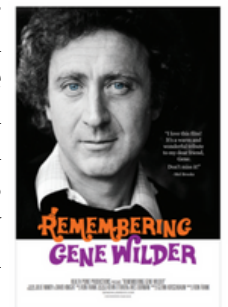
- Aug. 5th - Greek Style Grill
- Aug. 12th - Cousins Maine Lobster
- Aug. 19th - The Stacks Mobile

SPECIAL EVENTS

Documentary Screening Series:

Remembering Gene Wilder

on Tuesday, August 5th from 1:00pm - 3:00pm. With rare home videos and scenes from Wilder's films, the documentary looks at the life and career of actor, writer, director, and CT resident Gene Wilder. It includes interviews with former cast and crew members as well as personal memories from family and friends, who share their love for his comedic genius.



Cyber Safety for Seniors

on Wednesday, August 6th from 10:00am - 11:00am. Rescheduled from June. 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.



SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP

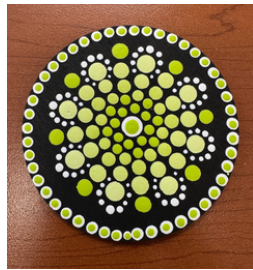
Craft Corner: Sea Shell Trinket Dish on Thursday, August 7th from 1:00pm - 3:00pm. Join artist and teacher Pam Cassidy as she leads us through creating and painting a Sea Shell Trinket Dish. Pam will have many different designs to choose from or create your own! The inside will be decoupaged and the outside painted. No experience necessary. \$8 per person (you may do more than one). Payment must be made at sign up. Must sign up by July 31st.



Music of the 60's & 70's on Monday, August 11th from 1:00pm - 2:00pm. Rescheduled from May. 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.



Craft Corner: Learn to Paint a Simple Dot Mandala on Tuesday, August 12th from 1:00pm - 2:30pm. Mandalas are a sacred symbol used for meditation, prayer, healing and art therapy. Some say they enter into a meditative flow state as the pattern unfolds in front of them. Painting mandalas can bring a great sense of peace, balance and mindfulness. Join Susan Tomanio to learn how to paint a simple, but beautiful dot mandala. All supplies provided. Class size is limited.



Farm Market On the Move at Elmwood Hall on Wednesdays 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.



Seniors Eating Well on Wednesdays, 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.

Understanding Medicare & Medicaid on Thursday, August 14th from 2:30pm - 3:30pm. Join the WCAAA for a presentation on Medicare and Medicaid dual eligibility. Find out if you qualify and get any of your questions answered. This will be an info session only.



Medicare Fraud Presentation By Senior Medicare Patrol on Monday, August 18th from 1:00pm - 2:00pm. WCAAA's (Western Connecticut Area Agency on Aging) Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. They serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or need assistance determining if it has occurred, SMP can help you protect yourself and your loved ones.

Coffee & Conversation: Guidance for Growing Older, Your Way on Wednesday, August 20th from 10:00am - 11:00am. Getting older often brings up new questions—but you don't have to navigate them alone. Join RVNA for a relaxed, judgment-free chat over coffee with a seasoned geriatric care manager and social worker who understands the real-life challenges of aging. Whether you're curious about resources, planning ahead, or simply want to talk things through, this is your space to ask questions, gain support, and feel genuinely heard.

Script in Hand Reading Series on the 4th Wednesday of every month beginning August from 9:00am - 11:00am. Are you an actor at heart? Or always wanted to be? Come join Matt Austin as he leads the new Script in Hand series. Each month we will read aloud a play. Come take on one of the roles, or just watch and enjoy. August will feature Neil Simon's play 'Plaza Suite', September will feature the stage version of the movie 'Clue'.



AARP Safe Driver Course on Wednesday, September 3rd 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 August 27th. Open to CT Residents ONLY.

Senior Show & Tell on Monday, September 8th from 1:00pm - 2:00pm. "Show & Tell" was always fun as a kid – it will be fun as an adult too! Bring in something important to you, to show and tell us a story about it! Possibilities include a childhood object, a souvenir from a memorable trip or just a fun shopping find with a story! Come with an object to tell a story or just come and listen. Either way this will be a fascinating afternoon.



Medicare Advantage vs. Original Medicare Presentation on Tuesday, September 16th from 1:00pm - 2:00pm. Join the WCAAA as they explore both Medicare plans and help you decide what might be right for you.

National Patient Advocacy Foundation Presentation on Tuesday, September 23rd from 1:00pm-2:00pm. Join the National Patient Advocacy Foundation (NPAF) for a presentation on the resources they offer. NPAF conducts nationwide initiatives to connect patients with complimentary, non-clinical support services that can enhance both health outcomes and financial well-being. Come hear about what assistance they can offer you.

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.





AUGUST

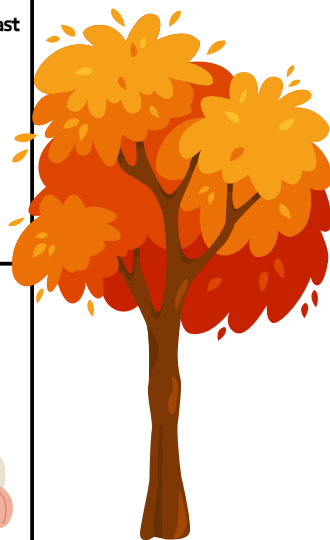


| Monday | Tuesday | Wednesday | Thursday | Friday 1 |
|---|---|--|--|--|
|  |  |  |  | <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>10:00 am Zumba Gold</p> <p>12:00 pm Lunch</p> <p><u>1:00 PM BINGO</u></p> |
| <p>4</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>9:30 am Tai Chi</p> <p>9:00 am Quilt Society</p> <p>11:15 am Movers and Shapers</p> <p>12:00 pm Lunch</p> <p>1:00 pm Bridge Club</p> <p><u>1:00 PM BOOK CLUB: CLOUD CUCKOO LAND</u></p> | <p>5</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Multimedia Art</p> <p>10:00 am Chair Yoga</p> <p>10:00 am Pickleball</p> <p><u>11:00 AM FOOD TRUCK</u></p> <p><u>TUESDAY: GREEK STYLE GRILL</u></p> <p>1:00 pm Mah Jongg</p> <p>1:00 pm Sports Talk</p> <p><u>1:00 PM DOCUMENTARY: REMEMBERING GENE WILDER</u></p> | <p>6</p> <p>8:30 am Free Lite Breakfast</p> <p><u>10:00 AM PROTECTING SENIORS FROM CYBER THREATS</u></p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Line Up and Dance</p> <p>1:00pm Wii Bowling</p> | <p>7</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Knit/Crochet</p> <p>10:30 am Gentle Flow Yoga</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Line Dancing</p> <p><u>1:00 PM CRAFT CORNER: SEA SHELL TRINKET DISH</u></p> | <p>8</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>10:00 am Zumba Gold</p> <p>12:00 pm Lunch</p> <p><u>1:00 PM TRIVIA</u></p> |
| <p>11</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>9:30 am Tai Chi</p> <p>9:00 am Quilt Society</p> <p>11:15 am Movers and Shapers</p> <p>12:00 pm Lunch</p> <p>1:00 pm Bridge Club</p> <p><u>1:00PM MUSIC OF THE 60'S & 70'S</u></p> | <p>12</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Multimedia Art</p> <p>10:00 am Chair Yoga</p> <p>10:00 am Pickleball</p> <p><u>11:00 AM FOOD TRUCK</u></p> <p><u>TUESDAY: COUSINS LOBSTER</u></p> <p>1:00 pm Mah Jongg</p> <p><u>1:00PM CRAFT CORNER: LEARN TO PAINT A DOT MANDALA</u></p> | <p>13</p> <p>8:30 am Free Lite Breakfast</p> <p><u>11:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT</u></p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p><u>1:00 PM FARM MARKET ON MOVE</u></p> <p><u>1:30 PM SENIORS EATING WELL</u></p> <p>1:00 pm Line Up and Dance</p> | <p>14</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Knit/Crochet</p> <p>10:30 am Gentle Flow Yoga</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Line Dancing</p> <p><u>2:30PM UNDERSTANDING MEDICARE & MEDICAID</u></p> | <p>15</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p><u>1:00 PM DANCE & SOCIAL PARTY</u></p> |
| <p>18</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>9:00 am Quilt Society</p> <p>9:30 am Tai Chi</p> <p><u>10:15AM BLOOD PRESSURE SCREEN</u></p> <p>11:15 am Movers and Shapers</p> <p>12:00 pm Lunch</p> <p><u>12:45 PM MOVIE CLUB: NONNAS</u></p> <p>1:00 pm Bridge Club</p> <p><u>1:00 PM MEDICARE FRAUD PRESENTATION</u></p> | <p>19</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Multimedia Art</p> <p>10:00 am Chair Yoga</p> <p>10:00 am Pickleball</p> <p><u>11:00 AM FOOD TRUCK</u></p> <p><u>TUESDAY: THE STACKS MOBILE</u></p> <p>1:00 pm Mah Jongg</p> <p>1:00 pm Sports Talk</p> <p><u>1:00 PM KINDNESS ROCK PAINTING</u></p> | <p>20</p> <p>8:30 am Free Lite Breakfast</p> <p><u>10:00 AM CROSSWORD PUZZLE CLUB</u></p> <p><u>10:00 AM GROWING OLDER W/ RVNA</u></p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Line Up and Dance</p> <p>1:00pm Wii Bowling</p> | <p>21</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Knit/Crochet</p> <p>10:30 am Gentle Flow Yoga</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Line Dancing</p> | <p>22</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> <p><u>1:00 PM CORN HOLE/ BEAN BAG TOSS</u></p> |
| <p>25</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>9:30 am Tai Chi</p> <p>9:00 am Quilt Society</p> <p>11:15 am Movers and Shapers</p> <p>12:00 pm Lunch</p> <p>1:00 pm Bridge Club</p> <p><u>1:00 PM LOW VISION SUPPORT</u></p> | <p>26</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Multimedia Art</p> <p>10:00 am Chair Yoga</p> <p>10:00 am Pickleball</p> <p>1:00 pm Mah Jongg</p> | <p>27</p> <p>8:30 am Free Lite Breakfast</p> <p><u>9:00 AM SCRIPT IN HAND: PLAZA SUITE</u></p> <p>11:15 am Strength Training</p> <p>12 noon Lunch</p> <p>1:00 pm Line Up and Dance</p> <p>1:00pm Wii Bowling</p> | <p>28</p> <p>8:30 am Free Lite Breakfast</p> <p>10:00 am Knit/Crochet</p> <p>10:30 am Gentle Flow Yoga</p> <p>12:30 pm Woodcarving</p> <p>1:00 pm Line Dancing</p> | <p>29</p> <p>8:30 am Free Lite Breakfast</p> <p>9:00 am Walking Club</p> <p>10:00 am Zumba Gold</p> <p>12 noon Lunch</p> |



SEPTEMBER

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|---|---|---|---|--|
| <p>Monday¹</p>  | <p>Tuesday²</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 10:00 am Pickleball 1:00 pm Mah Jongg 1:00 pm Sports Talk</p> | <p>Wednesday³</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 1:00pm Wii Bowling</p> | <p>Thursday⁴</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 Line Dancing</p> | <p>Friday⁵</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>8</p> <p>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 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM SENIOR SHOW & TELL</u></p> | <p>9</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 10:00 am Pickleball 1:00 pm Mah Jongg</p> | <p>10</p> <p>8:30 am Free Lite Breakfast <u>11:00 AM LIBRARY ON THE MOVE</u> <u>/ 1-ON-1 TECH SUPPORT</u> 11:15 am Strength Training 12 noon Lunch <u>1:00 PM FARM MARKET ON MOVE</u> <u>1:30 PM SENIORS EATING WELL</u> 1:00 pm Line up and Dance</p> | <p>11</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 Line Dancing</p> | <p>12</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>15</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15AM BLOOD PRESSURE SCREEN</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB: THE THURSDAY MURDER CLUB</u> 1:00 pm Bridge Club</p> | <p>16</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 10:00 am Pickleball 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM MEDICARE ADVANTAGE VS. ORIGINAL PRESENTATION</u> <u>1:30 PM KINDNESS ROCK PAINTING</u></p> | <p>17</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 1:00pm Wii Bowling</p> | <p>18</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 Line Dancing</p> | <p>19</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> |
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| <p>29</p> <p>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 12:00 pm Lunch 1:00 pm Bridge Club</p> | <p>30</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 10:00 am Pickleball 1:00 pm Mah Jongg</p> |  |  |  |



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: August 4th, October 6th & December 1st. **August Book - Cloud Cuckoo Land by Anthony Doerr.**

Movie Club Matinees - *Monthly on third Monday of each month at 12:45pm. August 18th (Nonnas) & September 15th (The Thursday Murder Club).* Snacks will be served. A \$1 donation is appreciated.

Nonnas - Comedy - Rated PG

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual nonnas -- grandmothers, as the chefs. Starring Susan Sarandon, Vince Vaughn & Lorraine Bracco.

The Thursday Murder Club - Mystery - PG-13

Helen Mirren, Pierce Brosnan, Ben Kingsley and Celia Imrie star as a group of retirement home senior sleuths in this adaptation of Richard Osman's murder mystery novel.

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.

Kindness Rock Painting - *Third Tuesday of every month at 1:30pm.* Join staff members Joanne and Susan for rock painting. Paint one for yourself and / or one for our Kindness Rock Garden. All supplies provided. Beginners welcome.

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 - *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 August 13th & September 10th 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, August 1st & September 5th. 1:00pm. \$3 entry and one card. \$1 extra card.

- 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.* 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.

AUGUST 26TH, 2025 - RESORTS WORLD CASINO

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

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

\$150 - Includes bus, German lunch & show

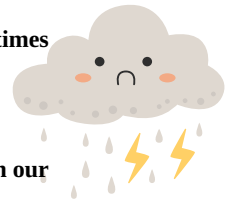
DEC. 9TH, 2025 - HOLIDAY CLASSICS @ AQUA TURF

\$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.



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. For more information and to apply please contact the COMMUNITY ACTION AGENCY OF WESTERN CT 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.