

The Elmwood Extra

A Publication of the Department of Elderly Services

October / November 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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It is that time of year again! Medicare Open Enrollment. This year's enrollment period is October 15, 2025 – December 7, 2025. Here's what you need to know:

WHO? Anyone currently enrolled in traditional Medicare or an Advantage Plan.

WHAT? You can change your Part D plan or your Advantage Plan to be effective January 2026.

WHY? Each year Insurance providers update the plans they offer. It could be a change in the monthly premium, the cost of medications or what medications are covered. An Annual Notice of Change (ANOC) letter or booklet is sent to you by September 30, 2025.

WHEN? Your window of opportunity to make changes is October 15, 2025 through December 7, 2025.

HOW? Schedule an appointment with a Certified CHOICES counselor by calling the Senior Center at 203-797-4686.

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



Van Drivers

Pam Makin , Tavone Williams



Rent Rebate Clerk (Grant Funded)

Jerry Rojas



WHAT'S HAPPENING AT ELMWOOD HALL?

SPECIAL EVENTS

Understanding Hospice & Palliative Care on Wednesday, Oct. 1st from 10:00am-11:00am. Join Regional Hospice of Danbury for a presentation on what hospice care is and what services and resources Reginal Hospice can provide. Whether you or a loved one are planning for palliative care, you are a caregiver looking for more information, or you are looking for information on how to volunteer, this presentation is for you.

Flu Clinics w/ Danbury Health Department - Thursday, September 25th from 9:30am-12:30pm and Thursday, October 2nd from 12:30pm-2:30pm. Flu shots provided by Danbury Department of Health. Please bring your insurance cards. High dose shot optional. No appointment needed!



Preparing for Medicare Open Enrollment on Thursday, Oct. 2nd from 2:30pm-3:30pm. Join Kiara from the WCAA as she brings a presentation designed to walk you through the Medicare open enrollment process and answer any of your questions. Topics will include: What changes you can make during open en-

-rollment, reviewing your current plan, How to compare Medicare Advantage and Part D plans, tools and resources to help you choose and avoiding late enrollment penalties. A certified Choices counselor will be on hand after the presentation for a Q&A.

Music, Memory & Wellness: An Interactive Music Therapy Experience on Tuesday, Oct. 7th from 1:00pm-2:00pm. Join the RVNA for this interactive program. Discover the powerful connection between music, memory, and well-being in this interactive session led by a board-certified music therapist. Through guided listening, rhythm exercises, familiar songs, and relaxation, you'll experience how music can support cognitive health, emotional balance, and social connection. No musical background is necessary—just a willingness to participate and enjoy.

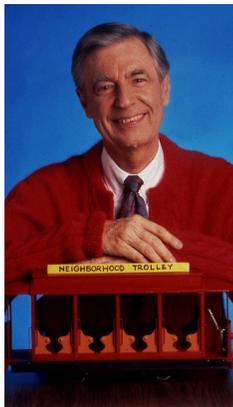
Farm Market On the Move at Elmwood Hall on Wednesday October 8th, From 1:00pm-3:30pm. Clatter Valley Farm of New Milford will bring their fresh vegetables and produce. Cash, credit cards, SNAP cards, "Seniors Eating Well" gift certificates and state department of agriculture cards will be accepted.

SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP

Seniors Eating Well on Wednesday 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 opens September 11th.

The Good Neighbor: The Life & Legacy of Fred Rogers - on Tuesday, Oct. 14th 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.



"Know Your Numbers" Health Screening Event on Friday, October 17th from 9:00am - 11:00am. Join the RVNA and the Regional YMCA of Western Connecticut for a "Know Your Numbers Screening" Event. You may have heard that you need to "know your numbers," which refers to key markers of heart health like blood pressure, cholesterol, blood sugar, body mass index (BMI), and waist circumference. Although doctors test most of these numbers at annual check-ups, it's important that you know your numbers and understand what they mean. By keeping those numbers within a healthy range, you can greatly improve your heart health and reduce your risk for heart disease. During this event the RVNA will conduct a simple blood test to determine an individual's A1c, blood pressure and body weight. The tests should only take about 10 minutes. This is a FREE event. Space is limited to 16 participants. Sign up. Appointment required.

Memories to Memoir Writing Workshop - Tuesdays, Oct. 20th - Nov. 24th from 1:00pm-2:30pm. Have you ever thought, "I have some great stories!" and wanted to get them written down? Then this workshop is for you! This is a six week writing workshop. Join writer Beth Young as she works to help you put your memories on paper. Back by popular demand! Sign up required.

Documentary Screening Series & Discussion: Being Mortal on Tuesday, Oct. 21st from 1:00pm-3:00pm. Join the AARP for a free screening and discussion of the PBS program 'Being Mortal'. All community members, caregivers, nurses and physicians are welcome to attend. It follows a surgeon, Dr. Atul Gawande, as he shares stories from the people and families he encounters. When Dr. Gawande's own father gets cancer, his search for answers about how to best care for the dying becomes a personal quest. 'Being Mortal' underscores the importance of people planning ahead and talking with family members about end-of-life decisions.

Arthritis & Joint Replacement Presentation on Wednesday, Oct. 22nd from 2:30pm-3:30pm. Join Somers Orthopedic as they present information on Arthritis and Joint Replacement.

Medicare Fraud Presentation By Senior Medicare Patrol on Thursday, October 23rd from 2:00pm-3:00pm Rescheduled from August. 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.

Snack & Learn: Fall Prevention Tuesday, October 28th from 12:00pm-1:00pm. Join physical therapist Jordyn Pedersen and occupational therapist Sonia Sousa from Encompass Health Danbury for an engaging class on fall prevention. This session will cover practical tips to improve balance, strength, and safety in daily activities. You'll also learn simple home modifications and strategies to reduce fall risks. Perfect for anyone looking to stay active, independent, and confident in their mobility.

Script in Hand Reading Series on the last Wednesday of every month 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. October will feature Arthur Miller's 'The Crucible' and November will feature It's a Wonderful Life: A Radio Play.

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 until October 28th at the Rogers Park Pickleball Courts, Thursdays beginning November 6th at the War Memorial. From 10am-12pm. 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.

Beginner Dot Painting Class on Friday, October 31st from 9:30am-11:30am. Looking for a fun, relaxing way to express yourself through art? Join us for an exciting Beginner Dot Painting Class. Hosted by Faith Vicinanza of Vicinanza Studios and Gallery in Southbury, this hands-on workshop will guide participants step-by-step through the basics of dot painting – a mesmerizing art form that combines color, symmetry, and mindfulness. Perfect for beginners, the class focuses on technique, pattern-building, and personal expression. By the end of the session, each participant will leave with a beautiful, hand-painted piece of their own creation. Cost TBD.

Halloween Costume Contest

on Friday, October 31st from 1:00-2:00pm. Get dressed in your silliest, scariest or most unusual costume and join us for a costume contest! Prizes to be awarded and spooky treats to be served!



Special Stretch Exercise Class w/ DHS

on Wednesday Nov. 5th from 9:45-10:45am. Join members of Danbury High School's Sports & Human Performance class for an intergenerational stretch class to get you moving!

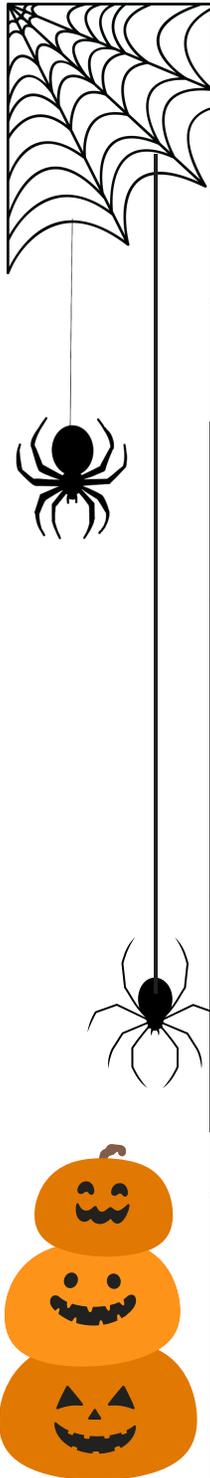
Documentary Screening Series:

Marlee Matlin: Not Alone Anymore

on Thursday, November 13th from 1:00pm-3:00pm. Marlee Matlin became the first deaf actor to win an Academy Award for her performance in "Children of a Lesser God." Catapulted into the spotlight, she challenged an industry that's unprepared for her immense talent, emerging as a trailblazing actress, author and activist. This documentary is a fascinating look into her amazing life.



Above: Mayor Alves joined our Community Resource Officers handing out ice cream from their 'Copsicle' Truck at our recent 'Grillin' & Chillin' event.



Monday	Tuesday	Wednesday ¹	Thursday ²	Friday ³
 <p>6 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 1:00 PM BOOK CLUB</p>	<p>7 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 1:00 PM MUSIC, MEMORY & WELLNESS</p>	<p>8 8:30 am Free Lite Breakfast 1:00 AM LIBRARY ON THE MOVE / I-ON-I TECH SUPPORT 11:15 am Strength Training 12 noon Lunch 1:00 PM FARM MARKET ON MOVE 1:30 PM SENIORS EATING WELL</p>	<p>9 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:15 pm Broadway Burn 12:30 pm Woodcarving</p>	<p>10 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 PM TRIVIA</p>
<p>13 </p>	<p>14 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 THE GOOD NEIGHBOR: THE LIFE OF FRED ROGERS</p>	<p>15 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 1:00pm Wii Bowling</p>	<p>16 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:15 pm Broadway Burn 12:30 pm Woodcarving</p>	<p>17 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 AM KNOW YOUR NUMBERS SCREENING 10:00 am Zumba Gold 12 noon Lunch 1:00 PM DANCE & SOCIAL PARTY</p>
<p>20 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 MOVIE CLUB: LITTLE SHOP OF HORRORS 1:00 pm Bridge Club 1:00PM MEMORIES TO MEMOIR</p>	<p>21 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 1:00 PM DOCUMENTARY: BEING MORTAL 1:30 pm Kindness Rock Painting</p>	<p>22 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Wii Bowling 1:00 pm Line Up & Dance 2:30 PM ARTHRITIS & JOINT REPLACEMENT TALK</p>	<p>23 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:15 pm Broadway Burn 12:30 pm Woodcarving 2:00 PM MEDICARE FRAUD PREVENTION</p>	<p>24 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 PM CORN HOLE/ BEAN BAG TOSS</p>
<p>27 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 1:00 PM LOW VISION SUPPORT 1:00 PM MEMORIES TO MEMOIR</p>	<p>28 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 10:00 am Pickleball 12:00 PM SNACK & LEARN: FALL PREVENTION 1:00 pm Mah Jongg</p>	<p>29 8:30 am Free Lite Breakfast 9:00 AM SCRIPT IN HAND: THE CRUCIBLE 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling</p>	<p>30 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:15 pm Broadway Burn 12:30 pm Woodcarving</p>	<p>31 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:30 AM THE JOY OF DOT PAINTING 10:00 am Zumba Gold 12 noon Lunch 1:00 PM HALLOWEEN COSTUME CONTEST</p>

OCTOBER

NOVEMBER

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 <p>3 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 MEMORIES TO MEMOIR</u></p>	 <p>4 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk</p>	 <p>5 8:30 am Free Lite Breakfast <u>9:45 AM STRETCH CLASS W/ DHS</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Wii Bowling 1:00 pm Line up and Dance</p>	 <p>6 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:15 pm Broadway Burn 12:30 pm Woodcarving</p>	 <p>7 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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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.

*****NEW TIME*** Broadway Burn** - Thursdays at **12:15pm**. 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: October 6th. Remaining 2025 dates: December 1st.

October Book - The Husbands by Holly Gramazio.

Movie Club Matinees - Monthly on third Monday of each month at 12:45pm. October 20th (*Little Shop of Horrors*) & November 17th (*Downton Abbey: The Grand Finale*). Snacks will be served. A \$1 donation is appreciated.

Little Shop of Horrors (Musical/Comedy) - PG-13

Soon celebrating its 40th anniversary, this musical comedy classic is perfect for Halloween time. Flower shop assistant Seymour pines for co-worker Audrey. During a total eclipse, he discovers an unusual plant he names Audrey II, which feeds only on human flesh and blood. The growing plant attracts a great deal of business for the previously struggling store. Hilarity ensues. Starring Rick Moranis, Ellen Greene, Steve Martin & more!

Downton Abbey: The Grand Finale (Historical Drama) - PG

The beloved television series comes to the big screen one final time. In the summer of 1930, the Crawleys grapple with the threat of social disgrace when Mary finds herself at the center of a public scandal and the family faces financial trouble. Starring Lily James, Paul Giamatti, Shirley Maclaine and more!

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 October 8th & November 12th 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, October 3rd & November 7th.
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 popular lawn game 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.

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

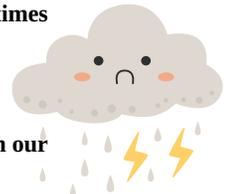
\$150 - Includes bus, German lunch & show

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. 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.