

The Elmwood Extra

A Publication of the Department of Elderly Services

February / March 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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Message From The Director



During these winter months it can be difficult to get yourself out of the house. It's cold, gets dark early, and we all must watch out for ice and snow. But when you can, the benefits of connecting with others are well

worth it, as connection with other people, animals, nature, all have been shown to reduce loneliness and instill a sense of hope. Some suggestions to beat back the winter blues are to get yourself moving, walking in the mall, taking an exercise class, even some housecleaning, anything at all. Set goals or make some plans for a future event you would like to attend. There are many events here at the Senior Center, as well as at the Danbury Library, Danbury Museum, Veterans organizations, and cultural centers. Try to get enough sleep and eat healthy foods. Sharpen your mind with puzzles, crosswords, or read a book. Join a suitable on-line group of interest through Reddit or Facebook. And stay connected to family and friends. The winter season can be tough, but it also offers beauty in the slowing down of the crazy pace of the world — time to just relax, enjoy your favorite beverage, and curl up with a good book. Hope to see you soon!

Meet our Staff

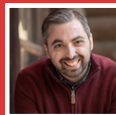
Municipal Agent for the Elderly

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?



Above Left: Mayor Roberto Alves joins us for 'Coffee & Conversations'.

Above Right: Our Memories to Memoir class, led by Beth Young, shares their stories.

Right: We had a ton of fun at our annual Holiday party! Thanks, DJ Stevie D!



SPECIAL EVENTS

ALL SPECIAL EVENTS REQUIRE SIGN UP



AARP Tax Return Assistance begins on Tuesday, February 4th and will run through April 15th on Tuesday and Thursday mornings from 9am - 12noon. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service provided by the AARP.



Cultural Celebration: Ecuador - on Tuesday, February 11th, from 11:30am - 2:00pm. Join us once again as we partner with the New American Dream Foundation and the AARP for another cultural celebration; this month we will be celebrating Ecuador. Featuring a traditional Ecuadorian meal as well as music and dance. Free. Limited space available.

How to Write an Obituary Workshop On Thursday, February 13th from 2:30pm-3:30pm. Writing an obituary can be difficult. How do you sum up a life in a few paragraphs? Join Kelly Coughlin from Green Funeral Home as she leads us through a workshop on how to write your own, celebrating the heart and soul of a person, sharing likes and dislikes, hopes and dreams, proudest accomplishments and even regrets.

Gambling Awareness : A Community Conversation. - on Tuesday, February 18th, from 12:00pm-1:00pm. Did you know that gambling may lead to medical problems like arthritis and angina, as well as, severe anxiety and depression. Join the Western Connecticut Coalition for a community conversation on Gambling Addiction prevention. Find out what gambling addiction looks like, who might be affected and how you can help yourself or someone else if they are struggling.

Physical Therapy: What to Know. On Thursday, February 20th from 2:30pm-3:30pm. Join Jen Gibran and a physical therapist from Autumn Lake Healthcare (Glen Hill) as they present a workshop on Physical therapy. What it is, what you need to know and what may be right for you. Come have your questions answered. This is an informational workshop only, no medical advice will be given.

Valentine's Day Ice Cream Social - on Friday, February 21st from 1:00pm-3:00pm. Join us in February for our normal Dance & Social Party, but with the added bonus of Ice cream! Come make an ice cream sundae and dance the afternoon away to DJ Kevin Burland.



Stay Balanced and Confident: Fall Prevention Workshop - Thursday, February 27th from 2:30pm-3:30pm. Join Kate Campbell from the RVNA for an informative session on preventing falls and staying safe at home and beyond. This workshop will cover essential fall prevention techniques and exercises to improve balance and strength, helping you feel secure and confident. Learn practical strategies, tools, and habits to keep you on your feet and give you peace of mind.

Memories to Memoir Writing Workshop - Tuesdays, March 4th-April 8th from 1:00pm-2:30pm. Join writer Beth Young as she works to help you put your memories on paper. Back by popular demand! Sign up required.

Craft Corner: Mardi Gras Masks - on Monday, March 3rd, from 1:00pm-2:00pm. Join Synergy Homecare as they lead us in the design and decoration of Mardi gras Masks. Come show your creativity!



Wine Appreciation & Tasting - on Thursday, March 13th from 2:30pm-3:30pm. Join sommelier and wine connoisseur Iradj Khorsandi as he leads us through a wine appreciation and tasting. He will speak on the different types of wines and how to choose a wine that is right for you.

Theater Class w/ Beth - Mondays from 2:00pm-3:30pm, from March 17th - May 19th. Join actor/writer/director Beth Young for a class on the basics of theater from the ground up. From writing your own play to acting and directing, Beth will lead you through exercises and games to help your creativity flow. No experience necessary! Come have fun and learn a new hobby!





Billy Michael in Concert - on Thursday, March 20th from 1:00pm-2:00 pm. Join entertainer Billy Michael for a musical performance. Billy's repertoire includes The Beatles, James Taylor, Willie Nelson, Billy Joel and so many other classic favorites!

Ask an Elder Law Attorney: Plan, Prepare & Protect w/ Ann Fowler-Cruz- on Tuesday, March 25th, from 1:00pm-2:30pm. Join Attorney Ann Fowler-Cruz for an informative session on estate planning and other matters. Ann is a certified elder law attorney with vast experience in estate planning, trusts, wills, advanced directives and much more. Come with your questions to this interesting and informative seminar. This program is brought to you by Danbury's Commission on Aging.



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. Due to the holiday, there will be no screening in February. 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.

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 at the War Memorial Gym for open play Pickleball from 10:00am-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. 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.

Broadway Burn - Thursdays at 1:00pm. Fun and heart-pounding cardio stretch/ dance 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.



FEBRUARY

<p>Monday 3 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00PM PAGE TURNERS BOOK CLUB</u></p>	<p>Tuesday 4 8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga 11:00am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk</p>	<p>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</p>	<p>Thursday 6 8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn</p>	<p>Friday 7 8:30 am Free Lite Breakfast 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch</p>
<p>10 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge</p>	<p>11 CULTURAL CELEBRATION: ECUADOR 11:30AM-2:00PM  <u>ALL OTHER PROGRAMS CANCELLED</u></p>	<p>12 </p>	<p>13 8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn <u>2:30 PM HOW TO WRITE AN OBITUARY</u></p>	<p>14 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>17 </p>	<p>18 8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Multimedia Art 10:00 am Pickleball 10:00 am Chair Yoga 11:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM GAMBLING AWARENESS</u> <u>1:30 PM CRAFT CORNER: ROCK PAINTING</u></p>	<p>19 8:30 am Free Lite Breakfast <u>10:00AM CROSSWORD CLUB</u> <u>11:00 AM LIBRARY ON-THE-MOVE / 1-ON-1 TECH</u> 11:15 am Strength Training 12 noon Lunch 1:00 pm Line up and Dance 1:00 pm Wii Bowling</p>	<p>20 8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn <u>2:30 PM PHYSICAL THERAPY: WHAT TO KNOW</u></p>	<p>21 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 / VALENTINE'S DAY ICE CREAM SOCIAL</u></p>
<p>24 8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:30 PM MOVIE: WICKED</u> 1:00 pm Bridge Club</p>	<p>25 8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Multimedia Art 11:00 am Pickleball 10:00 am Chair Yoga 11:00 am Chair Yoga 1:00 pm Mah Jongg <u>1:00 PM MUSIC TALK</u></p>	<p>26 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>27 8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving <u>2:30 PM FALL PREVENTION</u></p>	<p>28 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>
				




Monday

Tuesday

Wednesday

Thursday

Friday

<p>3</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi 11:15 am Movers and Shapers 12:00 pm Lunch 1:00 pm Bridge Club <u>1:00 PM CRAFT CORNER: MARDI GRAS MASKS</u></p>	<p>4</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Multimedia Art 11:00 am Pickleball 10:00 am Chair Yoga 11:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM MEMORIES TO MEMOIR</u></p>	<p>5</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>6</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving 1:00 pm Broadway Burn</p>	<p>7</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>
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<p>17</p> <p>8:30 am Free Lite Breakfast 9:00 am Walking Club 9:00 am Quilt Society 9:30 am Tai Chi <u>10:15 AM BLOOD PRESSURE</u> 11:15 am Movers and Shapers 12:00 pm Lunch <u>12:45 PM MOVIE: BROOKLYN</u> 1:00 pm Bridge Club <u>2:00 PM THEATER CLASS</u></p>	<p>18</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Multimedia Art 11:00 am Pickleball 10:00 am Chair Yoga 11:00 am Chair Yoga 1:00 pm Mah Jongg 1:00 pm Sports Talk <u>1:00 PM MEMORIES TO MEMOIR</u> <u>1:30 PM CRAFT CORNER: ROCK PAINTING</u></p>	<p>19</p> <p>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</p>	<p>20</p> <p>8:30 am Free Lite Breakfast <u>9:00 AM AARP TAX ASSISTANCE</u> 10:00 am Knit/Crochet 10:30 am Gentle Flow Yoga 12:30 pm Woodcarving <u>1:00 PM BILLY MICHAEL CONCERT</u></p>	<p>21</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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LEISURE TIME ACTIVITIES

Bridge Club - Mondays at 1:00pm. A trick-taking game played with a deck of 52 cards and a group of four, bridge has been one of the most popular card games since the 1930's.

Elmwood Hall Quilting and Sewing Society - Mondays at 9:00am. The Elmwood Hall Quilting and Sewing Society makes quilts for pleasure and to donate to charity. They also work on individual sewing projects for both beginners and advanced sewers. Donations of fabric are welcomed and accepted. Led by quilting and sewing instructor Alison Rogers. All levels of quilters and sewers are welcome.

Page Turners Book Club - Bi-monthly on the first Monday of the month at 1:00pm. Read interesting books and share in lively discussion. Books read will be made available at the Danbury Library. Next meeting date February 3rd. 2025 Meeting dates: April 7th, June 2nd, August 4th, October 6th & December 1st. **February's book is The House in the Cerulean Sea by TJ Klune**. Upcoming: April - Radium Girls by Kate Moore, June - The Rosie Project by Graeme Simsio & August - Cloud Cuckoo Land by Anthony Doerr.

Movie Club Matinees - Monthly on third Monday of each month at 12:45pm. February 24th & March 17th. February's Movie will be the 4th Monday at **12:30pm**, due to the holiday and the movie's length. Snacks will be served. A \$1 donation is appreciated.

February - Wicked - PG (Musical / Comedy)

Misunderstood because of her green skin, a young woman named Elphaba forges an unlikely but profound friendship with Glinda, a student with an unflinching desire for popularity. Following an encounter with the Wizard of Oz, their relationship soon reaches a crossroad as their lives begin to take very different paths.

March - Brooklyn - PG-13 (Drama)

Young Irish immigrant Eilis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her past disrupts her new vivacity, and Eilis must choose between two countries and the lives that exist within.

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.

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!

Library On-the-Move and One-on-One Tech Support - on Wednesdays February 12th & March 12th 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.

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.

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, February 14th (2nd Friday) & March 7th - \$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, February 21st & March 21st. 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.

Trivia - Second Friday of Every Month from 1:00pm-2:30pm. No Trivia in February, due to scheduling, but Trivia returns March 14th. 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!

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.

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.



Board Game Donations

We are looking for donations of new or gently used board games to build a library in our Sugar Hollow Cafe. If you would like to donate, please see Matt at Elmwood Hall or e-mail him at m.austin@danbury-ct.gov



We need to update our database with pictures of all our members. Each day during the week of February 24th, from 9-11am & 1-3pm, our staff will be in the Sugar Hollow Cafe to take your photo. All participants will be entered into a raffle to win a \$50 gift card to Marketplace Kitchen & Tavern, to be drawn at the end of the week.

HAVE YOUR PHOTO TAKEN, WIN DINNER AT MARKETPLACE KITCHEN & TAVERN

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 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.

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 203-744-1341 or visit their website at www.housatanichabitat.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.