

# The Elmwood Extra

A Publication of the Department of Elderly Services

June / July 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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## Message From The Director



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

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

## Meet our Staff

### Municipal Agent for the Elderly

Tamires DaSilva, BSW



### Elderly Services

#### Program Coordinator

Matt Austin



### Elderly Services Clerk (Grant Funded)

Joyce Kuhn

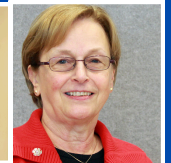
Joanne Norrito



### Administrative Assistants

Edie Thomas

Linda Rinaldi



### Van Drivers

Pam Makin

Pete Pruneau



# WHAT'S HAPPENING AT ELMWOOD HALL?

## SPECIAL EVENTS

**Northwell Health: Stroke Prevention** - on Thursday, June 4<sup>th</sup> from 1:00pm - 2:00pm. Join Northwell Health's (formerly Nuvance) Neuroscience Coordinator, Lauren Henriques (RN, MSN) for a presentation on stroke prevention. In this talk Henriques will address the signs and symptoms of a stroke, who is at risk, what can be done to prevent a stroke, treatment options and so much more! Join us for an informative talk.

**AARP Safe Driver Course** - on Wednesday, June 10<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 June 3rd. Open to CT Residents ONLY.

### Ask the Elder Law Attorney:

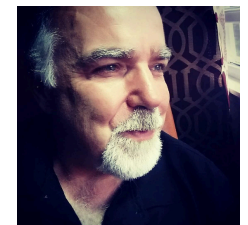
#### Plan, Prepare, and Protect with Ann Fowler-Cruz

- on Thursday, June 11<sup>th</sup> from 1:00pm-2:00pm. Ann is a certified elder law attorney with vast experience in estate planning, trusts, wills, advanced directives and much more. Come with your questions to this interesting and informative seminar.



### The Nearness of You: Music from the American Songbook

- on Friday, June 12<sup>th</sup> from 1:00pm-2:30pm. James Michael, a phenomenal baritone with an engaging performance style that mesmerizes audiences with his resonant singing, personal stories, and wonderful spirit will join us for an afternoon concert. Sponsored by Laurel Ridge Center for Health & Rehabilitation, Synergy Homecare & Sunrise of Wilton.



# SPECIAL EVENTS

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



**Danbury Westerners Baseball Team Visit** on Tuesday, June 30th at 10:30am. The Danbury Westerners are a collegiate summer baseball team based in Danbury. The team, a member of the New England Collegiate Baseball League, plays their home games at Rogers Park. Signup is required, as all those who attend will receive a free ticket to the Westerners game that evening. This program is sponsored by Synergy and the Danbury Commission on Aging.

**Seniors Eating Well** on Wednesday, July 8<sup>th</sup>, August 12<sup>th</sup>, September 9<sup>th</sup>, and October 14<sup>th</sup>. Start time is 1:30pm. Heather Peracchio, MS, RDN, CD-N will lead this popular program. It is a nutrition seminar designed to help those age 60 plus incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmers' Market. For each monthly seminar completed, a \$20 gift certificate will be provided to shop at the Danbury Farmers' Market or at the Farm Market on the Move located at the Danbury Senior Center, which takes place on the same day as the nutrition seminars. Limited to 70 people per date. **Sign up is required for each, separate date.** Sign up opens the Thursday after the previous seminar. Sign up for July's seminar begins June 11th.

**Farm Market On the Move at Elmwood Hall** Wednesday, July 8<sup>th</sup>, August 12<sup>th</sup>, September 9<sup>th</sup>, and October 14<sup>th</sup>. 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.

**Craft Corner with Pam Cassidy: Beach Painting & Seashell Collage** - on Thursday, July 9<sup>th</sup> Join Pam Cassidy for a Craft Corner class. With Pam's guidance, you will learn to paint a beach scene on a small 8x8 canvas and learn to collage using seashells and beads. Cost is \$7 to cover materials. Must be paid upon registration. No refunds for cancellations. Registration required by July 2nd.

**One Man Circus in a Suitcase** - on Thursday, July 16<sup>th</sup> from 10:00am-11:30am. Join us for an enthralling, whimsical celebration of the imagination for all ages. From Kevin O'Keefe's suitcase an entire circus emerges: tent, band, lights, the boisterous ringmaster Steve Fitzpatrick, the officious Mervin Merkle, the incredible Bumbilini Family, the Magician to the Stars Clyde Zerbini, and Keefer—an innocent trying to runaway and join the circus. Join us for some summer fun. This event is open to members and we encourage bringing your grandchildren to join in on the fun!



**Mad Hatter's Big Band & Swing Dance Party** - on Thursday, July 23<sup>rd</sup> from 1:00pm - 3:30pm.

The Mad Hatters Big Band, led by Clark Eno, will be joining us for an afternoon of fun! Come take a Sentimental Journey and listen to some Boogie Woogie Bugle Boys as they get you In The Mood to do the Chattanooga Choo-Choo!



**Pet Health and Wellness Veterinary Clinic for Cats and Dogs** on Friday, July 31<sup>st</sup> from 10:00am-1:00pm. For seniors age 60 plus and Veterans of any age who own a dog or cat. This is a health and wellness checkup for your pet. A cost of \$40 (cash or check only) includes a health and wellness check, heartworm testing (for dogs). Rabies and Distemper vaccinations, basic deworming. Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) available for added fee. Please call the Senior Center (203-797-4686) for an appointment to reserve your spot. Registration closes on Friday, July 24<sup>th</sup>. This event is provided by Dr. Nicole Sabo of Veterinary Care Everywhere. Transportation is available for seniors or Veterans who are residents of Danbury and have no other means of attending this event.

# 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. Free.

**Walking Club** - Mondays and Fridays 9:00am. This group 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 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.

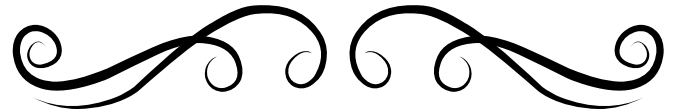
**Pickleball** - Thursdays at the Rogers Park Pickleball Courts (May 7<sup>th</sup> - November 19<sup>th</sup>). From 10:00am-12:00pm. Please bring: your own Pickleball paddle, water for proper hydration, appropriate attire (clothes you can move in and court sneakers) & willingness to learn and have fun! Members must sign up with the TeamReach app. Once TeamReach app is downloaded, the group code is elmwood10. Sign up begins 24 hours before game day. Maximum number of players is 20. 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: **June Book - On Beauty by Zadie Smith**, Upcoming books: August - Fuzz: When Nature Breaks the Law by Mary Roach

**Movie Club Matinees** - Monthly on third Monday of each month at 12:45pm. June 15<sup>th</sup> - Train Dreams, July 20<sup>th</sup> - Song Sung Blue. A \$1 donation is appreciated.

# Monday

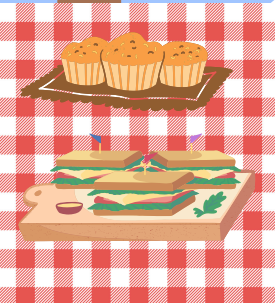
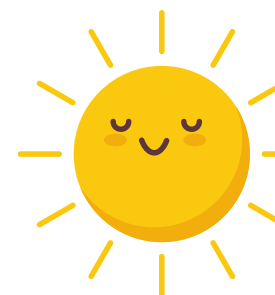
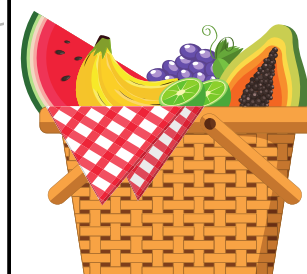
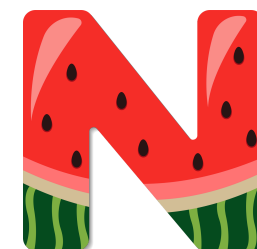
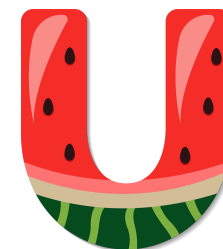
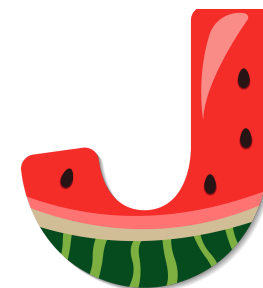
# Tuesday

# Wednesday

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# Friday

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8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM BOOK CLUB: ON BEAUTY</u>	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	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	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 <u>1:00 PM NORTHWELL HEALTH: STROKE PREVENTION</u>	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>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
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	8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK: NOMAD BITES</u> 1:00 pm Mah Jongg	8:30 am Free Lite Breakfast <u>9:00 AM AARP SAFE DRIVER</u> <u>11:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	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 <u>1:00 PM ASK THE ELDER LAW ATTORNEY: ANN FOWLER-CRUZ</u>	8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM THE NEARNESS OF YOU: MUSIC FROM THE AMERICAN SONGBOOK</u>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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: TRAIN DREAMS</u> 1:00 pm Bridge Club	8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK: BRAZILIAN BOYS BBQ</u> 1:00 pm Mah Jongg 1:00 pm Sports Talk 1:00 pm Kindness Rock Painting	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	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	
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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>	8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK: GREEK STYLE GRILL</u> 1:00 pm Mah Jongg	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	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	8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch
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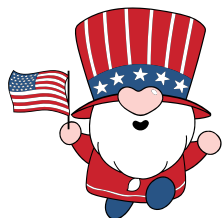
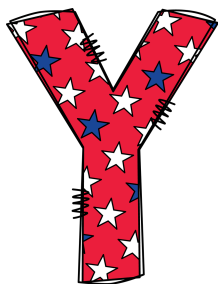
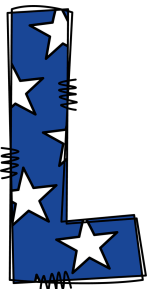
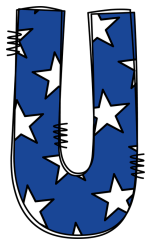
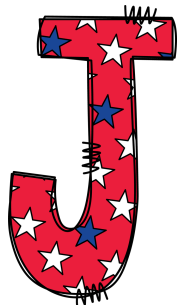
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# Tuesday

# Wednesday

# Thursday

# Friday



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<p style="text-align: center;"><b>6</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 style="text-align: center;"><b>7</b></p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art <b>11:00 AM FOOD TRUCK: TACO ROAD TRIP</b> 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk</p>	<p style="text-align: center;"><b>8</b></p> <p>8:30 am Free Lite Breakfast <b>11:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT</b> 11:15 am Strength Training 12 noon Lunch <b>1:00 PM FARM MARKET ON THE MOVE</b> <b>1:30 PM SENIORS EATING WELL</b></p>	<p style="text-align: center;"><b>9</b></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 <b>1:00 PM CRAFT CORNER: BEACH PAINTING &amp; SEASHELL COLLAGE</b></p>	<p style="text-align: center;"><b>10</b></p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p>
<p style="text-align: center;"><b>13</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 style="text-align: center;"><b>14</b></p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga <b>11:00 AM FOOD TRUCK: THE COOP</b> 1:00 pm Mah Jongg</p>	<p style="text-align: center;"><b>15</b></p> <p>8:30 am Free Lite Breakfast <b>10:00 AM CROSSWORD PUZZLE CLUB</b> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00 pm Wii Bowling</p>	<p style="text-align: center;"><b>16</b></p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:00 am Pickleball <b>10:00 AM ONE MAN CIRCUS IN A SUITCASE</b> 12:30 pm Woodcarving</p>	<p style="text-align: center;"><b>17</b></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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<p style="text-align: center;"><b>27</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 <b>1:00 PM LION'S CLUB LOW VISION</b></p>	<p style="text-align: center;"><b>28</b></p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg</p>	<p style="text-align: center;"><b>29</b></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 style="text-align: center;"><b>30</b></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 Broadway Burn</p>	<p style="text-align: center;"><b>31</b></p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club <b>10:00 AM PET HEALTH &amp; WELLNESS CLINIC</b> 12 noon Lunch</p>



### **Train Dreams - Drama - Rated PG-13**

Based on Denis Johnson's beloved novella, *Train Dreams* is the moving portrait of Robert Grainier, a logger and railroad worker who leads a life of unexpected depth and beauty in the rapidly-changing America of the early 20th Century.

### **Song Sung Blue - Musical / Romance - Rated PG-13**

Based on a true story, two down-on-their-luck musicians (Hugh Jackman and Kate Hudson) form a joyous Neil Diamond tribute band, proving it's never too late to find love and follow your dreams.

**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 June 10<sup>th</sup> & July 8<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.

**BINGO** - Friday June 5<sup>th</sup>, **NO BINGO IN JULY**. 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 JUNE & JULY**

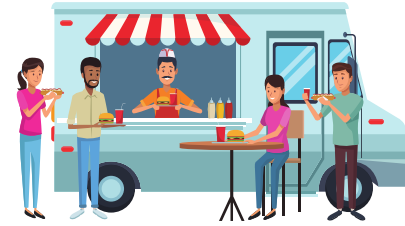
**Lending Library of Puzzles and Books** - Did you know we have a small lending library of books and puzzles? Located in the conference room and lounge of the Senior Center, members are welcome to take home books and puzzles and return them on the honor system.

Help us reduce our carbon footprint!



Starting with our **August / September 2026** Newsletter, we will be limiting the amount of physical copies that are mailed out to our members. Digital Newsletters will still be e-mailed out to those that have provided us e-mail addresses and physical copies will still be available to pick up, in person, at Elmwood Hall Danbury Senior Center. If you would like to continue to receive a mailed copy, please call us at 203-797-4686 to request to stay on the mailing list.

## **Food Truck** **Tuesdays**



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

- June 9<sup>th</sup> - Nomad Bites (American/Latin)
- June 16<sup>th</sup> - Brazilian Boys BBQ (BBQ)
- June 23<sup>rd</sup> - Greek Style Grill (Greek)
- July 7<sup>th</sup> - Taco Road Trip (Tacos)
- July 14<sup>th</sup> - The Coop (Chicken)
- July 21<sup>st</sup> - Brazilian Boys BBQ (BBQ)
- Aug. 4<sup>th</sup> - Greek Style Grill (Greek)
- Aug. 11<sup>th</sup> - Nomad Bites (American/ Latin)
- Aug. 25<sup>th</sup> - Taco Road Trip (Tacos)

## **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 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.



# 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.**