



The Senior Communicator

Simsbury, Connecticut

January & February 2010

Simsbury Social Services Department

Eno Memorial Hall
754 Hopmeadow Street
P.O. Box 495
Simsbury, CT 06070
www.simsbury-ct.gov



Hours:

Monday 8:30 AM to 7:00 PM
Tuesday to Friday 8:30 AM to 4:30 PM

Social Services Office
Phone: 860 658-3283
Fax: 860 408-7046

Senior Center Office
Phone: 860 658-3273 or 860 651-9161
Fax: 860 408-7046

Dial-A-Ride: 860 693-6876

Staff:

Mickey Lecours-Beck,
Director of Social Services
Charlotte Barth,
Social Services Aide
Carolyn Krystiniak,
Elderly Outreach Coordinator
Kathleen Marschall,
Senior Center Coordinator
Mary Riek, Senior
Senior Center Clerk

WEATHER CANCELLATION POLICY

Senior Center: If Simsbury schools are cancelled, all day and all evening classes and programs are cancelled. If there is a school delay, we will contact you if a class or program is cancelled. Every effort will be made to make up classes or programs cancelled due to weather conditions.

Dial-A-Ride: If Simsbury schools are cancelled, Dial-A-Ride is cancelled. They will make every effort to call clients to alert them. If the weather is bad in the middle of the day prompting them to cancel, they will also contact you

SENIOR CENTER PROGRAM COMMITTEE:

Thursday, January 7, 1:00 PM. Join us for this meeting to help plan upcoming programs at the senior center.

BASIC COMPUTER FOR THE BEGINNER:

Never used a computer before? Do you feel like computer terms are written in a different language? This class is for you. Topics covered include: turning the computer on and off properly, using the keyboard and mouse, basic computer terminology, using the internet and email, saving and organizing information on a computer. Gain confidence and feel comfortable using a computer. Stop by the Senior Center to sign up.

This **5 session** class will be held on **Tuesdays and Thursdays, in Eno Hall. 10:00 to 11:30 AM.** Begins **January 14**, ends **January 28.** Cost is **\$30.00**



*Injustice anywhere is a threat
to justice everywhere.*
~Martin Luther King, Jr.~



USING YOUR COMPUTER TO CONNECT WITH FAMILY AND FRIENDS:

Thursday, January 21, 1:00 to 3:30 PM

Advances in technology will now allow you to contact someone in another state or country, free of charge, using instant messaging, voice, and video conferencing. This one day class will teach you how to use numerous methods to communicate over the internet. Also learn important tips that will keep you safe while communicating.

The instructor will concentrate on using "SKYPE" but will also introduce you to other applications. Stop by the Senior Center to sign up.

Cost is \$6.00.

WHERE DOES YOUR WATER GO:

Thursday, January 21, 1:00 to 2:30 PM

Simsbury's water pollution control facility was upgraded and expanded in 2007 to achieve nitrogen removal. The total project cost was \$26 million. The sewer collection system and treatment facility are one of Simsbury's major public infrastructure investments. However, very few residents know anything about what happens after the handle is pulled. This presentation will give you a virtual tour of the treatment facility. It will also explain how the wastewater created in our homes and businesses are cleaned before it flows into the Farmington River. Stop by the Senior Center to sign up

ORGANIZE YOUR PHOTOS: Thursday, January 28, 1:00 PM to 3:00 PM. Do you have boxes and bags full of photos that need to be organized? This hands-on class will show you how to finally organize and safely store your precious photos. Bring your biggest bag, box, or tote full of photos and you'll leave organized and clutter free. A **materials fee of \$43 is required.** This will cover a PowerSort Box (a photo safe box that holds 2400 photos with removable sections and dividers for sorting). **Registration cut-off date is January 14.**

AARP TAX AIDE: ** New location this year - Simsbury Public Library. Thursdays and Fridays, February 4 to April 9. Appointments from 9:00 AM to 2:00 PM. Trained and certified volunteers will prepare and electronically file both federal and state tax returns free of charge. Please bring last year's tax return, W-2, form 1099, Social Security forms, and any other 2009 income records.

Appointments are necessary and may be made through the Simsbury Senior Center: 860 658-3273 or 860 651-9161. This service is FREE and open to anyone who needs assistance regardless of age or town residence. **Tax aide will be at the Simsbury Public Library located at 725 Hopmeadow Street.**

THE BASICS OF ESTATE PLANNING

Thursday, February 4, 1:00 PM to 2:30 PM.

Attorney Tegan Blackburn will discuss some of the most important and often ignored estate planning documents you can provide you and your loved ones. This discussion will include "what happens if I don't have a Will?" "My neighbor has a Trust, should I have a Trust?" What is a Health Care Proxy-Living Will?" Please sign up for this FREE program at the Senior Center office.

"VALENTINE'S DAY POT-LUCK" LUNCH: Friday, February 12, 12:00 PM to 1:00 PM. Join the crowd to eat lunch, to socialize and to celebrate Valentine's Day! No charge, but we do ask you to sign up to bring a main dish, a salad or a dessert to share. Stop in or call to make your reservation by February 10th

SOUPER TUESDAY LUNCHEONS: February 16 at 12:00 noon. Enjoy a warm bowl of soup and a sandwich free of charge! **Please call or stop in the Senior Center office to sign up for the lunch.** Please call us if you must cancel. Lunch is brought to you by the Aging and Disability Commissions.

LUNCH AT ENO: See enclosed flyer for details.



TRIPS

TRIP INFORMATION: Reservations for trips will be accepted beginning December 23rd at the Senior Center. Payment is necessary at the time of sign up - thank you.

Also, we cannot offer refunds for trips unless we can fill your spot with someone from a waiting list.

MOHEGAN SUN CASINO: Monday, January 11. Could this be your lucky day? Travel with us to Mohegan Sun Casino via deluxe motor coach. **Bus will depart at 9:00 AM; arrive at the casino approximately 10:15 AM.**

Return to Simsbury approximately 4:30 PM. Cost is \$15.00 and includes round trip transportation and a \$30.00 bonus (\$15.00 meal voucher and three \$5.00 bets) Sign up begins on December 23rd at the Senior Center. Payment is necessary at the time of sign up-thank you.

FOXWOODS CASINO: Travel with us to Foxwoods Casino via deluxe motor coach on **Monday, February 15. Bus will depart at 9:00 AM. Return to Simsbury approximately 5:00 PM.** Cost is \$15.00 and includes round trip transportation and a \$25.00 bonus (\$10.00 meal voucher and \$15.00 Keno bet) Sign up begins on December 23rd at the Senior Center. Payment is necessary at the time of sign up-thank you.

WASHINGTON D.C. TRIP:
May 28 to 31, 2010. Three nights and four days. Highlights include The Capital, The White House, WWII Memorial, Smithsonian Museums, Arlington National Cemetery, Mount Vernon, and the Holocaust Museum. 3 Breakfasts, 3 Dinners, and 1 box lunch are included. Trip departs 7:00 AM on May 28 and returns 9:30 PM on May 31. Don't wait!!! Pick up a flyer and sign up at the Simsbury Senior Center. **Cost: \$497 pp twin, \$437 pp triple, \$397 pp quad, & \$667 single. First payment of \$250 is due by Monday, March 1st. Final payment is due by Tuesday, April 20th.**

REGISTRATION INFORMATION

All registrations for activities should be done on a **PRE-REGISTRATION** basis, either in person or by mail, with your check made payable to "*Town of Simsbury*" unless otherwise noted. If mailing registration, please include **ACTIVITY**, your **NAME, ADDRESS, and PHONE NUMBER** with payment. Please make every effort to register in a timely manner. It is helpful to the instructors and the staff if everyone registers at least 2 days before a class and 10 days before an event. We understand that situations might arise that would prevent you from complying, but we hope you will make every effort to do so.

Registrations that involve money exchange may not be made over the phone.

Non-residents are always welcome, but will be charged an additional \$5 fee on all classes and trips

Scholarships are available for individuals who need assistance. See the Senior Center Coordinator or call 860 658-3273 or 860 651-9161.

CLASSES

AARP SAFE DRIVING COURSE: Open to all drivers 50 years and older. **This course is given over a two day period, four hours each day.** Coffee and tea will be available. After taking this test-free course, some insurance companies may give a discount on your auto policy for up to two years. Sponsored by AARP. **Cost is \$12.00 for AARP members and \$14.00 for non-members. Next class will be held on Thursday, February 18th and Friday, February 19th, 9:00 AM to 1:00 PM.** Registration forms can be picked up at the Senior Center.



Share your thoughts and opinions on books. Meet with coordinator, Mary Jane Springman, the third Wednesday of each month in the Senior Center from 10AM to 12 noon. Books can be obtained at the Library. Please call the Senior Center to reserve your spot in the group. The book selections are as follow:

1/27	The Red Leather Diary: Reclaiming a Life Through the Pages of a Lost Journal	Lily Koppel
2/24	1491: New Revelations of the Americas Before Columbus	Charles C. Mann

CERAMICS: Join ceramic-enthusiast Gloria Cerniglia in making your own ceramic pieces in a few short weeks. Varieties of pieces are available for purchase. Classes meet on Tuesdays, 10AM to 2:30PM. **The charge for the session is \$24 (\$12 class fee plus a \$12 material fee).** Class dates: **January 5 to March 23.** Make checks payable to "*Town of Simsbury.*"

COMPUTER ONE ON ONE: Open to any level of experience. Sign up for one **help session**, or as many as you need. Instructor Max Horton will be available on Tuesdays in January at 1:30 PM for a 1-hour block of time. Windows XP, Microsoft Word and the Internet are highlighted. Phone ahead to register for these free sessions. Call: 860 658-3273 or 860 651-9161.

COOKING WITH ELAINE: Join Elaine Howland from Sur La Table on the following **Fridays** as she cooks light & easy party foods. Sample the results after class.

January 15: To be announced

February 19: To be announced

Time: 10:00 AM to 11:00 AM Cost: \$6.00/ Person/ class.

INTONATIONS: Hart School of Music Professor Greg Babal guides all levels in developing new skills. The group meets **Wednesdays, January 13 to March 24, (no 3/17) 10:00 AM to 12:00 Noon. Cost: \$20.00.** Checks payable to "Town of Simsbury."

SNUGGLES KNITTING & CROCHETING: Knitters & crotchetors join the group on **Mondays, 10AM to 11:30AM**, to knit and crochet various projects. Yarn & material available.

PAINTING WITH DEBBIE: Discover your own inner artist. No previous experience needed. Meet Debbie Leonard, a local artist, specializes in teaching shapes and color and how to train your eye. You choose your favorite medium: watercolor, pastels, acrylics. Bring the appropriate painting surface for your medium. A minimum size of 16x20 please. Students should bring their own basic supplies. Find the artist in you! **Class meets Thursdays, Jan 14 to March 4, 10:00 AM to 12:00 noon. Cost: \$32.** Checks payable to "Town of Simsbury."

LIFE HISTORY WRITING WORKSHOP: No writing experience required for this relaxed class with instructor **Jeanne LaPierre**. All you need are stories and memories for this guided class with fun discussions and writing projects. Bring your enthusiasm and willingness to share. Meet on the following **Wednesdays, 10:30AM to noon: January 13 and March 10. Cost: \$5 per drop in session. Free to returnees.**

STAMPING CLASS: Come make your own greeting cards with instructor Marge Lenda as she shares all of her supplies, stamps and creativity with us. Please register in the office. Free of charge. Call for reservations: 860 651-9161. **Class meets Mondays at 9:30 to 11:30 AM, starting January 4th. (no 1/18 or 2/15)**

FITNESS

FITNESS ROOM OPEN

The Senior Fitness Room is located on the second floor of Eno Memorial Hall and is open Monday through Friday 9:00 AM to 3:00 PM.

Memberships for the Fitness Room are \$5/month or \$40/annually.

Equipment available:

- 2 NuStep reclining steppers
- 2 Treadmill 1 Stationary bike

Operating Hours:

Open 5 days a week M-F 9 AM to 3 PM.

Come to the office for a fitness room pass each time. Medical release form from physician required annually. Certification for equipment use is necessary to join. **Personal Trainer available for certification.** Call 860 658-3273 or 860 651-9161 to be put on the list for the next certification training.

BOWLING: meets at Blue Fox Rock & Bowl on Tuesdays at 12:30PM. If you're interested in joining the league or in acting as a substitute, call Bill Morse at 860 653-6527.

9:15 MONDAY ZUMBA GOLD: Improve balance, flexibility, and cardiovascular strength while dancing to the exciting beats of Latin music. Taught by **Susan Rubenstein**. Checks payable to **Yoga Be Fit.**

Time	Cost	Dates
9:15 to 10:15 Monday	\$30	1/ 4 to 3/22 (no 1/18, 2/15)



9:15 WEDNESDAY & FRIDAY PERFECT FIT

EXERCISE CLASSES: A combination of low impact aerobics, strength training, and Pilates taught by **Susan Rubenstein**. Checks payable to **Yoga Be Fit**.

Time	Cost	Dates
9:15 to 10:15 Wednesday	\$33	1/6 to 3/17
9:15 to 10:15 Friday	\$30	1/8 to 3/19 (no 2/12)

“CARDIO BLAST” EXERCISE CLASS: Have a blast doing traditional aerobics with flair and attitude to music you love. Taught by **Mary Root**. Checks payable to: **“Town of Simsbury.”**

Time	Cost	Dates
Mon 12:00 to 1:00	\$20	1 /4 to 3/22 (no 1/18, 2/15)
Wed. 12:00 to 1:00	\$22	1/6 to 3/24 (no 3/17)
Fri. 12:00 to 1:00	\$22	1/8 to 3/19

“BALANCED BODIES” EXERCISE CLASS: An easy to learn and effective workout that focuses on balance and stability. **No Balanced Bodies classes on Fridays**. Taught by **Mary Root**. Checks payable to **“Town of Simsbury.”**

Time	Cost	Dates
Mon. 1:00 to 2:00	\$20	1 /4 to 3/22 (no 1/18, 2/15)
Wed. 1:00 to 2:00	\$22	1/6 to 3/24 (no 3/17)

LINE DANCING: Join Jim Gregory and kick up our heels in our next line dance session. **Fridays: Jan. 8 to Mar 12 1:00PM to 2:30PM. Cost: \$25.00.** Checks payable to **“Town of Simsbury**

PERSONAL TRAINING: Exercise and healthy eating do prolong an active life style. Your personal program will be designed to meet your needs under the careful supervision of **Certified Personal Trainer, Anita Kershner**.

Classes meet 2 days a week on **Tuesday and Thursday from 9AM to 9:45AM** at the Senior Center, **January 5 to March 11.**

Cost: \$50. per person.

Checks payable to “Power Perfect.”

TAI CHI: Instructor Michelle Kelley. Join this popular ancient Chinese form of gentle and slow movement. Improves balance and increases relaxation. Make **Checks payable to “Michelle Kelley.”**

Session I:

Tues. & Thurs. January 5 to February 11

Cost: \$40.00

TAI CHI Advanced: 10:00 - 10:45.

TAI CHI Intermediate: 10:45 - 11:30.

TAI CHI Advanced Beginner: 11:30 - 12:15

TAI CHI Beginner Beginner: 12:25 - 1:05

Session II:

Tues. & Thurs. February 23 to April 1

Cost: \$40.00

See class times above

TAP DANCING : Trip the Light Fantastic with our New tap teacher Dina Viel. Class will be held on **Tuesdays, from 1:00 to 2:00**

Session I: 1/5 to 2/16 cost \$35

Session II: 2/23 to 4/6 cost \$35

Make checks payable to **Town of Simsbury.**

QI GONG: with instructor Michelle Kelley is a class now being offered that promotes relaxation, healing & energy flow. **Monday evenings 6:15 PM to 7:15 PM January 4 to February 22.** (no class 1/18, 2/15) **Cost: \$50.00 *Make Checks payable to “Michelle Kelley.”**

MONDAY CHAIR YOGA: Classes are offered on Mondays. Learn to do and enjoy Yoga in a chair. Perfect for beginners. Instructor: **Susan Rubenstein.**

Cost: \$30 Time: 10:30 to 11:30:

Days: Mondays, January 25 to March 8. Make checks payable to: **Yoga Be Fit (No 2/15)** **8 people needed to run a class.**

WEDNESDAY & FRIDAY YOGA: Two classes of mixed level, traditional style Yoga are offered by Susan Rubenstein. Make **checks payable to: Yoga Be Fit 8 people needed to run a class.**

Time	Cost	Dates
10:30-11:30 Wednesday Yoga	\$55	1/6 to 3/12
10:30-11:30 Friday Yoga	\$50	1/8 to 3/19 (no 2/12)

GAMES FOR THE MIND

BRIDGE: meets in the Youth Room at Eno on Mondays at 12:00 PM. All bridge players welcome.

MAHJONGG & SCRABBLE: Come Tuesdays 1:00 PM to 3:00 PM to the Senior Center and join fellow Mahjongg & Scrabble players for an afternoon of fun. Call 860 651-9161 to sign up.

HEALTH FORUM

BLOOD PRESSURE SCREENING: at the Senior Center. Sponsored by the Farmington Valley VNA. 2nd Friday & last Monday of the month.

Days	Time	Dates	
Fridays	12:15-1:15	1/8	2/12
Mondays	10-12	1/25	2/22

FOOTCARE: Dr. Luca DiMatteo, a Simsbury based Podiatrist, will be available to see patients on the **first Monday** of each month **beginning at 1:00 pm**. Each appointment is routinely 15 minutes in length. The **cost is \$40** and can be paid by cash or check. Most insurance accepted. **Please call the Senior Center to make your appointments. January 4 and February 1.**

HEARING CLINIC: The Hearing Care Center will be in the Senior Center the 4th Tuesday of the month to clean and service any brand of hearing aid, as well as perform general screenings for particular losses. All services are free of charge, with no obligation. Call the Center (860 651-9161) for an appointment.

Clinic dates: Jan. 26 and Feb. 23

MASSAGE: Need rejuvenation? Make an appointment today for a **15 or 30-minute massage**. Bev Harris will be available the 1st and 3rd Wednesday (1/6, 1/20, 2/3 & 2/17) each month between 10-1. **\$10 for a 15 minute** appointment. **\$20 for a 30 minute** appointment.

Checks payable to "Town of Simsbury."

SOCIAL SERVICES

For the following services, **please** contact the Social Services office, 860 658-3283, **located in Eno Hall.**



CHEESE DAY:

Fresh fruits and vegetables are given on the 4th Wednesday of each month, 10:00 AM. For income qualifications or to apply for the program, call 860 658-3283. **(Jan 27 and Feb 24).**

DIAL-A-RIDE: Those using the service should call **860 693-6876 between the hours of 8 AM to 12 noon, with 24-hours prior notice.** Trips to area shopping centers are scheduled for the each Monday of each month. Out-of town medical transportation is also available. If there are any concerns with Dial-A-Ride, please call Social Services, 860 658-3283.

FRIENDLY VISITOR PROGRAM: Cold weather keeping you inside? Simsbury's Friendly Visitor Program will provide you with a visitor who will visit once a week for about an hour. Beat those "cold weather blues" by welcoming a visitor for a chat, a cup of tea or to share a common interest. You'll find it a heart-warming experience! If interested, **please call Carolyn (860 658-3283)** at the Social Services Office.

FUEL ASSISTANCE: The Social Services Department is accepting applications. For income and asset guidelines, additional information or to schedule an appointment call 860 658-3283.

HELPING HANDS PROGRAM: This program will provide elderly residents with assistance performing small jobs around the house. It is sponsored by Simsbury/Granby Rotary Club and the Interact Club at Simsbury High School. Call the Social Services Office at 860 658-3283 for details.

HOMEOWNER'S TAX CREDIT PROGRAM: Persons 65 and older, and those totally and permanently disabled if under 65, may receive a tax reduction on their property. One must live in the home for which the reduction is sought and provide proof of

income. Filing is good for two years. The program starts **February 1st** and applications will be accepted until the deadline of **May 15th**. Contact the Town Assessor's Office (860 658-3251) for income guidelines.

MEDICAL ASSISTANCE PROGRAM: Will help those with a limited income pay for prescriptions and other medical expenses. Call the Office at 860 658-3283 for a brochure, income guidelines etc.

NOTARY PUBLIC: The Social Services secretary (located on the 1st floor of Eno Hall) will notarize documents at no charge, 860 658-3283. Please **call ahead** to be sure she is available

WARMING CENTER: The Social Services Center serves as an official Warming Center during the cold winter months. If you have lost power and have no heat, drop in and have a hot beverage and snack.

ASSISTANCE & SUPPORT

CAREGIVERS GROUP: **Third Thursdays of the month at 10:00AM to 11:00AM.** This program, sponsored by the Farmington Valley VNA, is for all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking to others who truly understand. There is no fee for this program, but pre-registration is necessary by calling Farmington Valley VNA social worker at 860 651-3539 or the Senior Center at 860 651-9161 or 860 658-3273. This group is ongoing and will meet January 21 & February 18 at 1:00 PM.

CHOICES: Do you have questions concerning Medicare, Managed Care or Supplemental Insurance? **CHOICES** can help. This health insurance counseling is offered by trained volunteers under the auspices of the North Central Area Agency on Aging. Call 1-800-994-9422.

BEREAVEMENT GROUP: a group for those who have lost a loved one. McLean Hospice will be offering a group meeting on the second Tuesdays **from 10:00 AM to 11:00 AM** at the **Simsbury Senior Center** on January 12th and February 9th. To register, please call McLean at 860 658-3950.

HANDICAPPED PARKING PERMIT APPLICATIONS: are available at the Senior Center Office.

SENIOR DISCOUNT CARD: is brought to you by the Simsbury Chamber of Commerce and Senior Center in an effort to make local shopping more attractive to you. Several Chamber of Commerce members offer a variety of discounts. Pick your card up at the Senior Center office. You must show proof of age (60 years or older) and that you are a Simsbury resident to obtain a card.

SOCIAL SECURITY REPRESENTATIVE: is here the first Wednesday of every month, 1 PM to 3 PM.

Call the Senior Center to make an appointment: 860 658-3273 or 860 651-9161 **Walk-ins accommodated as time permits.** For those who wish to receive help over the phone, you may call 860 493-0386 or 1-800-772-1213. (7 AM to 7 PM).

AARP TAX AIDE: **** New location this year - Simsbury Public Library. Thursdays and Fridays, February 4 to April 9.** **Appointments are necessary and may be made through the Simsbury Senior Center: 860 658-3273 or 860 651-9161.** This service is **FREE** and open to anyone who needs assistance regardless of age or town residence. **Tax aide will be at the Simsbury Public Library located at 725 Hopmeadow St.**

CLUB NEWS

BROWN BAG BUNCH: meets second Wednesdays of every month from 12-1, **January 13 & February 10.** Instead of eating out, bring your lunch to the Senior Center and eat with the "bunch." Donate what you would have spent at a restaurant, and that money will go to a local charity that is selected each month.

RETIRED MEN? CODGERS SEEKING NEW MEMBERS: Looking for fun, trips and gab? Join this men's group that meets at *Friendly's*, **every Wednesday** at 8:00 AM. Contact Dick Dart at 860 658-9321 for information.

GERITOL SWINGERS, a golf group open to all retired men in Simsbury is accepting new members. Contact Paul Crane at



860 658-2755 or Harry Lynn at 860 658-5693, for additional information.

RETIRED MEN'S LUNCHEON: meets at 11:30 AM on the second Tuesday of each month Sept. - May at the First Church of Christ. All men are invited regardless of church affiliation, retirement status, or town residence. Lunch is prepared by the Women's Fellowship and a program follows. Reservations should be made by calling Dane Woodberry (860 658-7996). Meals are \$7.
January 12 – Mary Glassman *Regionalism*
February 9 – What's Funny *Patches the Clown*

OTHER INFORMATION

THANK YOU

We would like to **thank all of our volunteers for the time that they give to make the Senior Center run smoothly.**

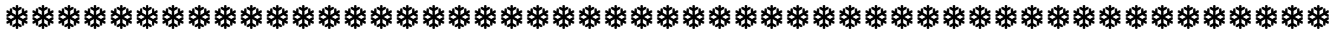


SNOW BIRDS: Please **help us save on the cost of newsletters.** If you're away for the winter, please tell us when you are returning so we can resume delivery conveniently to you. Thanks for helping us save your tax dollars!

WHAT INTERESTS YOU?: Is there a class or program you would like to see offered? Do you have an interest or talent you would like to share? We would love to hear your ideas. Please call the Senior Center at 860 658-3273 or 860 651-9161 or stop in to talk with us. Or, if you prefer, leave us a note in our suggestion box.

TABS FOR TOTS:

The simple step of bending off the aluminum tab on cans enables the Shriner's Hospital for Children to purchase medical equipment and prostheses. You can drop your can tabs off in the container in the Senior Center.



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