

The Elmwood Extra

A Publication of the Department of Elderly Services

August / September 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

Phone: 203-797-4686

Hours: Monday - Friday 8:30am-4:30pm

E-mail: info@danburyseniors.org

www.danburyseniors.org

In This Issue

Understanding Hospice & Palliative Care

Sound Bath & Meditation

CHC Health Seminar

Movie Screening & Talk: Watching Mr. Pearson

Farm Market on the Move

Seniors Eating Well

Grillin' & Chillin' with the DPD

Coffeehouse Friday: Miles Davis Tribute

AARP Safe Driver Course

Message From The Director



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

Over the next few months we will be partnering with Regional Hospice, CHC and other community organizations for wonderful education programs. Whatever your interest is, there is a program for you!

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

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

Understanding Hospice & Palliative Care - on Tuesday, August 4th from 1:00 - 2:00PM. 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.

CHC Health Education Seminar - on Thursday, August 6th, from 1:00 - 2:00pm. Are you interested in learning more about: Free or Low-Cost Health Care, Tips for Talking With Your Medical Provider & Pharmacist, Healthy Food Options Patient Rights and Responsibilities, Chronic Diseases, and Services Available at Danbury's Community Health Center? Join us for a 1-hr. healthcare education session for any interested individuals to attend!



Sound Bath & Meditation - Mondays, August 10th & September 14th from 1:30 - 2:30pm. Join sound vibration therapy practitioner Jeanine Chayka of Inspired Vibration by JC for this introduction to Sound Bath Healing. Jeanine will offer a short introduction to the principles and practices of sound healing, then lead participants on a guided meditation focused on pain relief, using tuning forks, drums, singing bowls and other instruments. There is no physical contact during this program. This will continue on the 2nd Monday of every month as an ongoing program.



SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP AND ARE SUBJECT TO CHANGE

Special Movie Screening:
Watching Mr. Pearson - on Tuesday, August 11th from 1:00 - 3:00pm. Join us for this special movie screening of 'Watching Mr. Pearson', sponsored by Comfort Keepers. In 'Watching Mr. Pearson', when a once famous actor can no longer decipher the past from the present, two devoted caregivers discover that imagination and performance may be the only way to help him reconnect with the world that's left him behind. The film will be followed by a short discussion of it's themes.



Seniors Eating Well on August 12th, September 9th, and October 14th. 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 August's seminar begins July 9th.

Farm Market On the Move at Elmwood Hall

Wednesdays, August 12th, September 9th, and October 14th. 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.



Grillin' & Chillin' with the DPD - on Thursday, August 20th from 11:00am - 1:00pm. Join the Danbury police Department as they grill up hamburgers and hot dogs for our members on the outdoor patio and bring their Copsicle ice cream truck full of delicious treats! Join us for an afternoon of fun!

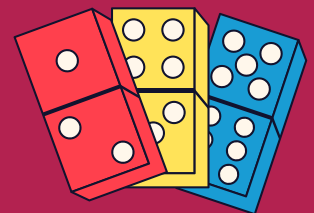


Coffeehouse Concert Series:
Miles Davis 100th Birthday Tribute - on Friday, August 28th from 1:00pm-3:00pm. Join us for the return of our popular coffeehouse concert series. Come relax and socialize in an intimate environment as we enjoy coffee and other treats, all while listening to the music of trumpeter Wayne Tucker. Tucker will present a series of songs celebrating Miles Davis in honor of what would have been his 100th birthday. Presented in partnership with the Danbury Cultural Commission.



AARP Safe Driver Course - on Wednesday, Sept. 2nd from 9:00am-1:00pm. Refresh your driving skills and you may save on your car insurance (please verify your discount with your insurance carrier). In this four-hour course you will learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. **This course is \$20 for AARP Members and \$25 for Non-Members. Payment accepted via check made out to AARP. Sign up required. Sign up closes August 26th. Open to CT Residents ONLY.**

Dominoes - Fridays August 7th & 21st at 1:00pm. Do you play Dominoes? Have you ever wanted to learn? Come to these special sessions and explore the game of dotted tiles for yourself!



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.

Movers and Shapers - Mondays at 11:15am and Tuesdays at 9:00am (New time, starting Sept. 1st). Low impact aerobics, strength training and stretching. Taught by Coleen Krempel. The fee is \$2 per class.

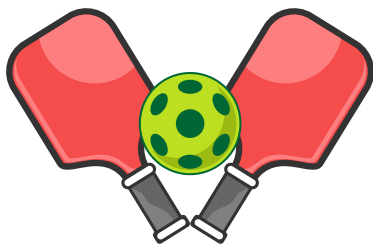
Senior Nutrition Lunch Program - Served on Mondays, Wednesdays and Fridays at noon. This is a hot, nutritionally balanced meal served at the Senior Center. You must sign up for lunch by the previous Wednesday before 11:00am in order to have lunch the following week. PLEASE NOTE: NO WALK-INS. Meals provided 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 7th - November 19th). 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!

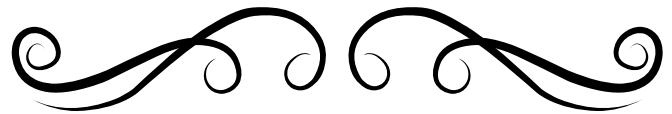


Strength Training - Wednesdays at 11:15am. This class helps you stay strong and maintain your muscles. One to three pound dumbbells suggested. Taught by Coleen Krempel. The fee is \$2 per class.

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 - 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: **August 3rd - Fuzz: When Nature Breaks the Law by Mary Roach. September 14th - TBD.**

Movie Club Matinees - Monthly on third Monday of each month at 12:45pm. August 17th - Remarkably Bright Creatures, September 21th - The Sheep Detectives. A \$1 donation is appreciated.

AUGUST

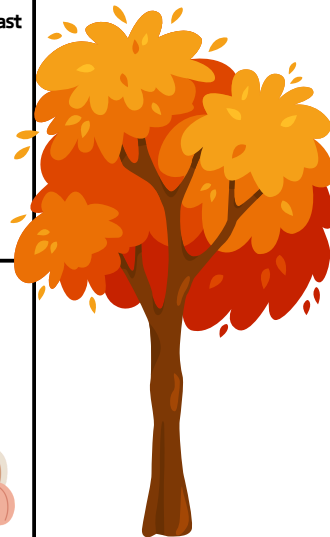


Monday 3 8:30 am Free Lite Breakfast 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM BOOK CLUB: FUZZ: WHEN NATURE BREAKS THE LAW</u>	Tuesday 4 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK</u> <u>TUESDAY: GREEK STYLE GRILL</u> 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM UNDERSTANDING HOSPICE</u>	Wednesday 5 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	Thursday 6 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 CHC HEALTH EDUCATION SEMINAR</u>	Friday 7 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12:00 pm Lunch <u>1:00 PM DOMINOES</u>
10 8:30 am Free Lite Breakfast 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:30 PM SOUND BATH & MEDITATION</u>	11 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK</u> <u>TUESDAY: NOMAD BITES</u> 1:00 pm Mah Jongg <u>1:00 PM SCREENING: WATCHING MR. PEARSON</u>	12 8:30 am Free Lite Breakfast <u>10:00 AM CROSSWORD PUZZLE CLUB</u> <u>11:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT</u> 11:15 am Strength Training 12 noon Lunch <u>1:00 PM FARM MARKET ON MOVE</u> <u>1:30 PM SENIORS EATING WELL</u>	13 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	14 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12:00 pm Lunch <u>1:00 PM BINGO</u>
17 8:30 am Free Lite Breakfast 9:30 am Tai Chi 9:00 am Quilt Society <u>10:15AM BLOOD PRESSURE SCREEN</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB: REMARKABLY BRIGHT CREATURES</u> 1:00 pm Bridge Club	18 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 Kindness Rock Painting	19 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Wii Bowling 1:00 pm Line Up and Dance	20 8:30 am Free Lite Breakfast  <u>11:00 AM DPD GRILLIN' & CHILLIN EVENT</u>	21 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM DOMINOES</u>
24 8:30 am Free Lite Breakfast 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 LION'S CLUB</u> <u>LOW VISION SUPPORT GROUP</u>	25 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga <u>11:00 AM FOOD TRUCK</u> <u>TUESDAY: TACO ROAD TRIP</u> 1:00 pm Mah Jongg 1:00 pm Sports Talk	26 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	27 8:30 am Free Lite Breakfast 10:00 am Pickleball 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving	28 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM COFFEEHOUSE FRIDAY: WAYNE TUCKER'S MILES DAVIS TRIBUTE</u>
31 8:30 am Free Lite Breakfast 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club				



SEPTEMBER

Monday	Tuesday¹ 8:30 am Free Lite Breakfast 9:00 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk	Wednesday² 8:30 am Free Lite Breakfast <u>9:00 AM AARP SAFE DRIVER</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	Thursday³ 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	Friday⁴ 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM BINGO</u>
7 	8 8:30 am Free Lite Breakfast 9:00 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 10:00 am Pickleball 1:00 pm Mah Jongg	9 8:30 am Free Lite Breakfast <u>11:00 AM LIBRARY ON THE MOVE</u> <u>/ 1-ON-1 TECH SUPPORT</u> 11:15 am Strength Training 12 noon Lunch <u>1:00 PM FARM MARKET ON MOVE</u> <u>1:30 PM SENIORS EATING WELL</u>	10 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	11 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM TRIVIA</u>
14 8:30 am Free Lite Breakfast 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: TBD</u> <u>1:30 PM SOUND BATH & MEDITATION</u>	15 8:30 am Free Lite Breakfast 9:00 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk 1:30 pm Kindness Rock Painting	16 8:30 am Free Lite Breakfast <u>10:00 AM CROSSWORD PUZZLE CLUB</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	17 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	18 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12 noon Lunch
21 8:30 am Free Lite Breakfast 9:30 am Tai Chi 9:00 am Quilt Society <u>10:15AM BLOOD PRESSURE SCREEN</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB:</u> <u>THE SHEEP DETECTIVES</u> 1:00 pm Bridge Club	22 8:30 am Free Lite Breakfast 9:00 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	23 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	24 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	25 8:30 am Free Lite Breakfast 10:00 am Zumba Gold 12 noon Lunch
28 8:30 am Free Lite Breakfast 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM LOW VISION SUPPORT</u>	29 8:30 am Free Lite Breakfast 9:00 am Movers and Shapers 10:00 am Multimedia Art 10:00 am Chair Yoga 1:00 pm Mah Jongg	30 8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling		



Remarkably Bright Creatures - Drama - PG-13

Through unlikely bonds formed during night shifts at a local aquarium, Tova (Played by Sally Field), an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

The Sheep Detectives - Comedy / Mystery - PG

George Hardy is a shepherd who loves to read murder mysteries to his sheep. When George is found dead under mysterious circumstances, the sheep decide to solve the crime themselves, leaving their meadow for the first time and facing the fact that the human world isn't as simple as it appears in books.

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 August 12th and September 9th 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 August 14th & September 4th at 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 August. Trivia returns September 11th.**

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:

- Aug. 4th - Greek Style Grill (Greek)
- Aug. 11th - Nomad Bites (American/ Latin)
- Aug. 25th - 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

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.