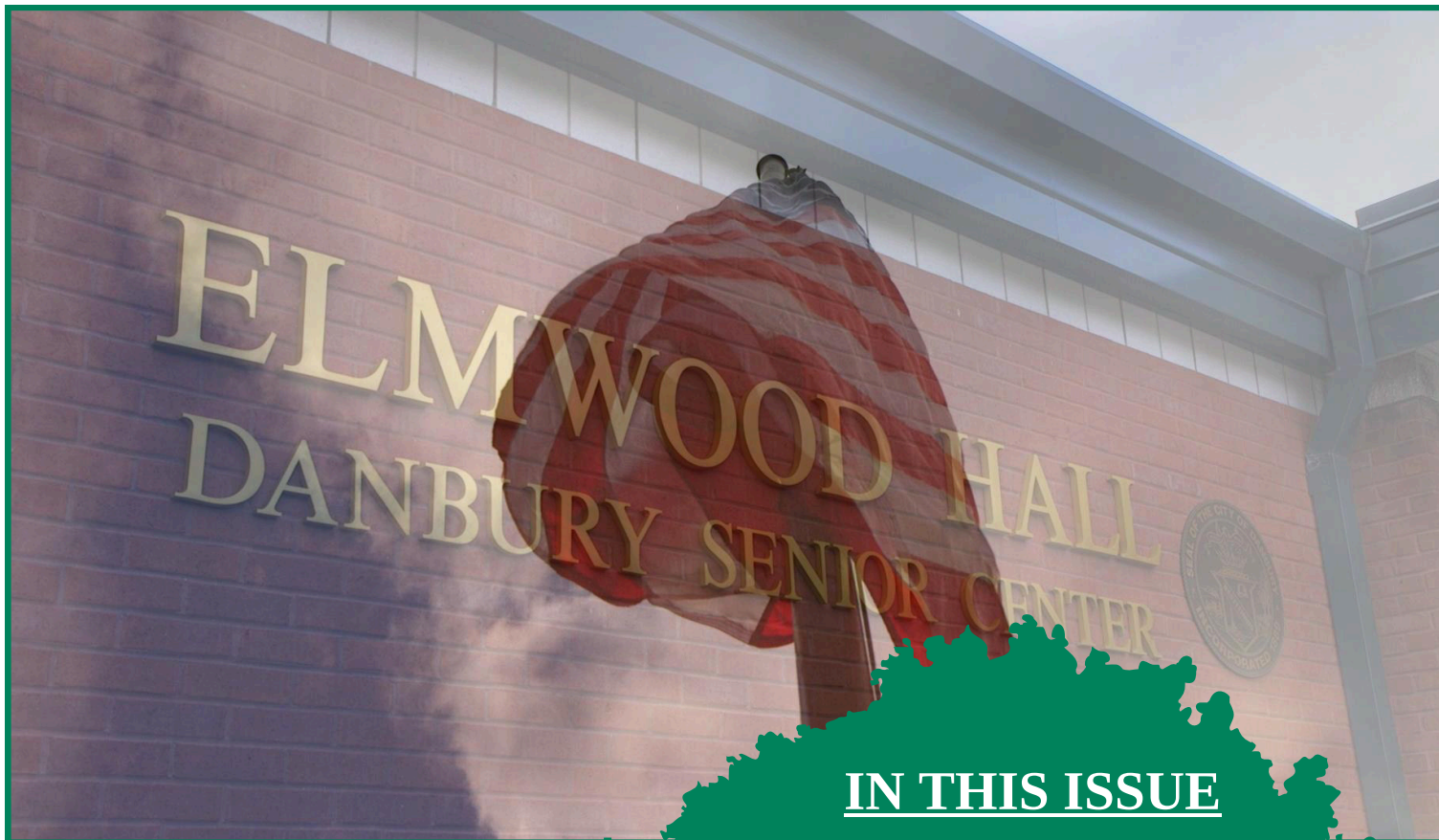


The Elmwood Extra

A Publication of the Department of Elderly Services

August/September 2024



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- Healthy Living
- Karaoke
- Scams & Fraud: How to Keep Your Money Safe
- Charcuterie Class
- AARP Safe Driver Course
- Muppet Man: The Life of Jim Henson
- Fire Safety

& So much more!

Department of Elderly Services

Roberto L. Alves, Mayor

Susan M. Tomanio, MSW, LCSW
Director of Elderly Services
City of Danbury

Elmwood Hall Senior Center

(Wellness, Livelong 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

Message From The Director



Hello, something looks different here!! Yes, our newsletter has been redesigned by our new program coordinator, Matt Austin.

All the same important information is provided along with some flair!

We hope you will join us for some of our special events. 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



Elderly Services Associates

Paul Lukaszewski, Jerry Rojas



Van Driver

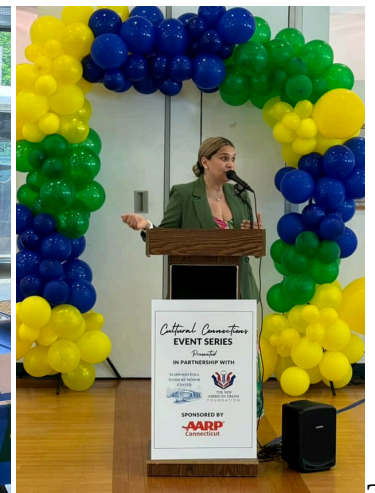
Pam Makin



WHAT'S HAPPENING AT ELMWOOD HALL?

Cultural Celebration: Brazil

June 4th, 2024



SPECIAL EVENTS



Craft Corner: Summer Snow Globes on Thursday, August 1 at 2:30pm. Join Mary from Wilton Meadows as she leads us through making a summer snow globe out of a mason jar. Free. Sign up required by July 25th.

Scams and Fraud: How to Keep Your Money Safe on Wednesday, August 7 at 10am. Joanne Williams from Bank of America will join us to give a presentation on what scams and fraud you need to be aware of to keep your money safe. Sign up required.

Seniors Eating Well on Wednesday, August 14 (English & Spanish) & September 11. 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. 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 session begins July 11th. Sign up for September begins August 15th.

Your Life, Your Legacy: Planning for the Future on Monday, August 12 from 1:00pm-2:00pm. Kelly Coughlin, Director of Green Funeral Home, will join us for a presentation entitled "Your Life, Your Legacy." This program addresses the importance of making your final arrangements in advance.



Kelly will provide attendees with information on planning as well as resources. There will be an interactive Q&A after the program. Light refreshment will be served. Sign up required.

Healthy Living on Tuesday, August 13 from 1:00pm-2:00pm. Join Maria Alicea from the Community Health Center for a program on your overall health. Come hear about: free or low-cost health care, tips for talking with your medical provider, healthy food options, patient rights and responsibilities, and services available at CHC! All attendees receive a \$20 gift card if you stay for the entire one hour presentation and complete a short test at the beginning and end of the session! Space is limited to 20 attendees. Sign up required.



Farm Market On the Move at Elmwood Hall - Danbury Senior Center on Wednesday, August 14 & September 11 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 will be accepted.

Colorectal Cancer Screening: Facts & Options on Thursday, August 15 from 2:30pm-3:30pm. Colorectal cancer is the 4th most commonly diagnosed cancer and the 2nd leading cause of cancer death in Connecticut. But the good news? The good news is that a simple, at-home screening or a colonoscopy can save your life. Come hear from Community Health Center, Inc. as they share more about screening options and what factors can put you at higher-risk for colorectal cancer. Many people with early-stage colorectal cancer have no symptoms, but it can still be detected through screening. We hope you'll join us and take a step in staying healthy! Sign up required.

Karaoke on Tuesday August 20th from 1:00pm-2:30pm. Come show off your singing skills (or lack thereof) and have some fun! Join us as we sing some of our favorite songs! No pressure to sing, just come and watch. Sign up required.

Charcuterie Class on Tuesday, August 27 from 1:00pm-3pm. Looking to impress your guests with a beautiful charcuterie spread? Join our food stylist, Tamires DaSilva, in a workshop that will teach steps in achieving a visually stunning cheese spread. This is an interactive class that will allow you to be creative with your food and create art through cheeses and meats. **Pre-pay sign up required.** \$5 per person to cover the cost of foods and board. Program supported by The Prime Timers, Inc., Friends of Danbury Senior Center.



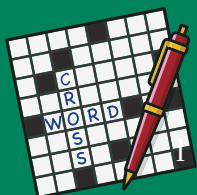
Lunch & Learn: Long Term Care on Tuesday September 17 from 1:00pm-3:00pm. SYNERGY will host a lunch & panel discussion on Homecare & Assisted Living options for long term care. Sign up required.



AARP Safe Driver Course on Wednesday, September 18 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 September 11th. Open to CT Residents ONLY.

Danbury Student and Business Connection Mentor Program on Wednesday, September 18 from 10:00am-11:00am. Alexis Koukos, Executive Director of the Danbury Student and Business Connection will be at the Senior Center providing information on how people can become a mentor to a Danbury student.

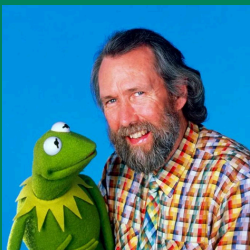
Crossword Puzzle Class, Part 2! on Thursday, September 12 from 1:00pm-2:00pm. As a follow up to her June class, Amanda Gilbertie from The Danbury Library will be leading us through a crossword puzzle, while giving more tips and tricks to help us when we are doing puzzles on our own. Don't miss out on this fun class! Sign up required.



Daily Bread Food Pantry Information on Monday, August 26 from 10:30am-12:00pm. Debbie from the Daily Bread Food pantry will be on hand in the Sugar Hollow Cafe to talk about their new "super pantry." They will also be signing up volunteers if you might be able to lend a hand!



Muppet Man: The Life of Jim Henson on Tuesday, September 24 (Jim Henson's Birthday) from 1:00pm-2:00pm. Join Program Coordinator Matt Austin as he takes a deep dive into the life and legacy of Jim Henson through stories and videos. Sign up required.



Fire Safety on Thursday, September 19 from 2:30pm-3:30pm. Join Deputy Fire Marshall Heather Anderson as she give a presentation on how to keep you and your home safe from fire related emergencies.



Department of Health & Housing on Thursday, September 26 from 2:30pm-3:30pm. Representatives from the Danbury Department of Health & Housing will join us for a discussion on local resources. Sponsored by the Commission on Aging. Sign up required.



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.


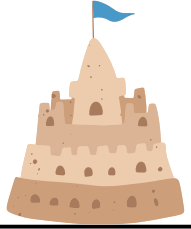
Walking Club - Mondays and Fridays 9:00am. This group, led by volunteer Paul, will meet at the Senior Center and will enjoy walking adventures around downtown Danbury. Inclement weather cancels. During the winter months, the club will walk at the Danbury Fair Mall. Beginning in April, they will be back 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 IN'S. Meals provided in partnership with CW Resources. Suggested donation of \$3.




Blood Pressure Screening - The 3rd Monday of each month at 10:15am. Your blood pressure is your most important number! Thank you to Bethel Health Care for sponsoring our monthly blood pressure screening. No appointment is necessary. Free.

AUGUST

Monday	Tuesday	Wednesday	Thursday ¹	Friday ²
				
5 8:30 am Free Lite Breakfast 9:00 am Walking Club 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: 11/22/63</u>	6 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Pickleball 1:00 pm Mah Jongg 1:00 pm Sports Talk	7 8:30 am Free Lite Breakfast <u>10:00 AM SCAMS & FRAUD: KEEP YOUR MONEY SAFE</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling	8 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing <u>2:30 PM CRAFT: SUMMER SNOW GLOBES</u>	9 8:30 am Free Lite Breakfast 9:00 am Walking Club <u>10:00 AM LEARN ABOUT YOUR LIBRARY: LIBBY E-BOOKS</u> 10:00 am Zumba Gold 12 noon Lunch
12 8:30 am Free Lite Breakfast 9:00 am Walking Club 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>1:00PM YOUR LIFE, YOUR LEGACY:PLANNING FOR THE FUTURE</u>	13 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Pickleball 1:00 pm Mah Jongg <u>1:00PM HEALTHY LIVING</u>	14 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 noon Lunch <u>1:00 PM FARM MARKET ON MOVE</u> <u>1:30 PM SENIORS EATING WELL</u> <u>1:30PM SENIORS EATING WELL - SPANISH</u> 1:00 pm Line Up and Dance	15 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing <u>2:30PM COLORECTAL CANCER SCREENING: FACTS & OPTIONS</u>	16 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM DANCE & SOCIAL PARTY</u>
19 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15AM BLOOD PRESSURE SCREEN</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB: THE FALL GUY</u> 1:00 pm Bridge Club	20 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Pickleball 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM KARAOKE</u>	21 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	22 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing	23 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM CORN HOLE/ BEAN BAG TOSS</u>
26 8:30 am Free Lite Breakfast 9:00 am Walking Club 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>	27 8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Pickleball 1:00 pm Mah Jongg <u>1:30 PM CRAFT: ROCK PAINTING</u> <u>1:00 PM CHARCUTERIE CLASS</u>	28 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	29 8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing	30 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch



SEPTEMBER

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<p style="text-align: center;">9</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 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</p>	<p style="text-align: center;">10</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Pickleball 1:00 pm Mah Jongg</p>	<p style="text-align: center;">11</p> <p>8:30 am Free Lite Breakfast <u>1:00 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> 1:00 pm Line up and Dance</p>	<p style="text-align: center;">12</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving <u>1:00 PM CROSSWORD PUZZLE</u> 1:00 pm Line Dancing</p>	<p style="text-align: center;">13</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club <u>10:00 AM LEARN ABOUT YOUR LIBRARY: CTLAB</u> 10:00 am Zumba Gold 12 noon Lunch</p>	
<p style="text-align: center;">16</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15AM BLOOD PRESSURE SCREEN</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE CLUB: THE GREAT LILLIAN HALL</u> 1:00 pm Bridge Club</p>	<p style="text-align: center;">17</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Pickleball 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM LUNCH & LEARN: LONG TERM CARE</u> <u>1:30 PM CRAFT: ROCK PAINTING</u></p>	<p style="text-align: center;">18</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP SAFE DRIVER</u> <u>10:00 AM DANBURY STUDENT & BUSINESS MENTORS</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling</p>	<p style="text-align: center;">19</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Line Dancing <u>2:30 PM FIRE SAFETY</u></p>	<p style="text-align: center;">20</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM DANCE & SOCIAL PARTY</u></p>	
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<p style="text-align: center;">30</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 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</p>					



EVERYDAY OFFERINGS

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.

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 practice class that gets you moving. Led by Kevin Burland and Susan Tomanio. There is no fee for this class.

Gentle Flow Yoga - Thursdays at 10:30am. Instructor Beverly Leighton has been practicing and teaching yoga for seventeen years. Anyone can practice yoga. The idea of concentration and focusing inward fosters patience, balance and peace. 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.

Line Dancing Instruction - Thursdays at 1:00 pm. Line dancing is a great way to exercise, improve your coordination, share a laugh with friends, and have fun. Taught by Jill Weiss. The fee is \$2 per class.

Zumba Gold - Fridays at 10:00am. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Taught by Coleen Krempel. The fee is \$2 per class.

LEISURE TIME ACTIVITIES

Elmwood Hall Quilting and Sewing Society - Mondays at 9:00 am. 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.

Movie Club Matinees - Monthly on third Monday of each month at 12:45pm. August 19 & September 16. Snacks will be served. A \$1 donation is appreciated.

August - The Fall Guy (Action/Comedy) PG-13
Hollywood stuntman Colt Seavers springs back into action when the star of a big studio movie suddenly disappears. Colt soon finds himself ensnared in a sinister plot that pushes him to the edge of a fall more dangerous than any stunt.

September - The Great Lillian Hall (Drama) PG-13
Broadway actress Lillian Hall pours her heart and soul into preparing for her next big role but finds herself blindsided by confusion and forgetfulness. She strives to make it to opening night while holding on to her fading memories and identity.

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.

Multimedia Art Instruction - Tuesdays at 10:00 am. 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 - on 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.

Wii Bowling - on Wednesdays at 1:00pm. Wii Sports Bowling - back by popular demand. 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. Beginners welcome.

Knit and Crochet Club - Thursdays 10:00am. Knit, crochet, make something for a local charity, share patterns, yarn, conversation and support each other when trying something new.

BINGO - Friday, August 2nd - Hot Dog Bingo - \$5 & September 6th - \$3. 1:00pm. Thank you to our sponsors, Watermark Southbury (August) & Civility Home Care (September)

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-in's allowed

Dance and Social Parties - on Friday August 16 and Friday, September 20 with DJ Kevin Burland of Old Man Rhythm. Dances start at 1:00pm. Freestyle and Line Dance to your favorite music of today and yesterday. Even if you don't dance this is a great opportunity to come to the Senior Center to socialize and see friends. Refreshments served. \$3 donation suggested.

Corn Hole / Bean Bag Toss - on the 4th Friday of each month. Cornhole (originally named due to the use of corn filling the bags) is a lawn game popular in which players or teams take turns throwing fabric bean bags at a raised, angled board with a hole in its far end. Scores are tabulated following a certain set of rules. No experience necessary to play, all are welcome. No sign up required.

LIFE LONG LEARNING

Library On-the-Move and One-on-One Tech Support - on Wednesday, August 14 & September 11 from 11:00am-1:00pm. Representatives from 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, you can call Darlene at the Library ahead of time at 203-797-4513, and she will bring it for you.

The Library will also offer one-on-one tech support on this same day at the Senior Center. They can help 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.

Learn About Your Library on the 2nd Friday of every month. August 9 & September 13 at 10:00am. Join Amanda Gilbertie from the Danbury Library for an informational class on library services and how the library can help you! Each month is a new topic.

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. Book club meeting dates are April 1, June 3, August 5, October 7, and December 2. August's Book is 11/22/63 by Stephen King.

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 puzzle and return them on the honor system.



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 ~ Long Term Care ~

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 October 1st. 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 to apply. Walk-ins will not be accepted. Applications must be completed with all required documents otherwise they will be returned. Please call Tamires DaSilva, Municipal Agent, at the Danbury Senior Center 203-797-4686 or t.dasilva@danbury-ct.gov with questions and to ask about eligibility.

BENEFITS & SUPPORT



State of Connecticut Farmers' Market Nutrition Card Program

The Farmers Market Cards (Vouchers) are available to persons 60 years of age or older who qualify for the program. To qualify, your income cannot exceed the eligibility limits, which are subject to change each year. The cards may be used at the Danbury Farmers Market, which is located at the Downtown Danbury Green. Complimentary parking is available at the Patriot Garage. The market is open on Saturdays from 10:00am until 2:00pm. Cards will be distributed in person at the Danbury Senior Center in early July. One card is available per person. You must be a Danbury resident. Recipients will be asked to verbally provide and sign an acknowledgement that your income does not exceed the program eligibility limits. Please call the Senior Center in July for specific date and time for distribution.



Medicare

The Western Connecticut Area Agency on Aging (WCAAA) 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.

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.



A Brush with Kindness: 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 203-744-1340 or email info@housatonichabitat.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. Applications are now being accepted by COMMUNITY ACTION AGENCY OF WESTERN CT. Contact the Agency 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

Rides are provided to and from Elmwood Hall—Danbury Senior Center for activities and programs. Please call the center 48 hours in advance. 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.

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.