



THE SENIOR COMMUNICATOR

Simsbury, Connecticut

Hours:

Monday 8:30 AM to 7:00 PM

Tuesday to Friday 8:30 AM to 4:30 PM

Senior Center Office

Phone 860 658-3273

Social Services Office

Phone: 860 658-3283

Fax: 860 408-7046

Simsbury Social Services Department

Senior Center

Eno Memorial Hall

754 Hopmeadow Street

P.O. Box 495

Simsbury, CT 06070

simsbury-ct.gov

Staff:

Kathleen Marschall,
Senior Center Coordinator

Lori Blackburn,
Senior Center Assistant

Mickey Lecours-Beck,
Director of Social Services

Charlotte Barth,
Social Services Aide

Carolyn Krystiniak,
Elderly Outreach Coordinator

July/August 2013

The mission of the Simsbury Senior Center is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. We welcome all members of the diverse and growing older adult population (age 50 and over), their families and friends.



Stretch & Tone with Marie

This class includes cardio movement in between stretching and muscle toning with hand-held weights, small ball and tubing.

Instructor—Marie Burman

Tuesdays and Thursdays

July 2 to August 29 (17 classes)

9:00 AM to 9:45 AM

Cost—\$34.00

Drop in fee—\$3.00

Tai Chi Club

The Tai Chi Club is a self-directed class designed to give our members a place to practice the art of Tai Chi. All levels of skill are invited to attend.

Tuesdays and Thursdays

10:00 AM to 11:00 AM

July 9 To September 5

FREE

Hot Dog BBQ



Join us outside on the lawn for hot dogs cooked on the grill, baked beans, coleslaw, chips, drinks and dessert. Please bring a lawn chair. Sign up in the Senior Center Office.

Tuesday, July 9—11:30 AM

South Side Lawn

Cost—\$2.00, sign up at The Senior Center

Office by July 3.

Ten Warning Signs of Alzheimer's Disease

We'll separate myth from reality and address commonly held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Thursday, July 11

1:00 PM to 2:00 PM

FREE, sign up through the Senior Center Office.



Brown Bag Technology Troubleshooting Series



Bring your lunch and join instructor Michael Monaco for this three week series. All classes are held from 12:00 to 1:30 PM in The Wagner Room at The Simsbury Library. Please sign up through the Senior Center Office. All classes are free.

How To Set Up Your Computer Once You Get It Home

This class will cover how to set up a desktop computer and the necessary components to get your computer out of the box and up and running. The class will also cover how to switch from one wireless network to another which can be useful when relocating.

Thursday, July 11

How To Set Up Your Printer

Setting up a printer can be harder than you think. There are many different printers and all-in-one machines. This class will cover how to install the correct software and different drivers on the computer and on the printer. Common issues such as paper jams, buying the correct ink, how to maintain your printer for prolonged use, and also some common problems you may experience will be addressed.

Thursday, July 18

Troubleshooting Your Computer

Do you have a specific computer issue that you need help with? This class will go over a variety of common problems people encounter with their computers. Each attendee will be asked to submit their particular troubleshooting question when they sign up.

Thursday, July 25

Lunch and Learn

Skin Cancer and Pre-Cancers

Know your body and know when to call your doctor for an appointment. Presented by the Farmington Valley VNA. Lunch provided by AETNA.

Thursday, July 18

12:00 to 1:30 PM

FREE, sign up through The Senior Center Office by July 12.

Thursday Theater - "The Guilt Trip"

A traveling salesman talks his mother into heading out on the road with him so that he can, unbeknownst to her, reunite her with a former fling in this comedy. Starring Barbra Streisand and Seth Rogan. Directed by Dan Fogelman. Rated PG-13; 95 minutes.

Thursday, July 25

1:00 PM

FREE, sign up through the Senior Center Office. Movies are shown in The Simsbury Library Program Room.

Summer Sizzler Happy Hour at MeadowBrook of Granby

We've been invited back to MeadowBrook of Granby for an afternoon of fun. Enjoy complimentary hors d'oeuvres, beer and wine, live entertainment and door prizes!

Wednesday, July 31

4:00 PM to 6:00 PM

Cost—\$2.00, sign up at the Senior Center Office.

Model Trains Big Enough to Ride Behind



This informative film will give you insight in to the workings of steam locomotives. Jack Voorvaart will add commentary throughout the presentation.

Thursday, August 1

1:00 PM to 2:00 PM

FREE, Sign up through the Senior Center Office.

AARP Driver Safety Course

Driver Safety is the preeminent national older driver safety program, serving the 50+ population for more than 30 years. The program has helped millions of drivers protect their safety on today's roads.

Cost—\$12.00 for AARP members

\$14.00 for non-members.

Thursday, August 8

9:00 AM to 1:00 PM

Sign up through the Senior Center Office.

Summer Bingo

Join us for an afternoon of bingo. Refreshments and prizes provided by WellCare.

Thursday, August 8

1:00 PM to 2:30 PM

Cost—\$1.00, sign up at the Senior Center Office.

Lunch and Learn

"I Can't Eat What?"

Presented by the Director of Dining and Culinary Services at River Ridge at Avon, Thomas Pietroski and Marketing Director, Anne Boychuk. Come learn how a few simple changes in preparing foods can make a big difference in the health of your diet. Eating should be enjoyable - not overly restrictive! Enjoy a delicious luncheon prepared by Chef Thomas and have some fun with his Lunch n' Learn presentation on making better food choices.

Thursday, August 15

12:00 to 1:30 PM

FREE, reservations are necessary. Sign up through the Senior Center Office by August 9.

Join Us For Lunch



The Senior Center offers lunch every Wednesday and Friday. Wednesday's Lunch@Eno offers a hot meal, Friday's Lunch Café features hot soup and sandwiches. See the enclosed insert for more information.



WELLNESS

Program Committee Meeting

Join us for this informal meeting to discuss ideas for upcoming programs, trips, classes, and events for your senior center. **Everyone** is welcome.

Friday, August 16

10:00 AM

FREE, sign up through the Senior Center Office.

Everything You Need to Know About Lifeline

This year 13.5 million people, 65 and older will fall. If you or a loved one experience a medical emergency, time is of the essence. Lifeline can assist in getting help to you when you need it. This presentation will answer all your questions about the importance of Lifeline, how it works and the process to sign up for services. Continental breakfast will be served.

Tuesday, August 20

10:00 AM

FREE, sign up through the Senior Center Office by August 15.

Birds of Prey

Meet live birds of prey from Horizon Wings, a wildlife rehabilitation center and educational facility. Learn about life in the wild, how birds of prey are rehabilitated after injury, and what you can do to help save them.

Thursday, August 22

1:00 PM to 2:00 PM

FREE, sign up through the Senior Center Office.

Police Picnic

An event we all look forward to each year. Great food and live entertainment brought to you by the Simsbury Police Department.

Wednesday, September 4

12:00 to 2:00 PM

Simsbury Farms Ice Rink

Free, make your reservation through the Senior Center Office.

Due to the popularity of this event, we recommend you make your reservation early.

Just a reminder that this event is for Simsbury residents.

Blood Pressure Screening

Sponsored by the Farmington Valley VNA, no appointment necessary.

Every Wednesday 11:45 AM to 2:15 PM in the Auditorium.

Mondays, 7/29 and 8/26 10:00 AM to 12:00 PM in the Blue Room.

Footcare

Dr. Luca DiMatteo, a Simsbury based podiatrist, will be available to see patients usually on the **first Monday** of each month at the Senior Center.

Appointments are routinely 15 minutes in length.

There is a charge.

Clinic dates—Mondays 7/1 and 8/5

Time—1:00 PM to 3:00 PM

Sign up through the Senior Center Office.

Hearing Clinic



Connecticut Hearing Center will be at the Senior Center on a monthly basis to clean and service any brand of hearing aid and perform general screenings. All services are **free of charge**.

Clinic dates—Tuesdays 7/23 and 8/27

Appointments start at 10:00 AM

Sign up through the Senior Center Office.

Massages

Make an appointment today for a 15-minute massage.

Wednesdays: 7/3, 7/17 and 8/7, 8/21

Appointments starting at 10:00 AM

Cost—\$10.00, sign up at the Senior Center Office.

COMING BACK THIS FALL

- ◆ BEREAVEMENT GROUP
 - ◆ INTONATIONS
 - ◆ PAINTING CLUB
- ◆ PERSONAL TRAINING CLASS
 - ◆ TAI CHI CLASSES

FITNESS

Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor—Susan Rubenstein

9:15 AM to 10:15 AM

	Monday	Wednesday
Current Session	Continues to 8/12	Continues to 8/14
Cost	\$28.00	\$21.00

No class 7/24.

Drop-in fee \$5.00 per class

Checks payable to "Yoga Be Fit"

Zumba Gold

Get fit while dancing to the beat of Latin music.

Instructor-Susan Rubenstein

9:00 AM to 10:00 AM

Friday's—continues to 8/16 (7 classes)

No class 8/2

Cost-\$28.00

Drop-in fee \$5.00 per class

Checks payable to "Yoga Be Fit"

Yoga

Mixed level, traditional style yoga class.

Instructor—Susan Rubenstein

10:30 AM to 11:30 AM



	Monday	Wednesday
Current Session	Continues to 8/12	Continues to 8/14
Cost	\$48.00	\$36.00

No class Wednesday, July 24

Yoga Drop-in fee \$7.50 per class

Checks payable to "Yoga Be Fit"



Cardio Plus

Stay fit this summer with a class designed to give you a cardio burst, strength training and core work.

Instructor—Susan Rubenstein

Thursdays—continues to 8/22

5:00 PM to 6:00 PM

Cost-\$40.00

Drop in fee \$6.00

Checks payable to "Yoga Be Fit"

Strength Training for Everyone

This class is designed for both men and women using weights, bars, tubes and more.

Instructor—Susan Rubenstein

10:15 AM to 11:00 AM

Fridays—continues to 8/16

No class 8/2

Cost-\$28.00

Drop-in fee \$5.00 per class

Checks payable to "Yoga Be Fit"



Cardio Blast Exercise

Traditional aerobics to music you love.

Instructor—Mary Root and Marie Burman

12:00 PM to 1:00 PM

	Monday	Wednesday	Friday
Current Session	Continues to 8/26	Continues to 8/28	Continues to 8/30
Cost	\$22.00	\$22.00	\$22.00

Drop in fee-\$3.00 per class

Checks payable to Town of Simsbury

Balanced Bodies Exercise

This workout focuses on balance and stability.

Instructor—Mary Root and Marie Burman

1:00 PM to 2:00 PM

	Monday	Wednesday
Current Session	Continues to 8/26	Continues to 8/28
Cost	\$22.00	\$22.00

Drop in fee—\$3.00 per class

Checks payable to Town of Simsbury

NEW FOR THE SUMMER!!

Stretch & Tone with Marie

Total body conditioning that will tone your body to make all your daily activities easier. This class includes cardio movement in between stretching and muscle toning with hand-held weights, small balls and tubing.

Tuesdays and Thursdays

9:00 AM to 9:45 AM

July 2 to August 29 (17 classes)

Cost—\$34.00

Drop in fee—\$3.00

Life History Writing Workshop

No writing experience required. All you need are stories and memories for this guided class with fun discussions and writing projects.

Instructor—Jeanne LaPierre

Tuesday's—10:30 AM to 12:00 PM

Dates—July 9

Cost—\$5.00



Mature Driver Safety Screening Program

The Injury Prevention Center of Hartford Hospital and CT Children's Medical Center, is providing the opportunity for older drivers to assess their own safe driving abilities, at no cost. The screening will take place at The Simsbury Senior Center and takes about an hour per person. Results and recommendations are immediate and confidential.

Dates—7/12 and 8/9

Make your appointment through the Senior Center Office. A \$5 Dunkin' Donut card will be provided for your participation.

Painting Club

 Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface for your medium and enjoy a drop-in painting club this spring and summer

Thursdays—10:00 AM to 12:00 PM

FREE

Scrabble

Come enjoy the game of SCRABBLE at the Senior Center.

Tuesdays— 1:00 PM to 4:00 PM

FREE

Setback

Join us for this popular card game. New players are always welcome.

Fridays—10:00 AM to 12:00 PM

FREE

Stamping—Make Your Own Greeting Cards

Create a special card for a special person for a special reason. All materials are provided, no experience necessary.

Instructor—Marge Lenda

Mondays— 9:30 AM to 11:30 AM

Craft Room

FREE

OTHER IMPORTANT INFORMATION

Aging and Disability Commission

A volunteer advisory Commission that is responsible for investigating the needs of older adults and persons with disabilities, and providing assistance to public and private agencies in the implementation of programs and facilities for such needs. Meetings are the third Tuesday of the month at 7:00 PM in Eno Memorial Hall, Youth Room.

Meeting date: Tuesday 7/16

Handicapped Parking Permit Applications

Are available at the Senior Center Office.

CHOICES

(Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening)

CHOICES counselor Marlene Fein will be available to provide the information and assistance necessary for you to understand your rights, receive benefits to which you are entitled and make informed choices about health insurance concerns.

Appointments are available on 7/18 and 8/15 and can be made through the Senior Center Office.

Copy Machine

The Senior Center staff can make copies of medical, legal or financial documents at no charge to you.

VIP Pass

The VIP Pass Program is a partnership with Simsbury Public Schools that will allow residents age 65 and older to attend a wide variety of school functions such as sporting events, art exhibits, concerts and theater productions **free of charge**.

You may obtain a VIP Pass application at the Senior Center, at the Superintendent's office at 933 Hopmeadow Street (Town Hall) or by downloading an application at www.simsbury.k12.ct.us and returning the form to either location.

CT Alert/

Simsbury Community Alert

A state-wide and local emergency notification system that will give you important information during emergencies. Social Services and Senior Center staff can assist you in registering for this alert system. Call the Senior Center or Social Services Office for more information.

Simsbury Senior Center
P.O Box 495
Simsbury, CT, 06070

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Casino Trips

Important Information for Trip Participants:

All people registering for trips through the Simsbury Senior Center will be given an emergency medical information card to complete. Refunds cannot be issued except for medical reasons or if a replacement can be found from a waiting list. Sign up for these trips at the Senior Center Office.

Foxwoods Casino:

Monday, July 15, 2013.

Bus will depart at 8:30 AM, return to Simsbury 5:00 PM. Cost—\$17.00

includes round trip transportation and a \$20.00 bonus (\$10.00 meal voucher and \$10.00 Keno bet).

Mohegan Sun Casino:

Monday, August 12, 2013.

Bus will depart at 8:30 AM, return to Simsbury 5:00 PM. Cost—\$17.00

includes round trip transportation \$30.00 bonus (\$15.00 meal voucher and \$15.00 bet).

Mohegan Sun Casino:

Sunday, August 25

Bus will depart 12:30 PM return to Simsbury 9:30 PM. Cost—\$17.00

includes round trip transportation \$30.00 bonus (\$15.00 meal voucher and \$15.00 bet).