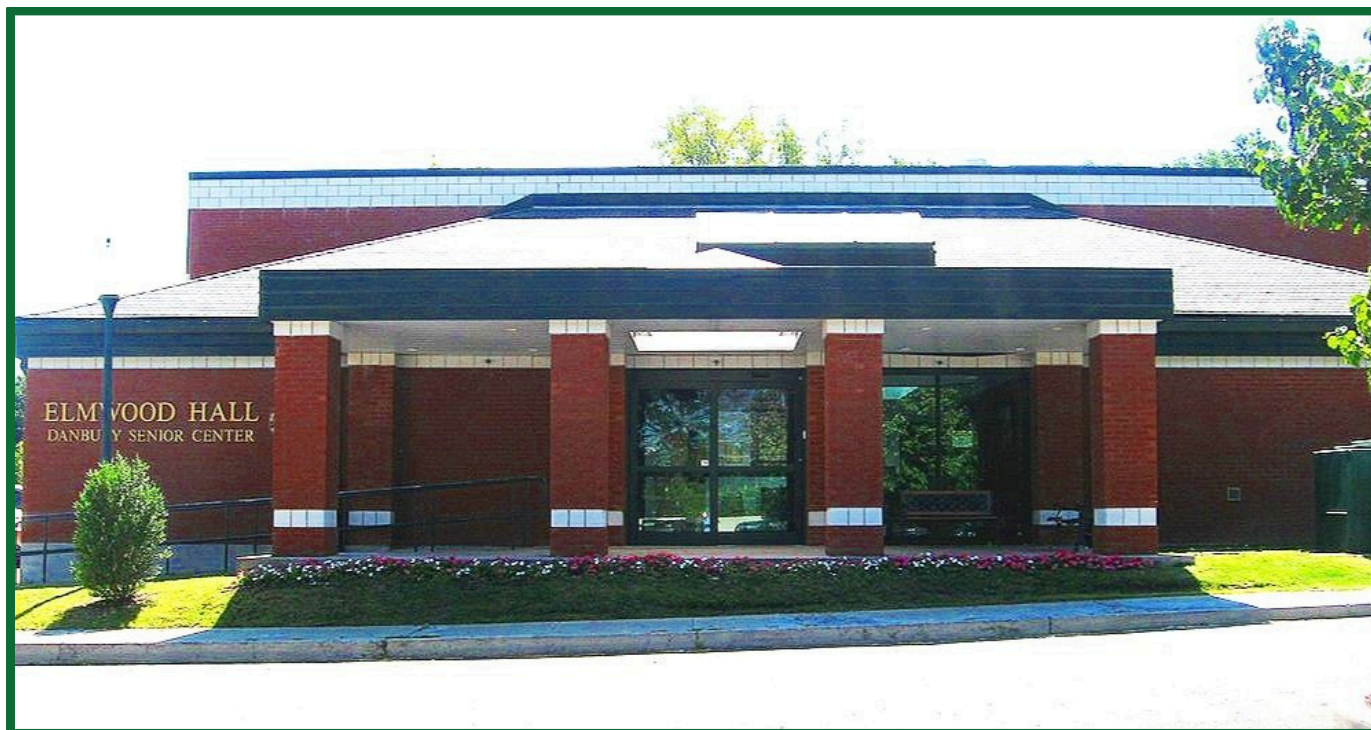


The Elmwood Extra

A Publication of the Department of Elderly Services

April / May 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

In This Issue

Memories to Memoir Writing Workshop
Springtime Bird Mini Painting Class
Crystal Sound Bath & Guided Meditation
Jack Sings Dino Concert
Creative Greeting Card Making
Puzzle-Palooza Challenge!
Pasta 101: Types, Ingredients & Pairings
RSO Jazz Trio
and so much more!

Message From The Director



Originally named Senior Center Month by President John F. Kennedy, Older Americans month has been recognized in the US since 1963. It came about after President Kennedy met with the National Council of Senior Citizens to hear about their needs and what was important to them. A proclamation followed shortly afterwards that stated each year in May the nation would pay tribute to its older citizens. The 2026 theme is "Serving Up Solutions," highlighting the role of the Senior Nutrition Program in fostering independence, health, and community connection. We are so lucky to have such a wonderful senior nutrition program right here in Danbury!

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

Pete Pruneau



WHAT'S HAPPENING AT ELMWOOD HALL?

SPECIAL EVENTS

Memories to Memoir Writing Workshop - Tuesdays, April 7th - May 12th from 1:00pm-2:30pm. Join writer Beth Young as she works to help you put your memories on paper. Back by popular demand! Sign up required.



Craft Corner: Springtime Bird Mini Painting - on Thursday, April 9th from 1:00pm - 3:30pm. Join artist Pam Cassidy for a Craft Corner class. With Pam's guidance, you will learn to paint a lovely springtime bird on a small 6x6 canvas. Cost is \$5 to cover materials. Must be paid upon registration. No refunds for cancellations. Registration required by April 2nd.



Crystal Sound Bath & Guided Meditation - on Monday, April 20th from 1:30pm-2:30pm. Join Jeanine of Inspired Vibrations as she invites seniors to unwind, recharge and nourish their souls. With a unique blend of guided meditation and sound healing she assists in releasing stress, easing emotional burdens and reconnecting with their inner light. Experience the soothing tones that wash over you, melting tension quieting the mind and restoring balance, all while catering to individual needs.

Jack Sings Dino Concert - on Wednesday, April 29th from 1:00pm-2:00pm. Jack Lynn sings the hits of Dean Martin. His "Dino" style and sound will take you back to the "Swingin' Rat Pack Years" of the late 40's, 50's and 60's, as he sings all the great tunes made famous by Dean Martin. Remember Amore, Return to Me, I Have But One Heart, Sway, Memories Are Made of This, Everybody Loves Somebody and all the other great Dino hits. Enjoy traveling back with Jack to a time when things were a bit more relaxed, maybe a bit easier going.....just like the days when the "King of Cool" himself was at the top of the music charts.

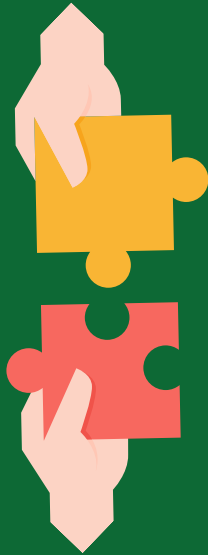


SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP AND ARE SUBJECT TO CHANGE

Craft Corner: Creative Card Making - on Thursday, April 30th from 1:00pm - 2:30pm. Join artist Kim McCormack as she leads us through a class on creative card making. Come learn how to make beautiful greeting cards. No experience necessary. Free to attend.

Puzzle-palooza Challenge! - on Thursday, May 14th from 1:00pm - 3:30pm. Join us for our first Puzzle Palooza Challenge! This is a Jigsaw Puzzle contest for all abilities. Grab a team of up to four people and sign up! Or come on your own and we will put you on a team. You will have two hours to put together a 500-piece puzzle with your teammates. The first team to complete the puzzle correctly will win. If no teams complete the puzzle, we will count the leftover pieces and the team with the most complete puzzle will win the challenge. Refreshments will be served and the winning team will win a prize. Come join us for some fun!



Pasta 101: Types, Ingredients, and Pairings - on Thursday, May 28th from 12:00pm-1:30pm. Join cultural Educator Anna Oliva as she presents Pasta 101: Types, Ingredients, and Pairings. This is a 90-minute presentation that combines Italian food culture and history with practical guidance on choosing quality pasta and understanding key ingredients. Space is very limited. Registration required.



Coffeehouse Concert Series: RSO Jazz Trio - on Friday, May 29th from 1:00pm-3:00pm. Join us for the return of our popular coffeehouse 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 Ridgefield Symphony Orchestra (RSO) Jazz Trio. 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 3rd 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 3:00pm until April 14th (Program will return to 10:00am April 21st). 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 (Until April 30th) and Rogers Park Pickleball Courts (May 7th-November).* 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. 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: April 6th. **April Book - Klara and the Sun by Kazuo Ishiguro.** Upcoming: June - On Beauty by Zadie Smith, August - Fuzz: When Nature Breaks the Law by Mary Roach

Movie Club Matinees - *Monthly on third Monday of each month at 12:45pm.* April 20th - *Wicked: For Good* & May 18th - *Eleanor The Great.* 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, 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.

Eleanor The Great - Drama - Rated PG-13

After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, she tells a tale that takes on a dangerous life of its own.

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 month 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 April 8th & May 13th 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.





Monday

Tuesday

Wednesday

Thursday

Friday

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|--|--|--|--|---|
|  |  | <p>1</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p> | <p>2</p> <p>8:30 am Free Lite Breakfast 9:00 AM AARP TAX ASSISTANCE 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving</p> | <p>3</p>  |
| <p>6</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 1:00 PM BOOK CLUB: KLARA & THE SUN</p> | <p>7</p> <p>8:30 am Free Lite Breakfast 9:00 AM AARP TAX ASSISTANCE 10:00 am Multimedia Art 1:00 pm Mah Jongg 1:00 PM MEMORIES TO MEMOIR 1:00 pm Sports Talk 3:00 pm Chair Yoga</p> | <p>8</p> <p>8:30 am Free Lite Breakfast 11:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling</p> | <p>9</p> <p>8:30 am Free Lite Breakfast 9:00 AM AARP TAX ASSISTANCE 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 PM CRAFT CORNER: BIRD MINI PAINTING</p> | <p>10</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 PM BINGO</p> |
| <p>13</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>14</p> <p>8:30 am Free Lite Breakfast 9:00 AM AARP TAX ASSISTANCE 10:00 am Multimedia Art 1:00 pm Mah Jongg 1:00 PM MEMORIES TO MEMOIR 3:00 pm Chair Yoga</p> | <p>15</p> <p>8:30 am Free Lite Breakfast 10:00 AM CROSSWORD PUZZLE CLUB 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling</p> | <p>16</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving</p> | <p>17</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p> |
| <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 10:15 AM BLOOD PRESSURE 11:15 am Movers and Shapers 12:00 pm Lunch 12:45 PM MOVIE CLUB: WICKED: FOR GOOD 1:00 pm Bridge Club 1:30 PM CRYSTAL SOUND BATH & MEDITATION</p> <p>20</p> | <p>21</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 PM KINDNESS ROCK PAINTING 1:00 PM MEMORIES TO MEMOIR</p> | <p>22</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p> | <p>23</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving</p> | <p>24</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</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 1:00 PM LIONS CLUB LOW VISION</p> <p>27</p> | <p>28</p> <p>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 1:00 PM MEMORIES TO MEMOIR</p> | <p>29</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 PM JACK SINGS DINO</p> | <p>30</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 PM CRAFT CORNER: CREATIVE CARD MAKING</p> |  |



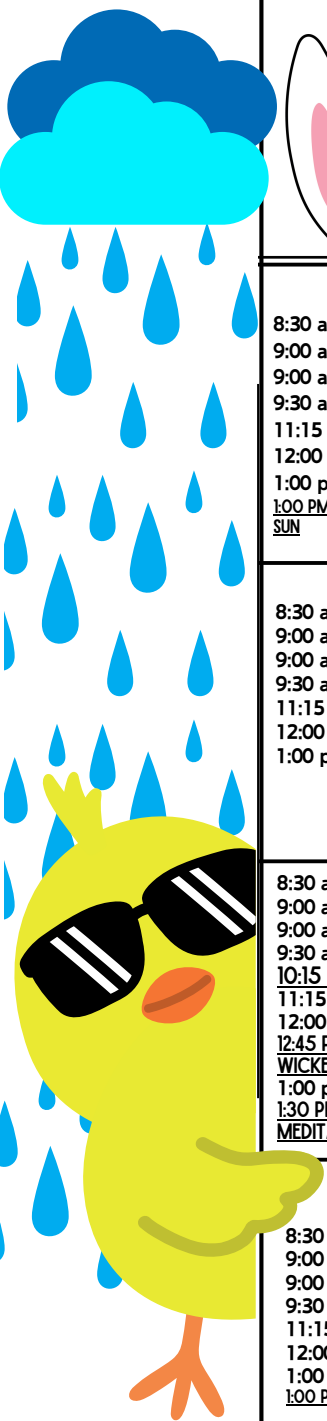
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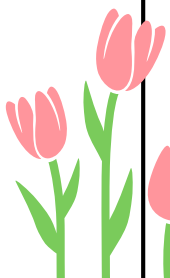

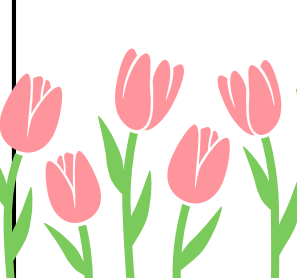


Monday

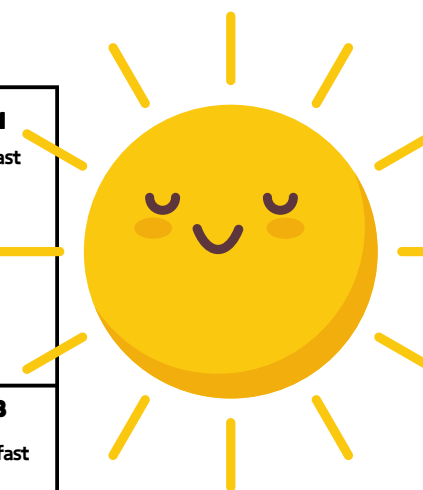
Tuesday

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Friday

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| <p>18</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15 AM BLOOD PRESSURE</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB: ELEANOR THE GREAT</u> 1:00 pm Bridge Club</p> | <p>19</p> <p>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 <u>1:30 PM ROCK PAINTING</u></p> | <p>20</p> <p>8:30 am Free Lite Breakfast <u>10:00 AM CROSSWORD PUZZLE CLUB</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p> | <p>21</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving</p> | <p>22</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p> |
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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.

BINGO - Fridays, April 10th & May 1st. 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. 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. **NO TRIVIA IN APRIL**

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.

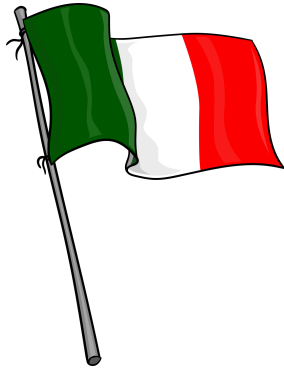
TRIPS WITH AARP

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 12th - 14th - New Hampshire & The White Mountains - \$520 (per person, double occupancy). Lodging, meals, entertainment & tours included.



***Cultural
Celebration:
Italy!***



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 ~

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.

TAX RELIEF FOR ELDERLY AND TOTALLY DISABLED



Applications are now
OPEN through May 14th, 2026.
Applications are taken by appointment only.

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 (WCAA)

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare and the options that supplement Medicare. The WCAA can answer questions that you may have on Medicare, Medicare part D prescription drug plans, Medicare Advantage Plans, Medicare Savings Program, and Medicaid. The WCAA can assist in filling out applications for different programs for which you may be eligible. For more information please call WCAA 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.