

The Elmwood Extra

A Publication of the Department of Elderly Services

December 2024 / January 2025



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

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The spirit of the season is upon us and we look forward to spreading good cheer! As we move into the new year, we want to remind you that we can provide you with resources and answers to many questions from how to get help at home, to energy assistance, to home maintenance repairs and much more. I hope that you find something of interest in this newsletter and encourage you, when the weather is good, to get out and socialize with friends and family. Wishing you all a blessed holiday season and a healthy new year!

Meet our Staff

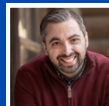
Municipal Agent for the Elderly

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 Driver

Pam Makin



WHAT'S HAPPENING AT ELMWOOD HALL?



Left: The Elmwood Hall Scarecrow, created by our members, located on the Danbury Green

Right: This year's Seniors Eating Well program was a success. Thanks to all who attended!



Left: Our own Tamires led a Charcuterie class which resulted in beautiful plates (right). Join us again Dec. 3rd for a holiday themed class



SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP

The History of Danbury - Monday December 2nd, 1:00pm-2:00pm. Historian, storyteller, and former WCSU professor Dr. Darla Shaw comes to the Danbury Senior Center for a presentation on the history of Danbury. From it's roots in the revolutionary war to its thriving hatting industry and everything in between.



Holiday Charcuterie Class - Tuesday, December 3rd, 1:00pm-2:30pm. Looking to impress your holiday 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. An interactive class that will allow you to be creative with your food and create art through cheeses and meats. Space is VERY limited. Sign up required. \$10 per person to cover the cost of foods and board. Open to members who have not previously taken our charcuterie class in an effort to accommodate as many members as possible.

Lunch & Learn: Social Security: Your Questions Answered - Thursday, December 5th, 1:00pm-2:30pm. Join Maria Xavier from Edward Jones for an educational program (the first in an ongoing financial wellness series) for people who are nearing retirement who have questions about social security. How does Social Security fit into my retirement income plan?



Holiday Sing-a-long - Monday, December 9th, 1:00pm-2:00pm. Join us for old-fashioned fun, as we sit around and sing out favorite holiday songs. Peppermint hot chocolate will be served.

Memories to Memoir Class Showcase - Tuesday, December 10th from 2:00pm-3:00pm. Join members of the Memories to Memoir Class, led by writer Beth Young, as they read aloud fascinating stories from their lives that they have been writing over the course of the class. Refreshments to be served.

Annual Holiday Party - Wednesday, December 11th, 1:00pm-3:00pm. Dance to your favorite music from Stevie D Entertainment, enjoy holiday trivia, sing holiday songs. Holiday refreshments will be served. Raffle prizes!



Gingerbread House Making - Tuesday, December 17th, 1:00pm-2:00pm. Join Synergy Homecare and The Villages at Brookfield for some gingerbread house decorating! No experience necessary. Bring your imaginations and join us for some fun.



Reader's Theater: It's a Wonderful Life - Wednesday, December 18th, 10:00am-11:30am. Join program Coordinator Matt Austin and his wife Jessica as they lead us in a reading of a live radio version of the holiday classic 'It's A Wonderful Life', where YOU can play the parts! Are you an actor? Have you always wanted to try? Matt & Jessica will take on the roles of most of the residents of Bedford Falls, but there will be opportunity for those that want to participate. Those that would like to just come watch are free to do so! Either way it's going to be fun!



Music of the 50's & 60's - Tuesday, January 7th, 1:00pm-2:00pm. Join CCSU Professor Stephen Armstrong as he presents a multimedia presentation on Music of the 50's & 60's. This is a follow up to his June presentation. Sponsored by SYNERGY Home Care.



Lunch & Learn: Retirement: Making Your Money

Last- Thursday, January 2nd, 1:00pm-2:00pm. Join Maria Xavier from Edward Jones for Retirement: Making Your Money Last. This class is designed to help seniors prepare to live the retirement they have envisioned. Attendees will learn investment strategies to help build a strategy to last throughout one's retirement years. In addition, you'll explore how to address key concerns such as inflation, health care expenses and market volatility as well as ways to prepare in advance for things that may not go as expected.

Trivia - Friday, January 10th, 1:00pm-2:30pm. Monthly trivia is back! 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! To get you excited about trivia here is a trivia question: What athletic based company was originally called 'Blue Ribbon Sports'? For the answer join us on Friday the 10th!

AARP Safe Driver Course - Wednesday, January 15th 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.

The Musicals of Stephen Sondheim - Tuesday, January 21st, 1:00pm-2:00pm. Join Program Coordinator Matt Austin as he gives a presentation on the musicals (Broadway and beyond) of legendary composer Stephen Sondheim. From his early days writing lyrics for 'West Side Story' to mega hits like 'Into the Woods' and 'Sunday in the park with George' to his final work 'Here We Are', Matt will explore Sondheim's illustrious career with a multimedia presentation including audio and video.

Karaoke - Monday, January 6th, 1:00pm-2:00pm. 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.



NEW! Crossword Puzzle Club - Third Wednesday of every month, starting Wednesday, January 15th, 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.

Pet Health and Wellness Veterinary Clinic for Cats and Dogs - Friday, January 31st 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 includes a health and wellness check, heartworm testing and medication (for dogs), vaccinations (rabies, distemper), basic deworming. Optional care offered at an additional charge: ear cleaning / treatment, microchipping, and nail clipping. Please call the Senior Center for an appointment. Sign up by January 24th . This event is provided by Dr. Nicole Sabo of Veterinary Care Everywhere. It is supported in part through grant money provided by Elmwood Hall—Danbury Senior Center.

EVERYDAY OFFERINGS

HEALTH AND WELLNESS

Light Breakfast Program - Served Monday through Friday from 8:30am-10:00am. Breakfast items include whole grain toast and pastry along with coffee and tea. Supported in partnership with CT Foodshare. Free.






Walking Club - Mondays and Fridays 9:00am. This group, led by volunteer Paul, will meet at the Senior Center and will enjoy walking adventures around downtown Danbury. Inclement weather cancels. During the winter months, the club will walk at the Danbury Fair Mall. Beginning in April, they will be back at the Senior Center walking in downtown Danbury.

Movers and Shapers - Mondays at 11:15am. Low impact aerobics, strength training and stretching. Taught by Coleen Krempel. The fee is \$2 per class.

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


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

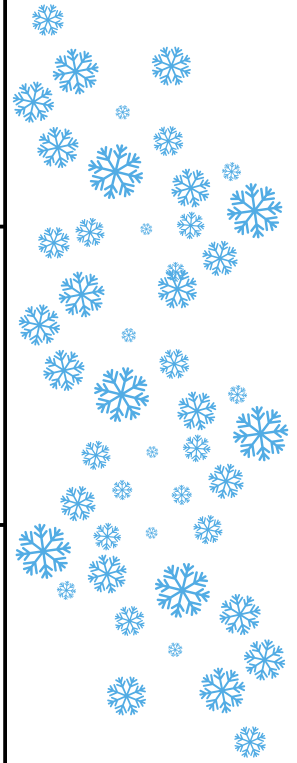


<p>Monday 2</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:30 am Tai Chi 9:00 am Quilt Society 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM BOOK CLUB</u> <u>1:00PM THE HISTORY OF DANBURY</u></p>	<p>Tuesday 3</p> <p>8:30 am Free Lite Breakfast 10:00 am Multimedia Art 10:00 am Chair Yoga 11:00 am Pickleball 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM HOLIDAY CHARCUTERIE CLASS</u></p>	<p>Wednesday 4</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>Thursday 5</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>1:00 PM LUNCH & LEARN: SOCIAL SECURITY</u></p>	<p>Friday 6</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 PM BINGO</p>
<p>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 <u>1:00 PM HOLIDAY SING-A-LONG</u></p>	<p>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 <u>1:00 PM MUSIC TALK</u> <u>2:00 PM MEMORIES TO MEMOIR READING</u></p>	<p>11</p> <p>8:30 am Free Lite Breakfast</p>  <p><u>1:00 PM ANNUAL HOLIDAY PARTY</u> <u>ALL OTHER PROGRAMS CANCELLED</u></p>	<p>12</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</p>	<p>13</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p>
<p>16</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: WHITE CHRISTMAS</u> 1:00 pm Bridge Club</p>	<p>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 GINGERBREAD HOUSES</u> <u>1:00 PM CRAFT CORNER: PAINTED ROCKS</u></p>	<p>18</p> <p>8:30 am Free Lite Breakfast <u>10:00 AM READERS THEATER: IT'S A WONDERFUL LIFE</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling</p>	<p>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 Broadway Burn</p>	<p>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>
<p>23</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>24</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 MUSIC TALK</u></p>	<p>25</p> 	<p>26</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</p>	<p>27</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>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>	<p>31</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>			



JANUARY

Monday	Tuesday	Wednesday ¹	Thursday ²	Friday ³
6 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 KARAOKE</u>	7 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 MUSIC OF THE 50'S & 60'S</u>	8 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	9 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>1:00 PM LUNCH & LEARN: MAKE YOUR MONEY LAST</u>	10 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch <u>1:00 PM TRIVIA</u>
13 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 1:00 pm Bridge Club	14 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 MUSIC TALK</u>	15 8:30 am Free Lite Breakfast <u>9:00AM AARP SAFE DRIVER</u> <u>10:00AM CROSSWORD CLUB</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling	16 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	17 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>
20 	21 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 THE MUSICALS OF STEPHEN SONDHEIM</u>	22 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	23 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	24 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>
27 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>12:45 MOVIE CLUB: THELMA</u>	28 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 MUSIC TALK</u>	29 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	30 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	31 8:30 am Free Lite Breakfast 9:00 am Walking Club <u>10:00 AM PET WELLNESS CLINIC</u> 12 noon Lunch



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 - Tuesdays at 11am. Join us beginning December 3rd at the Danbury War Memorial 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.

Sports Talk - on the 1st & 3rd Thursdays of the month at 1:00pm. Join our own Paul & Paul for a casual discussion group on all things sports.

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. 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! Music Talk - on the 2nd & 4th Tuesday of the month, beginning December 10th at 1:00pm Join our own Paul Lukaszewski for a casual discussion group on all things music. Music of yesterday, today and beyond!

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. Taught by Mathew Ames. 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

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.

Movie Club Matinees - Monthly on third Monday of each month at 12:45pm. December 16th & January 27th. January's Movie will be the 4th Monday, due to the holiday. Snacks will be served. A \$1 donation is appreciated.

December - White Christmas - (Musical / Comedy)

Singers Bob Wallace and Phil Davis join sister act Betty and Judy Haynes to perform a Christmas show in rural Vermont. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black! Starring Bing Crosby & Rosemary Clooney.

January - Thelma - (Comedy / Drama)

Thelma Post is a 93-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

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 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.

BINGO - Fridays, December 6th & January 3rd - \$3 (extra card - \$1). 1:00pm.

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

Dance and Social Parties - on Fridays, December 20th & January 17th 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.

Library On-the-Move and One-on-One Tech Support

- on Wednesday, January 11th from 11:00am-1:00pm. There will be no Library visit in December due to the Annual Holiday Party. 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.

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 December 2nd. 2025 Meeting dates: Feb. 3rd, April 7th, June 2nd, August 4th, October 6th & December 1st. **December's book is 'A Woman of No Importance' by Sonia Purnell**

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 ~ Legal Aid ~

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 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. Please keep your card for next year. You must be a Danbury resident. Please call the Senior Center for more information.



Medicare

Western CT Area Agency on Aging (WCAAA)

The Western Connecticut Area Agency on Aging provides FREE UNBIASED information on Medicare and the op-tions 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 203-744-1340 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.