

# The Elmwood Extra

A Publication of the Department of Elderly Services

February / March 2026



## 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](http://www.danburyseniors.org)

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Coffeehouse Concert Series

and More!

## Message From The Director



During these winter months it can be difficult to get yourself out of the house. It's cold, gets dark early, and we all must watch out for ice and snow. But when you can, the benefits are worth it, as connection with other people, animals, nature, all have been shown to reduce loneliness and instill a sense of hope. Some suggestions to beat back the winter blues are to get yourself

moving, walking in the mall, taking an exercise class, even some housecleaning, anything at all. Set goals or make some plans for a future event you would like to attend. There are many events here at the Senior Center, as well as at the Danbury Library, Danbury Museum, Veterans organizations, and cultural centers. Try to get enough sleep and eat healthy foods. Sharpen your mind with puzzles, crosswords, or read a book. Join a suitable on-line group of interest through Reddit or Facebook. And stay connected to family and friends. The winter season can be tough, but it also offers beauty in the slowing down of the crazy pace of the world— time to just relax, enjoy your favorite beverage, and curl up with a good book. Hope to see you soon!

## 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

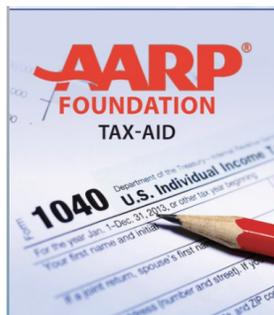


## WHAT'S HAPPENING AT ELMWOOD HALL?

### SPECIAL EVENTS

#### AARP Tax Return Assistance

begins on Tuesday, February 3<sup>rd</sup> and will run through April 14<sup>th</sup> on Tuesday and Thursday mornings from 9am - 12noon. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service provided by the AARP.



Backyard Birds of Connecticut on Thursday, February 5<sup>th</sup> from 1:00pm-2:00pm. Thomas Koturko of Compassion Home Care will present his program 'Backyard Birds of Connecticut'. Join us for an informative program on local birds, including: migration of birds of Connecticut, characteristics and why they have their derived names, types of bird food and feeders and the birds that they attract as well as bird houses and so much more!



CT Dept. of Revenue Services Info Session on Wednesday, February 4<sup>th</sup> from 10:00am-11:00am. Join Amy Nguyen from the CT Department of Revenue Services as she brings an informational presentation to the Danbury Senior Center. Topics she will cover include, but are not limited to: Connecticut state income tax questions, updates to Connecticut's tax code, myconneCT walkthroughs, state business taxes and their various applications. After the presentation Amy will be on hand to answer any questions you might have. Snow date: February 11th.



Cultural Celebration: Italy - on Tuesday, February 11<sup>th</sup>, from 11:00am - 2:00pm. Join us once again as we partner with the New American Dream Foundation for another cultural celebration; this month we will be celebrating Italy. Featuring a traditional Italian meal as well as a history talk and a performance from "Jack Sings Dino", a local Dean Martin Musical Tribute show. Free. Limited space available. Snow date: February 24th.

# **SPECIAL EVENTS**

**ALL SPECIAL EVENTS REQUIRE SIGN UP AND ARE SUBJECT TO CHANGE**

**WCAA- All About Us!** on Wednesday, February 18<sup>th</sup> from 10:00am - 11:00am. Join the Western Connecticut Area Agency on Aging (WCAA) as they present 'All About Us' - a program about all of the services offered to seniors, families and caregivers by the WCAA. Come hear about: Transportation options, Housing resources, Medicare & Medicaid Counseling, CT Legal Services, In Home Support, Caregiver support programs, Conservatorship / Power of Attorney and so much more!

**Dance Class with DHS Students** - on Wednesday, March 4<sup>th</sup> from 9:45am-10:45am. Join members of Danbury High School's Sports & Human Performance class for an intergenerational dance class to get you moving! Their strength training class was such a hit this fall, they are back for more fun!

**Documentary Series: Starring Dick Van Dyke** - on Monday, March 9<sup>th</sup> from 1:00-3:00pm. Join us for a screening of the PBS Documentary 'Starring Dick Van Dyke', which take a look at the amazing life and career of actor and comedian Dick Van Dyke, who recently celebrated his 100 birthday.

**AARP Safe Driver Course** on Wednesday, March 18<sup>th</sup> 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 March 11th. Open to CT Residents ONLY.

**Senior Show and Tell** on Wednesday March 25<sup>th</sup> from 10:00am-11:00am. "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 fascinating.

**Coffeeshouse Concert Series: The Trunk Band** - on Friday, March 27<sup>th</sup> from 1:00pm-3:00pm. Join us for the return of our popular coffeeshouse concert series. Come relax and socialize in an intimate environment as we enjoy coffee and other treats, all while listening to the music of The Trunk Band, a local Bluegrass band. Presented in partnership with the Danbury Cultural Commission.

## **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 3<sup>rd</sup> Monday of each month at 10:15am. Your blood pressure is your most important number! Thank you to National Healthcare for sponsoring our monthly blood pressure screening. No appointment is necessary.

**Chair Yoga** - Tuesdays at 2:00pm from Feb. 3<sup>rd</sup> - April 14<sup>th</sup> (Program will return to 10:00am April 21<sup>st</sup>). 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** - Thursdays at the War Memorial. 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.

**Line Up and Dance** - Wednesdays at 1:00pm. Come practice your steps and get some exercise at the same time. This is a fun class that gets you moving. Led by Kevin Burland. 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.

**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: February 2nd. **February Book - James by Percival Everett.** April 6<sup>th</sup>. **April Book - Klara and the Sun by Kazuo Ishiguro.**

**Movie Club Matinees** - Monthly on third Monday of each month at 12:45pm. No movie in February, next movie club will be March 16<sup>th</sup> - *Wicked: For Good*. Snacks will be served. A \$1 donation is appreciated.

### **Wicked: For Good - Musical / Comedy - Rated PG**

*In this second part in the Wicked film series now demonized as the Wicked Witch of the West, Elphaba lives in exile in the Ozian forest, while Glinda resides at the palace in Emerald City, reveling in the perks of fame and popularity. As an angry mob rises against the Wicked Witch, she'll need to reunite with Glinda to transform herself, and all of Oz, for good. Because this is the second half of the film series, we encourage you to watch the first film - Wicked.*

**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 1:00pm. 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.

**Sports Talk** - First and third Tuesdays of every months at 1:00pm. Join other members in the Sugar Hollow Cafe to talk about current sports, reminisce about the old days and engage in great conversation.

**Library On-the-Move and One-on-One Tech Support** - on Wednesdays February 11<sup>th</sup> and March 11<sup>th</sup> 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.

**Hat City Wood Carvers** - Thursdays 12:30pm. Open to all woodcarvers – beginners to masters. Members work on their own projects led by one of their more experienced members. Tools are available for new carvers to use. Wood for projects is provided by the club at a reasonable price.



<p align="center"><b>Monday 2</b></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>1:00PM BOOK CLUB</u></p>	<p align="center"><b>Tuesday 3</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>          10:00 am Multimedia Art          1:00 pm Mah Jongg          1:00 pm Sports Talk          2:00 pm Chair Yoga</p>	<p align="center"><b>Wednesday 4</b></p> <p>8:30 am Free Lite Breakfast  <u>10:00 AM CT DEPT. OF REVENUE INFO SESSION</u>          11:15 am Strength Training          12:00 pm Lunch          1:00 pm Line Up and Dance          1:00pm Wii Bowling</p>	<p align="center"><b>Thursday 5</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>          10:00 am Knit/Crochet          10:00 am Pickleball          10:30 am Gentle Flow Yoga          12:30 pm Woodcarving  <u>1:00 PM BACKYARD BIRDS OF CT</u></p>	<p align="center"><b>Friday 6</b></p> <p>8:30 am Free Lite Breakfast          9:00 am Walking Club          10:00 am Zumba Gold          12:00 pm Lunch  <u>1:00 PM BINGO</u></p>
<p align="center"><b>9</b></p> <p>8:30 am Free Lite Breakfast          9:00 am Walking Club          9:00 am Quilt Society          9:30 am Tai Chi  <u>10:00 AM BLOOD PRESSURE SCREENING</u>          11:15 am Movers and Shapers          12:00 pm Lunch          1:00 pm Bridge</p>	<p align="center"><b>10</b></p> <p align="center">CULTURAL CELEBRATION:          ITALY          11:00AM-2:00PM</p>  <p align="center"><u>ALL OTHER PROGRAMS CANCELLED</u></p>	<p align="center"><b>11</b></p> <p>8:30 am Free Lite Breakfast  <u>11:00 AM LIBRARY ON-THE-MOVE / 1-ON-1 TECH</u>          11:15 am Strength Training          12:00 pm Lunch          1:00 pm Line up and Dance          1:00 pm Wii Bowling</p>	<p align="center"><b>12</b></p> 	<p align="center"><b>13</b></p> <p>8:30 am Free Lite Breakfast          9:00 am Walking Club          10:00 am Zumba Gold          12:00 pm Lunch  <u>1:00 PM TRIVIA</u></p>
<p align="center"><b>16</b></p> 	<p align="center"><b>17</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>          10:00 am Multimedia Art          1:00 pm Mah Jongg          1:00 pm Kindness Rock Painting          1:00 pm Sports Talk          2:00 pm Chair Yoga</p>	<p align="center"><b>18</b></p> <p>8:30 am Free Lite Breakfast  <u>10:00AM CROSSWORD CLUB</u>  <u>10:00AM WCAAA - ALL ABOUT US</u>          11:15 am Strength Training          12:00 pm Lunch          1:00 pm Line up and Dance          1:00 pm Wii Bowling</p>	<p align="center"><b>19</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>          10:00 am Knit/Crochet          10:00 am Pickleball          10:30 am Gentle Flow Yoga          12:30 pm Woodcarving</p>	<p align="center"><b>20</b></p> <p>8:30 am Free Lite Breakfast          9:00 am Walking Club          10:00 am Zumba Gold  <u>11:00 AM MATT'S MONTHLY MEDIA MASHUP</u>          12:00 pm Lunch  <u>1:00 PM DANCE &amp; SOCIAL PARTY</u></p>
<p align="center"><b>23</b></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 align="center"><b>24</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>          10:00 am Multimedia Art          1:00 pm Mah Jongg          2:00 pm Chair Yoga</p>	<p align="center"><b>25</b></p> <p>8:30 am Free Lite Breakfast          11:15 am Strength Training          12:00 pm Lunch          1:00 pm Line Up and Dance          1:00 pm Wii Bowling</p>	<p align="center"><b>26</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>          10:00 am Knit/Crochet          10:00 am Pickleball          10:30 am Gentle Flow Yoga          12:30 pm Woodcarving</p>	<p align="center"><b>27</b></p> <p>8:30 am Free Lite Breakfast          9:00 am Walking Club          10:00 am Zumba Gold          12:00 pm Lunch</p>
				

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**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>2</b></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><b>3</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>            10:00 am Multimedia Art            1:00 pm Mah Jongg            1:00 PM SPORTS TALK            2:00 pm Chair Yoga</p>	<p><b>4</b></p> <p>8:30 am Free Lite Breakfast  <u>9:45 AM DANCE CLASS W/ DHS STUDENTS</u>            11:15 am Strength Training            12:00 pm Lunch            1:00 pm Line Up and Dance            1:00 pm Wii Bowling</p>	<p><b>5</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>            10:00 am Knit/Crochet            10:00 am Pickleball            10:30 am Gentle Flow Yoga            12:30 pm Woodcarving</p>	<p><b>6</b></p> <p>8:30 am Free Lite Breakfast            9:00 am Walking Club            10:00 am Zumba Gold            12:00 pm Lunch  <u>1:00 PM BINGO</u></p>
<p><b>9</b></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 SERIES</u></p>	<p><b>10</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>            10:00 am Multimedia Art            1:00 pm Mah Jongg            2:00 pm Chair Yoga</p>	<p><b>11</b></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            12:00 pm Lunch            1:00 pm Line Up and Dance            1:00pm Wii Bowling</p>	<p><b>12</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>            10:00 am Knit/Crochet            10:00 am Pickleball            10:30 am Gentle Flow Yoga            12:30 pm Woodcarving</p>	<p><b>13</b></p> <p>8:30 am Free Lite Breakfast            9:00 am Walking Club            10:00 am Zumba Gold            12:00 pm Lunch  <u>1:00 PM TRIVIA</u></p>
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<p><b>23</b></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><b>24</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>            10:00 am Multimedia Art            1:00 pm Mah Jongg            2:00 pm Chair Yoga</p>	<p><b>25</b></p> <p>8:30 am Free Lite Breakfast  <u>10:00 AM SENIOR SHOW &amp; TELL</u>            11:15 am Strength Training            12:00 pm Lunch            1:00 pm Line Up and Dance            1:00 pm Wii Bowling</p>	<p><b>26</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>            10:00 am Knit/Crochet            10:00 am Pickleball            10:30 am Gentle Flow Yoga            12:30 pm Woodcarving</p>	<p><b>27</b></p> <p>8:30 am Free Lite Breakfast            9:00 am Walking Club            10:00 am Zumba Gold            12:00 pm Lunch            1:00 PM <u>COFFEEHOUSE FRIDAY</u></p>
<p><b>30</b></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><b>31</b></p> <p>8:30 am Free Lite Breakfast  <u>9:00 AM AARP TAX ASSISTANCE</u>            10:00 am Multimedia Art            1:00 pm Mah Jongg            2:00 pm Chair Yoga</p>			



**BINGO** - Fridays, February 6<sup>th</sup> & March 6<sup>th</sup> . 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

**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.

**Line Dance and Social Party** - Third Friday of Every Month. Dances start at 1:00pm. Join DJ Kevin Burland of Old Man Rhythm. 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.

**Matt's Monthly Media Mashup** - Fourth Friday of Every Month from 11:00am-12:00pm. Join Program Coordinator Matt Austin as he takes a journey down the weird and wonderful rabbit hole of classic media. From long lost 70's variety shows to musical one hit wonders and everything in between! Come take a stroll down memory lane as Matt takes a deep dive into the history surrounding some of media's most unusual moments.

**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

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.

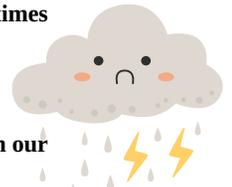
### **MARCH 10<sup>TH</sup>, 2026 - ST. PATRICK'S DAY CELEBRATION**

Join us as we take a bus trip to the Aqua Turf in Plantsville, CT for their annual St. Patrick's Day celebration. \$130 per person. Includes: bus, show & lunch.



#### **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](http://www.danburyseniors.org) and announced on WLAD 800am and TV Channel 3 WFSB and Channel 8.

## HOLIDAY PARTY FUN!

THANK YOU TO ALL WHO PARTICIPATED IN OUR RAFFLE AND PARTY! WE RAISED \$1,219 FOR OUR PROGRAMS!





Paint and  
Sip  
(& Sing!)

## 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 ~



## SENIOR TAX RESOURCES



### **AARP Tax Return Assistance at Elmwood Hall**

AARP Tax Return Assistance program begins on Tuesday, February 3rd and will run through April 14th on Tuesday and Thursday mornings from 9am - 12noon at Elmwood Hall Danbury Senior Center. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service provided by the AARP.

### **City of Danbury Senior and Totally Disabled Tax Incentive**

Tax incentives may be available from the City of Danbury. Do you meet the following requirements? Must be a resident of Danbury. Market Value of Property must be no greater than twice the Median Home Value at last Revaluation. Total Real Estate Assets must be no greater than three times the Median Home Value. Must be 65 Years old the December prior to filing or considered 100% disabled according to Social Security. Must meet income guidelines. The Application period is February 2, 2026 - May 14, 2026. To make an appointment to discuss your eligibility, please call the City of Danbury Assessor's Office at 203-797-4556.

### **Danbury VITA (Volunteer Income Tax Assistance) Program**

VITA (Volunteer Income Tax Assistance) is a nation-wide program founded by the IRS in 1971. Danbury-VITA provides free tax preparation for families and individuals in the Danbury and New Milford region with incomes up to \$66,000. They will help you receive all of the Tax Credits you are eligible for and your maximum refund. Danbury-VITA Tax Preparation Season: February 5, 2025 to April 5, 2025. To schedule an appointment go to <https://danbury-vita.org> or call (203) 826-9517.

# BENEFITS & SUPPORT

## 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 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.



## 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](http://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.**