

The Elmwood Extra

A Publication of the Department of Elderly Services

October / November 2024



**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
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www.danburyseniors.org

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You can feel Fall in the air as we welcome October and November. This is the time of year to think about your Medicare D prescription drug plan and whether it is working for you.

Medicare Open Enrollment begins on October 15. Please call to schedule an appointment with Joyce or Tamires if you have questions about Medicare. Be alert that many Medicare Advantage plans will run ads or may even call you to sell you a plan. If you have any questions, feel free to call us or our State partner, the Western CT Area Agency on Aging for assistance.

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



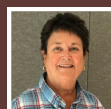
Elderly Services Associate

Paul Lukaszewski



Van Drivers

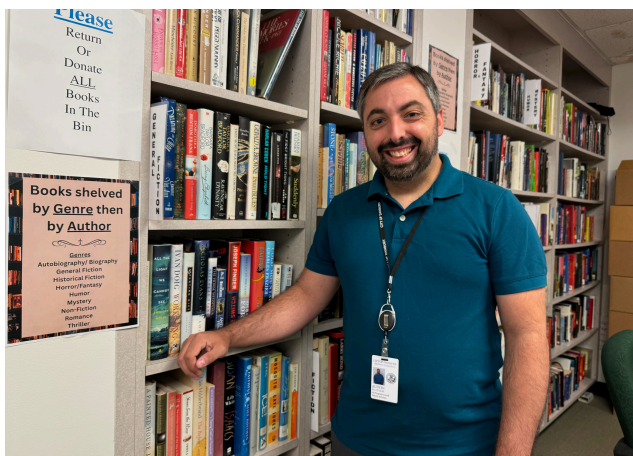
Pam Makin, Ashraf (Pacino) Mabrouk



WHAT'S HAPPENING AT ELMWOOD HALL?



Our July Veterinary Clinic.



Our newly organized lending library!



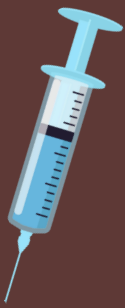
Mayor Alves & Senator Kusher attending our 'Power of Fabric' Quilt Showcase.

SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP

Memories to Memoir Workshop - This is a six week writing workshop meeting every Tuesday from 1:00pm-2:30pm, from October 1st-November 5th. Have you ever thought, "I have some great stories!" and wanted to get them written down? Then this workshop is for you! Join writer Beth Young as she works to help you put your memories on paper.

Pop Culture of the 50's & 60's - Wednesday, October 2nd at 2:30pm. Join CCSU Professor Stephen Armstrong as he presents a multimedia presentation on TV & Music of the 50's & 60's. This is a follow up to his June presentation. Sponsored by SYNERGY Home Care.



Flu Clinics w/ Danbury Health Department - Thursday, October 3rd from 1:00pm-3:00pm and Wednesday, October 16th from 9:00am-11:00am. Flu shots provided by COD department of health. Please bring your insurance cards. High dose shot optional No appointment needed!

Farm Market On the Move at Elmwood Hall - Danbury Senior Center - on Wednesday, October 9th 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 & Dept. of Ag cards will be accepted.



Mental Wealth: Managing Stress - Friday, October 11th, 1:00pm-2:00pm. Join Debi Coniglio-Kilcourse from Sheraton Caregivers as she presents a talk on managing stress. She will provide tips, tricks and so much more information to help you manage all types of everyday stressors.

Cultural Celebration: Ireland Tuesday, October 15th from 11:30am - 2pm. We have partnered with The New American Dream Foundation for the second of many cultural celebrations throughout the coming months. There will be lunch, an educational program, and traditional Irish music. This is a free program, sign up required.

Holistic Pain Assessment and Management Techniques - Thursday, October 17th, 2:30pm-3:30pm. To effectively advocate for pain management, patients must understand how they can best communicate their pain to clinicians and what options they have – medically and other – to manage that pain. Join RVNAhealth to learn about how you can advocate for yourself to get relief from your pain.

Community Transportation Forum - Wednesday, October 16th, 2:30pm-3:30pm Join Richard Shriner and John Gatto from HARtransit as they lead a forum discussion on transportation in the Greater Danbury Area. Sponsored by Commission on Aging.



Danbury Student and Business Connection Mentor Program - Monday, October 21st, 1:00pm-2:00pm. Alexis Koukos, Executive Director of the Danbury Student and Business Connection will present an overview and the benefits of mentoring a Danbury student.

Trip to Danbury Duckpin Lanes - Wednesday, October 23rd at 10:00am. Join us as we take a trip to the Danbury Duckpin Bowling Lanes. Each game is \$2.50 per person (To be paid to the bowling lanes. This includes rental of bowling shoes). Van seating is limited. First come, first serve. Others can meet us there for some bowling fun!



Steel Drum Calypso Performance - WCSU Music Department - Wednesday, October 23rd, 1:00pm-2:00pm. Members of the Western Connecticut Music Department will present a concert presentation featuring performances of traditional and contemporary calypsos interspersed with demonstrations of the different steel pans and some musical contextualization.

Fall Prevention Workshop - Thursday, October 24th, 2:30pm-3:30pm. Join Nuvance Health for a presentation on fall prevention awareness. Learn tips and tricks to improve your balance and keep yourself safe from falls.

Understanding Home Care - Wednesday, October 30th from 2:30pm-3:30pm. Kelley Green, from FCP Live-ins as she gives an in depth presentation of everything you need to know about home care in Connecticut. She will explain the differences between what "Homecare" and "Home Health Care" is. We'll discuss each kind of home care service and understand what each can and can't do for you and also who provides it.



Halloween Costume Contest - Thursday, October 31st from 12:30pm-1:30pm. Get dressed in your silliest, scariest or most unusual costume and join us for a costume contest! Prizes to be awarded to Most Creative, Scariest, Fan Favorite and more!

The History of the Vietnam War - Tuesday, November 5th from 2:00pm-3:00pm. Synergy Homecare in association with Bethel Healthcare presents Historian Art Gottlieb giving a presentation on the Vietnam War.

Trash Talk - Thursday, November 7th from 1:00-2:00pm. Join Housatonic Resources Recovery Authority (HRRA) for some serious Trash Talk. This program will help residents learn where our garbage and recycling really goes. Understand how waste and recycling impacts the environment and how reducing your waste and separating your food scraps can save you money.

Housatonic Habitat For Humanity - on Tuesday, November 12th from 1:00pm - 2:30pm Join Housatonic Habitat for Humanity Executive Director Kristen Keil as she leads a discussion on their Aging in Place Project as well as their Housing Plus Program. Sponsored by the commission on Aging. Sign up required.



Helping You Meet the Dementia Challenge - Thursday, November 14th from 2:30pm-3:30pm Join the Ridgefield Visiting Nurses' Association (RVNA), for a comprehensive explanation and discussion on this, often misunderstood diagnosis. Learn the different symptoms and stages of dementia and how to implement various coping techniques during early disease. Learn when intervention and professional assistance is needed and gain insights that can help make the challenges more manageable.

Craft Corner: Winter Welcome Sign - Thursday, November 21st from 1:00pm-2:30pm. Join artist Pamela Cassidy as she leads a class on painting a winter themed wood welcome sign. This step by step instructional class is for all levels. Paints, brushes, canvas, and basic supplies will be provided. There is a \$7 fee to offset the cost of materials. Sign up and payment required by November 14th.

Trivia w/ SYNERGY - on Wednesday, November 20th from 1:00pm-2:00pm. Join SYNERGY Home Care as they present an afternoon of trivia and cake! Sit with your trivia friends since we will play teams and join in on the fun! Sponsored by SYNERGY Home Care.

Colorectal Cancer Screening: Facts & Options -

Tuesday, November 26th from 1:00pm-2:00pm. 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!

EVERYDAY OFFERINGS

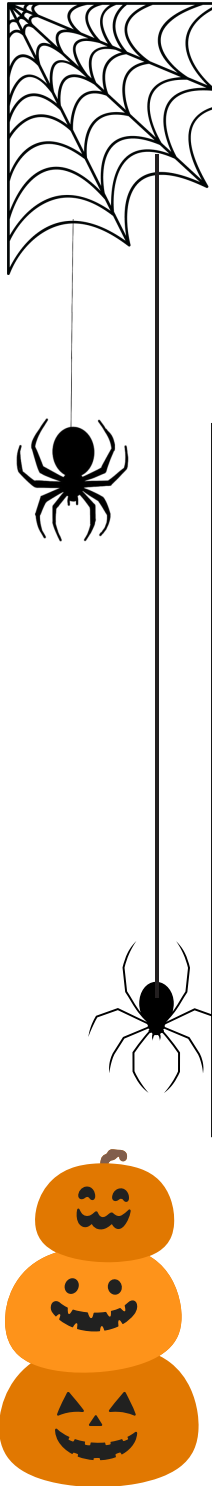
HEALTH AND WELLNESS





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.



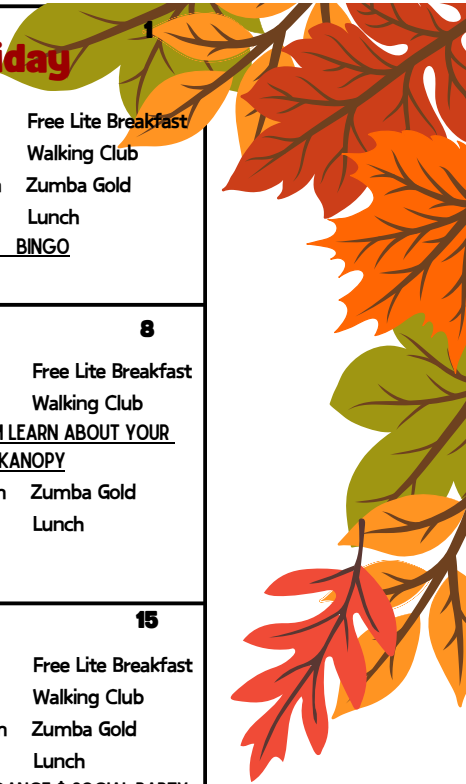



Senior Nutrition Lunch Program - Served on Mondays, Wednesdays and Fridays at noon. This is a hot, nutritionally balanced meal served at the Senior Center. You must sign up for lunch by the previous Wednesday before 11:00am in order to have lunch the following week. PLEASE NOTE: NO WALK IN'S. Meals provided in partnership with CW Resources. Suggested donation of \$3.



<p style="text-align: center;">Monday</p> 	<p style="text-align: center;">Tuesday ¹</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 MEMORIES TO MEMOIR</u></p>	<p style="text-align: center;">Wednesday ²</p> <p>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 <u>2:30 PM POP CULTURE OF THE 50'S & 60'S</u></p>	<p style="text-align: center;">Thursday ³</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 FLU CLINIC</u></p>	<p style="text-align: center;">Friday ⁴</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 BINGO</u></p>
<p style="text-align: center;">7</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 <u>1:00 PM BOOK CLUB</u></p>	<p style="text-align: center;">8</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 <u>1:00 PM MEMORIES TO MEMOIR</u></p>	<p style="text-align: center;">9</p> <p>8:30 am Free Lite Breakfast <u>11:00 AM LIBRARY ON THE MOVE / 1-ON-1 TECH SUPPORT</u> 11:15 am Strength Training 12 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;">10</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 BROADWAY BURN</u></p>	<p style="text-align: center;">11</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club <u>10:00 AM LEARN ABOUT YOUR LIBRARY: HOOPLA</u> 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM MANAGING STRESS</u></p>
<p style="text-align: center;">14</p> 	<p style="text-align: center;">15</p> <p>8:30 am Free Lite Breakfast <u>11:30AM CULTURAL CELEBRATION: IRELAND</u></p> 	<p style="text-align: center;">16</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM FLU CLINIC</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line Up and Dance 1:00pm Wii Bowling <u>2:30 PM TRANSPORTATION FORUM</u></p>	<p style="text-align: center;">17</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 Broadway Burn <u>2:30 PM PAIN MANAGEMENT</u></p>	<p style="text-align: center;">18</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>
<p style="text-align: center;">21</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:30 am Tai Chi 9:00 am Quilt Society <u>10:15 AM BLOOD PRESSURE</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 MOVIE CLUB: YOUNG FRANKENSTEIN</u> 1:00 pm Bridge Club</p>	<p style="text-align: center;">22</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 <u>1:00 PM MEMORIES TO MEMOIR</u></p>	<p style="text-align: center;">23</p> <p>8:30 am Free Lite Breakfast <u>10:00AM TRIP TO DUCKPIN BOWLING LANES</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Wii Bowling <u>1:00 PM WCSU STEEL DRUMS</u></p>	<p style="text-align: center;">24</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving <u>2:30 PM FALL PREVENTION</u></p>	<p style="text-align: center;">25</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 CORN HOLE/ BEAN BAG TOSS</u></p>
<p style="text-align: center;">28</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 <u>1:00 PM LOW VISION SUPPORT</u></p>	<p style="text-align: center;">29</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 <u>1:00 PM MEMORIES TO MEMOIR</u></p>	<p style="text-align: center;">30</p> <p>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 <u>2:30 PM UNDERSTANDING HOME CARE</u></p>	<p style="text-align: center;">31</p> <p>8:30 am Free Lite Breakfast 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving <u>12:30 PM COSTUME CONTEST</u> 1:00 pm Broadway Burn</p>	

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NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p>4</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>5</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 MEMORIES TO MEMOIR</u> <u>1:00 PM HISTORY OF VIETNAM</u></p>	<p>6</p> <p>8:30 am Free Lite Breakfast 11:15 am Strength Training 12 noon Lunch 11:00 pm Line up and Dance</p>	<p>7</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 TRASH TALK</u> <u>1:00 PM BROADWAY BURN</u></p>	<p>8</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club <u>10:00 AM LEARN ABOUT YOUR LIBRARY: KANOPY</u> 10:00 am Zumba Gold 12 noon Lunch</p>
<p>11</p> <p></p>	<p>12</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 <u>1:00 PM HABITAT FOR HUMANITY HOUSING PRESENTATION</u></p>	<p>13</p> <p>8:30 am Free Lite Breakfast <u>9:00 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</p>	<p>14</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 Broadway Burn <u>2:30 PM HELPING YOU MEET THE DEMENTIA CHALLENGE</u></p>	<p>15</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>
<p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:30 am Tai Chi 9:00 am Quilt Society <u>10:15 AM BLOOD PRESSURE</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 MOVIE CLUB: THE FABULOUS FOUR</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 11:00 am Pickleball 1:00 pm Mah Jongg</p>	<p>20</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 <u>1:00 PM TRIVIA</u></p>	<p>21</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 Broadway Burn <u>1:00PM CRAFT CORNER: WINTER WELCOME SIGN</u></p>	<p>22</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 CORN HOLE/ BEAN BAG TOSS</u></p>
<p>25</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 <u>1:00 PM LOW VISION SUPPORT</u></p>	<p>26</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 <u>1:00 PM COLORECTAL CANCER: FACTS & OPTIONS</u></p>	<p>27</p> <p>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</p>	<p>28</p> <p></p>	<p>29</p> <p></p>



EVERYDAY OFFERINGS

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.

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 - *Tuesdays at 11am.* Join us at the Roger's Park Pickleball Courts for open play Pickleball from 11:00am-12:00pm on Tuesdays. 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 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.

NEW!! Broadway Burn - *Thursdays at 1:00pm.* Fun and heart-pounding cardio stretch class that incorporates Broadway jazz and musical theater patterns in an easy-to-follow workout set to your favorite show tunes from television, movies, and of course Broadway. 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 9:00am.* 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.

Movie Club Matinees - *Monthly on third Monday of each month at 12:45pm. October 21st & November 18th.* Snacks will be served. A \$1 donation is appreciated.

October - Young Frankenstein - (Comedy) - PG

Mel Brooks' classic parody film of the classic Frankenstein story. The grandson of Dr. Frankenstein inherits the family estate in Transylvania, he soon begins to recreate his grandfather's experiments. Starring Gene Wilder, Madeline Kahn & Terri Garr.

November - The Fabulous Four (Comedy) - R

Lifelong friends travel to Key West, Fla., to be bridesmaids in a college girlfriend's surprise wedding. Over the course of one outrageous trip, sisterhoods are rekindled, the past resurfaces, and there are enough sparks, sex and romance to change all of their lives in unexpected ways.

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 10:00am.*

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 - *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.

LIFE LONG LEARNING

BINGO - Fridays, October 4th & November 1st - \$3 (extra card - \$1). 1:00pm. Thank you to our sponsors, Genesis Healthcare (October) & Right at Home Homecare (November).

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 Fridays, October 18th & November 15th 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.

Library On-the-Move and One-on-One Tech Support - on Wednesdays, October 9th and November 13th 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. October 11th & November 8th 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. October's topic is HOOPLA & November's topic is Kanopy.

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. **October's Book is The Island of Sea Women by Lisa See.**

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



Medicare

Medicare Open Enrollment Starts October 15 through December 7

This is a great opportunity to review your Medicare D prescription drug plan and other Medicare benefits with one of our staff who are trained **CHOICES** counselors. CHOICES is Connecticut's program for Health Insurance Assistance, Outreach, Information and Referral, Counseling, Eligibility Screening, i.e. Medicare A, B, D, Advantage, Medigap, Medicare Savings – A CHOICES certified counselor and center staff member assists seniors with Medicare A, B, D, Medicare Advantage plans, Medigap plans and the Medicare Savings program. Resources for some DSS benefits are discussed. This is an opportunity to review and change your Medicare D Plan (prescription drugs)- (especially if you take insulin), enroll or change your Medicare Advantage Plan, or purchase a Supplemental Insurance Plan (Medigap). Please call us to schedule an appointment.

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 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.



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@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. 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.