



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

January/February 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.

*We would like to welcome **Lori Blackburn** as our new Senior Center Assistant. Lori most recently served as the Community Coordinator for MeadowBrook of Granby. She has a strong background in office administration and event planning. Lori has lived with her family in the Farmington Valley for the past twelve years. If you haven't had a chance to meet Lori yet, please stop by and say hello.*

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 and encouraged to attend.

Tuesday, January 8
10:00 AM

Basic Computer for the Beginner

If you've never used a computer before but always wanted to, this class is for you. Class will 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. Bring your own laptop/tablet or use one of ours.

Thursdays (5 classes)
January 10 to February 7
10:00 to 11:30 AM
Cost—\$30.00
Sign up in the Senior Center Office

**Tablet/eReader User Group**

Thursdays, beginning January 10
12:00 to 1:00 PM
Do you own a Kindle, Nook, Nexus, iPad, or other portable device? Would you like to share what you know or learn from other users? Whether you're a brand new user or an expert, join us for this new group. Bring your device, your questions and your ideas. You'll also have a chance to ask questions of our technology instructor during the group. If you don't have a device, but are thinking about getting one, you're invited too. Don't forget your charger.
Thursdays, beginning January 10
12:00 to 1:00 PM

Mah Jong

We've had several requests to start a Mah Jong group again here at the Senior Center.
Thursdays, beginning January 10
10:00 AM to 12:00
Free, drop in.



Bridge Lessons

These lessons are designed for beginners or those who haven't played in a number of years and would like to get back to playing.

Thursdays, 1/10 to 3/14 (8 weeks)

9:00 to 10:30 AM

Cost—\$40.00

Piano Recital and Chili Supper

Start your evening with homemade chili, followed by a piano concert featuring the students of Julie Hall.

Monday, January 14

5:30—Dinner 6:30—Recital

Cost—\$2.00

Make your reservation by January 10.

Cribbage Lessons

Learn to play the game of cribbage. Cards and cribbage boards will be provided.

Tuesdays, January 15, 22 and 29.

1:00 to 2:30

Free

Sign up through The Senior Center Office.

Winter Pot Luck

Bring your favorite dish for everyone to share. Sign up through the Senior Center Office by January 11.

Thursday, January 17

12:00

The Senior Center will be closed on Monday, January 21 in observance of Martin Luther King, Jr. Day and Monday, February 18 in observance of Presidents' Day.

Concert at Squadron Line School

We're invited to Squadron Line school for their strings program concert.

Tuesday, January 22

9:30 AM

Free, sign up through The Senior Center Office.

Thursday Theater

"The Best Exotic Marigold Hotel"

The Best Exotic Marigold Hotel follows a group of British retirees who decide to "outsource" their retirement to less expensive and seemingly exotic India. Enticed by advertisements for the newly restored Marigold Hotel and bolstered with visions of a life of leisure, they arrive to find the palace a

shell of its former self. Though the new environment is less luxurious than imagined, they are forever transformed by their shared experiences, discovering that life and love can begin again when you let go of the past. Starring Judi Dench and Maggie Smith.

123 minutes. Rated PG-13.

Thursday, January 24

1:00 PM

Movies are shown in The Simsbury Library Program Room.

Free, sign up through the Senior Center Office.

AARP Driver Safety Course

Learn how to reduce traffic violations and chances for injuries, update your knowledge of recent changes in laws, and develop safe driving strategies to compensate for age-related changes.

Thursday, February 7

9:00 AM to 1:00 PM

Cost—\$12.00 for AARP members and \$14.00 for non-members.

Sign up through the Senior Center Office.

Preventing Vascular Disease in Older Adults



William B. White, M.D., Professor and Division Chief, Hypertension and Clinical Pharmacology, Calhoun Cardiology Center, UConn Health Center will be the presenter. This talk will review the relationships among high blood pressure, blood vessel disease in the brain, impairment of mobility and cognition and a new program at UCONN Health Center that focuses on prevention of these problems in people over the age of 75 years. In addition, there will be a general discussion on the consequences and treatment of high blood pressure in older adults.

Thursday, February 7

1:00 to 2:00 PM

Free, sign up through The Senior Center Office.



Valentine's Day Bingo

Celebrate Valentine's Day with us here at the Senior Center. Prizes, and refreshments.

Thursday, February, 14

1:00 to 2:30 PM

\$1.00

Sign up at The Senior Center Office.

Wii Bowling

Join us for this popular virtual bowling game. No experience is necessary.

Tuesday, February 26

10:00 to 11:30 AM

Thursday Theater "Terms of Endearment"

Emma Greenway (Debra Winger) marries, has babies, and moves away from home to escape her overprotective mother Aurora's (Shirley MacLaine) emotional grasp on her life. Aurora is wooed by ex-astronaut Garrett Breedlove (Jack Nicholson), and their romance is as funny as it is enchanting.

132 minutes. Rated PG

Thursday, February 28

1:00 PM

Movies are shown in The Simsbury Library Program Room.

Sign up through the Senior Center Office

AARP Tax Aide

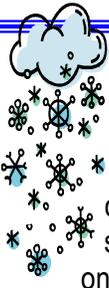
Trained and certified volunteers will prepare and electronically file both federal and state tax returns free of charge. Please bring last year's tax return, W-2, form 1099, Social Security forms, and any other 2012 income records.

Taxes will be prepared at The Simsbury Library, 725 Hopmeadow Street, First Floor, Program Room #2.

Appointments are available on Thursdays, February 7 through April 11, between the hours of 9:30 AM and 3:00 PM.

Call the Simsbury Senior Center at 860 658-3273 to make your appointment.

INCLEMENT WEATHER POLICY



If Simsbury schools are cancelled, all day and evening classes and programs are cancelled at The Senior Center. If there is a school delay, classes and programs will run on their regular schedule unless we contact you. Every effort will be made to make up classes or programs cancelled due to weather conditions. If Simsbury Schools are on vacation, tune to WFSB Channel 3, or check their website www.wfsb.com for Senior Center closings or delays.

WELLNESS

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, 1/28 and 2/25 10:00 AM to 12:00 noon 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—Monday, 1/7 & 2/4

Time—1:00 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, 1/22 & 2/26

Appointments start at 10:00 AM

Sign up through the Senior Center Office.

Massages

Make an appointment today for a 15-minute massage
Wednesdays: 1/2, 1/16, 2/6 and 2/20

Appointments starting at 10:00 AM

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

Bereavement Support Group

An ongoing group called Grieving, Growing and Giving will take place on the **1st and 3rd Thursdays of the month at the Simsbury Senior Center.**

This group will offer support and coping tools particularly helpful for those people who are new in their grieving process. The group is open to anyone actively grieving a loss. The group will be led by Geri Spano, McLean Hospice Bereavement and Spiritual Counselor. To register for this McLean Bereavement Support Group to be held at The Simsbury Senior Center, call **860-658-3950** and ask for Geri Spano.

Dates— 1/3, 1/17, 2/7, 2/21

2:30 to 4:00 PM

Fitness

All participants are required to complete a liability waiver before starting a fitness class. Waivers will be updated on a yearly basis.

Please notify senior center staff if your health history changes.

We advise that each participant have a complete physical examination before participating in any physical activity.

Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor—Susan Rubenstein

9:15 to 10:15 AM

Mondays—1/7 to 3/18 (9 classes)

(no class 1/21, 2/18)

Cost—\$31.50

Wednesdays—1/2 to 3/20 (10 classes)

(no class 1/23, 2/27)

Cost—\$35.00

Drop in fee—\$4.50 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 to 10:00 AM

Fridays—1/4 to 3/22 (11 classes)

(no class 1/18)

Cost—\$44.00

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 to 11:30 AM

Mondays—1/7 to 3/18

(no class 1/21, 2/18)

Wednesday—1/2 to 3/20

(no class 1/23, 2/27)

Drop in fee—\$7.00

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 to 11:00 AM

Fridays—1/4 to 3/22

Cost—\$44.00

Drop in fee—\$5.00

Checks payable to “Yoga Be Fit”

Cardio Blast Exercise

Traditional aerobics to music you love.

Instructor—Mary Root

12:00 to 1:00 PM

Mondays: 1/7 to 3/11 (8 classes)

(no class 1/21, 2/18, 3/18)

Cost—\$16.00

Wednesdays: 1/2 to 3/20 (12 classes)

Cost—\$24.00

Fridays: 1/4 to 3/22 (12 classes)

Cost—\$24.00

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

1:00 to 2:00 PM

Mondays—1/7 to 3/11 (8 classes)

(no class 1/21, 2/18, 3/18)

Cost—\$16.00

Wednesdays— 1/2 to 3/20 (12 classes)

Cost—\$24.00

Drop in fee—\$3.00 per class

Checks payable to Town of Simsbury

Personal Training Class

Certified Personal Trainer Anita Kershner will lead you in an exercise program to meet your needs.

Instructor—Anita Kershner.

Tuesdays and Thursdays—1/3 to 3/12 (20 classes)

9:00 to 9:45 AM

Cost—\$50.00

Drop in fee—\$3.50 per class

Checks payable to “Anita Kershner”

Tai Chi

Four different levels of gentle, slow exercises that can improve balance and increase relaxation. Incorporates the mind, body and spirit.

Instructor—Michele Kelley

Advanced—10:00 to 10:45 AM

Intermediate—10:45 to 11:30 AM

Advanced Beginner—11:30 AM to 12:15 PM

Beginner—12:15 to 1:00 PM

Tuesdays & Thursdays—1/3 to 2/26 (16 classes)

Cost—\$56.00

Checks payable to Michele Kelley

Line Dancing

Kick up your heels with our line dancing class.

Instructor—Jim Gregory

Fridays— 1:15 to 2:45 PM

Dates—1/4 to 3/8 (10 classes)

Cost—\$25.00

Drop in fee—\$3.50 per class

Checks payable to Town of Simsbury

Qi Gong—Evening

Combines breathing exercises with physical movement to cultivate and promote well-being.

Check bulletin boards for room locations.

Instructor—Michele Kelley

Monday Evenings—6:00 to 7:00 PM

Dates—by the month, pay teacher at class.

Cost—\$8.00 per class

Fitness Room

Our Senior Center Fitness room is available for you to use Monday through Friday, 8:30 AM to 4:00 PM.

Equipment available:

2 NuStep reclining steppers

2 Treadmills

1 Stationary bicycle

1 pound to 10 pound free weights

Call or stop by the Senior Center office for more information.

Membership fees:

\$40.00 a year or

\$5.00 a month

A note from your physician and an orientation by our personal trainer is required before signing up.

ONGOING PROGRAMS

Book Club

Share your thoughts and opinions on the selected book of the month.

Instructor—Mary Jane Springman

10:00 AM to 12:00 PM

1/23: *Uncle Tom's Cabin (F)*

by Harriet Beecher Stowe

2/27: *The Murder of Roger Ackroyd (F)*

By Agatha Christie

Bridge

Intermediate players welcome. Ongoing group.

Monday: 12:00 to 3:00 PM

Ceramics

No experience necessary. Enjoy being creative.

Instructor—Gloria Cerniglia

Tuesdays: 10:00 AM to 2:30 PM

Dates—1/8 to 3/26 (12 classes)

Cost—\$24.00

Intonations

This choral group enjoys singing together with performances at local venues.

Instructor—Professor Greg Babal

Wednesdays—10:00 AM to 12:00 PM

Dates—1/9 to 3/20 (10 classes)

(no class 1/16)

Cost—\$20.00



Knit & Crochet Group

This friendly group of knitters and crocheters meet every Monday. Lots of yarn available for use.

Mondays—10:00 AM to 12:00 noon

Free

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

Wednesdays—10:30 AM to 12:00 noon

Dates—1/16, 2/13

Cost—\$5.00 per class

(six week session will resume in the spring)

OTHER IMPORTANT INFORMATION

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.

A \$5 Dunkin' Donut card will be provided for your participation.

Appointments are available at the Simsbury Senior Center. Make your appointment through the Senior Center Office, call for available dates.

Funding for this program has been provided through a grant from the Jefferson House Institute.

Mah Jong

Thursdays: 10:00 to 12:00

Free, drop in.

Painting

Bring your favorite medium: watercolor, pastels, acrylics, and the appropriate painting surface for your medium.

Instructor—Debbie Leonard

Thursdays: 10:00 AM to 12:00 PM

Dates—1/3 to 1/31 (5 classes)

Cost—\$20.00

Drop in fee—\$5.00



Scrabble

Come enjoy the game of SCRABBLE at the Senior Center. Drop in.

Tuesdays: 1:00 to 4:00 PM

Free

Setback

Come to the Senior Center on Friday mornings to play the popular card game, setback.

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 to 11:30 AM

Craft Room

Free

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 1/15 and Tuesday 2/19.

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 1/17 and 2/21** 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

PRESORTED STANDARD

US POSTAGE PAID

AVON CT

PERMIT NO 444



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. We ask that you complete this card, keep it up-to-date, and have it with you on each trip you take with us. **Refunds cannot be issued except for medical reasons or if a replacement can be found from a waiting list.**

Mohegan Sun Casino

Monday, January 21, 2013

Bus will depart at 8:30 AM, return to Simsbury 5:00 PM.

Cost—\$17.00 includes round trip transportation via deluxe motor coach,
and a \$30.00 bonus (\$15.00 meal voucher and \$15.00 bet).

Sign up at the Senior Center Office.

Foxwoods Casino

Monday, February 11, 2013

Bus will depart at 8:30 AM, return to Simsbury 5:00 PM.

Cost—\$17.00 includes round trip transportation via deluxe motor coach
and a \$20.00 bonus (\$10.00 meal voucher and \$10.00 Keno bet).

Sign up at the Senior Center Office.