

The Senior Communicator

March-April 2016



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

Senior Center Phone:
(860) 658-3273
Social Services Office Phone:
(860) 658-3283
Fax: (860) 408-7046

Hours
Monday: 8:30 am to 7:00 pm
Tuesday to Thursday:
8:30 am to 4:30 pm
Friday: 8:30 am to 1:00 pm

Thank you to all of our volunteers for their time, hard work and many contributions to The Senior Center and our community.

St. Patrick's Day Party

Everyone is Irish on St. Patrick's Day! Join us for a traditional corned beef and cabbage lunch (catered by Kane's Market) along with Irish soda bread, dessert and coffee. Enjoy your favorite Irish songs with live entertainment.

Thursday, March 10th
12:00 to 1:30pm
Cost: \$8.00
Sign up by March 3rd.



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

Dine and Discover: "Staying With It - Lifelong Brain Health at Any Age"

Monday, April 18
5:00pm to 6:30pm
Dinner at 5:00pm, presentation to follow
Free, sign up April 11.
Presented by Arden Courts of Avon

The Simsbury Senior Center's mission 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.

- Kathleen Marschall,
Senior Center Coordinator
- Elizabeth Sagan,
Senior Center Assistant
- Mickey Lecours-Beck,
Director of Social Services
- Charlotte Barth,
Social Services Aide
- Carolyn Krystiniak,
Elderly Outreach Coordinator

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Stay Fit! Be Well!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

“Perfect Strength in 60”

This class will offer a combination of strength training, core work, balance, and a complete stretch!

Instructor: Susan Rubenstein

Friday 9:00-10:00am

4/1 - 6/10 9 classes

(no class 4/15, 5/27) \$36.00

Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Intermediate 10:15am-11:00am

Beginner 11:05am-11:50am

Tuesday & Friday 3/1-4/29

(no class 3/18, 3/25)

16 classes \$72.00

\$6.00/drop-in fee



Yoga

Mixed-level, traditional style yoga class.

Instructor: Susan Rubenstein

10:30am-11:30 am

Monday

4/4-6/20 - 9 classes - \$58.50

(No Class 4/18, 5/23, 5/30)

Wednesday

3/30-6/15 - 9 classes - \$58.50

(No Class 4/27, 5/25, 6/1)

\$8.00/drop-in fee

Cardio Blast Exercise

Traditional aerobics to music you love!

Instructors:

Monday & Friday Mary Root

Wednesday Marie Burman

12:00pm-1:00pm (Mon. & Wed.)

11:50am-12:50pm (Fri.)

Monday 3/7-4/25 - 8 classes

\$20.00

Wednesday 3/9-4/20 - 7 classes

\$17.50

Friday - 3/4-4/29 - 8 classes

\$20.00 (no class 3/25)

Perfect Fit Exercise

Low impact aerobics, strength training & Pilates.

Instructor: Susan Rubenstein

9:15am-10:15am

Monday

4/4-6/20 - 9 classes - \$36.00

(No Class 4/18, 5/23, 5/30)

Wednesday

3/30-6/15 - 9 classes - \$36.00

(No Class 4/27, 5/25, 6/1)

\$6.50/drop-in fee

Stretch & Tone

Make your daily activities easier with total body conditioning. Includes cardio movement in between stretching & muscle, toning with hand-held weights, small balls and tubing.

Instructor: Marie Burman

9:00am-9:45am

Tuesdays 3/8-4/19 - 7 classes

\$17.50 \$4.00/drop-in fee

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Monday Mary Root

Wednesday Marie Burman

1:00pm-2:00pm

Monday 3/7-4/25 - 8 classes

\$20.00

Wednesday 3/9-4/20 - 7 classes

\$17.50

\$4.00/drop-in fee

Interval Training

Alternates between aerobic exercise with strength training using kettle bells, resistance bands, Tabata training and more!

Instructor: Mary Root

9:00am-9:45am

Thursday 3/3-4/28 - 8 classes

\$20.00 (no class 3/10)

\$4.00/drop-in fee

Cardio Plus Exercise

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

Instructor: Susan Rubenstein

Thursdays 5:00pm-6:00pm

3/31--5/19 - 8 classes - \$52.00

\$8.00/drop in fee



◆ *Call the Senior Center at (860) 658-3273 for information about any of these activities!* ◆

Barre Body Fusion

This class gives you the perfect workout combining the latest in Barre, Pilates and Yoga.

Sneakers can be on or off. Bring light weights and a mat.

Instructor: Susan Rubenstein

Tuesdays 5:00pm - 6:00pm

3/8-4/26 - 7 classes

(No class 3/22) - \$45.50

\$8.00/drop in fee



Hearing Clinic

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings. All services are FREE of charge.

Tuesday, March 22nd and April 26th

Make your appointment through the Senior Center.

Pickleball @ the YMCA

Monday's & Thursday's 11:30am-2:00pm

Gymnasium (Please sign in at Member Services)

\$3.00 per day/Members Free

For more information, call The YMCA at 860 653-5524

Blood Pressure Screening

Sponsored by the Farmington Valley VNA.

No appointment necessary - in the auditorium

Every Wednesday 11:45am-2:15pm

Foot Care Clinics

Half hour appointment are available twice a month at the senior center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

March 1st & March 22nd and April 5th & April 26th. Appointments start at 8:30am

Cost: \$29 cash or check (made payable to PediCare) the day of your appointment.

Schedule appointments through the Senior Center.

Program Committee Meeting

Join us for this informal discussion that can shape your Senior Center in the coming months. All are welcome!

Wednesday, March 2nd

1:15pm

Bird Watchers

Join Roger Preston and Gil Kleiner for a morning of exploration and discovery.

Meeting time for all locations is 8:00 am.

Wednesday, 4/6—meet at Great Pond State Forest Parking lot.

Wednesday, 4/20—meet at the Band Shell on Iron Horse.

Wednesday, 5/4—meet at Great Pond State Forest Parking lot.

Free, sign up through the Senior Center.

Meditation

Learn how to calm stress and improve your overall well-being!

Instructor: Debra Mullins

Thursdays 11:15am-12:00pm, 3/3-4/28 (no class 4/14)

(8 classes) \$24.00 \$4.50/drop-in fee

Travel Meeting with Sandy and Jackie

Sandy Delin from Friendship Tours and Jackie Maselek, Trip Coordinator will be at the Simsbury Senior Center to answer your questions and provide information on upcoming trips.

Thursday, April 7th

2:00pm to 4:00pm

Old Court Room

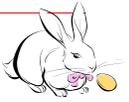
Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays: 3/2, 3/16, 4/6, 4/20

Appointments start at 10:00am. Cost: \$10

Clubs, Classes, and Games!



◆ Call the Senior Center at (860) 658-3273 for information about any of these activities! ◆

Wii Bowling

Everyone is welcome, no experience needed.

Thursdays: 10:00am-12:00pm



Painting Club

Get together with other painting enthusiasts in a relaxed and welcoming environment. Please bring your own materials.

Mondays 12:00pm-3:00pm, drop-in FREE!

Scrabble

Tuesdays: 1:00pm-4:00pm, drop-in FREE!

Canasta

Tuesdays 1:00pm, drop-in FREE!

Cribbage

Tuesdays 1:00pm-3:00pm FREE!

Setback

Fridays 10:00am-12:00pm, drop-in FREE!

Bridge

Mondays 12:00pm-3:00pm \$1.00 (at the door)

Duplicate Bridge

To register, or for more information, contact Don Steele:
(860) 651-9663 or don2steele3544@gmail.com

Fridays 9:30am-12:30pm
\$1.00

Life History Writing Workshop

No writing experience required.

Tuesdays 10:30am - 12:00 pm
4/12-5/17 - 6 sessions

\$48.00

Instructor - Jeanne LaPierre



Investment Club

This group enjoys researching and buying stocks.

March 9th & April 13th 2:00pm-4:00 pm

FREE, drop in

Book Club

Wednesday, March 23rd @ 2 pm

"The Wright Brothers" (NF) by David McCullough

Wednesday, April 27nd @ 2 pm TBA

Please sign up in advance.

FREE!



Ceramics

Tuesdays: 10:00am-2:30pm

3/1-4/26 (no class 4/19) - 8 classes

\$20.00

\$4.00/drop-in fee

Painting Class

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

Instructor: Deborah Leonard

Thursdays: 10:00am-12:00 pm 3/3-3-31

5 classes - \$22.50

\$6.00/drop-in fee

AARP Driver Safety Course

This course will teach you how to reduce traffic violations and changes for injuries, and develop safe driving strategies to compensate for age-related changes. By completing the course you may qualify for an automobile insurance discount from your insurance company.

Thursday, March 24

9:00am-1:00pm

Cost- \$15.00 for Members,

\$20.00 for Non-Member

Payment should be made the day of the course.

Food, Learning, and Fun!

Monday Suppers!



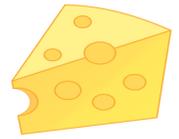
Join us for supper at the Senior Center @ 5:00 pm

March 7 - Beef Stew and Cornbread

April 4 - Macaroni and Cheese

Dessert & Beverage included!

Cost: \$4.00



Please register for these meals no later than the prior Thursday!

Salt Free Cooking

Nikki DeRosa, Registered Dietician from ShopRite of Canton will be at the senior center to teach you salt free recipes, the best spice combinations to use and reduced sodium cooking. She will also prepare a low sodium soup for everyone to sample and enjoy during the class. Coupons and free samples too!

Thursday, March 17

12:00pm to 1:30pm

Presented by Nikki DeRosa, RDN

Free, sign up by March 14

Souper Tuesday

The Aging and Disability Commission invites you to lunch. On the menu: soup, sandwich, dessert and coffee.

Tuesday, March 8th

and

Tuesday, April 12th

12:00pm to 1:00pm

FREE, sign up by the Tuesday before.

Line Dance For Fun

Line Dance is fun, great exercise and a wonderful group activity. No experience or partner is necessary. Leather sole shoes or boots are highly recommended.

Tuesdays: March 8 and March 22

1:00pm to 2:00pm

Eno Memorial Hall Auditorium

Free, sign up through the Senior Center.

This program is sponsored by The Simsbury Senior Center and The Simsbury Public Library.

Bingo

Enjoy an afternoon of bingo. Refreshments and great prizes.

Thursday, April 28

1:00pm to 2:30pm

\$3.00, sign up by April 25

The Splendor of Spring - Seasonal Cooking Class

Join Nikki DeRosa, Registered Dietician from ShopRite of Canton as she teaches you what produce will be in season for Spring and how to incorporate them into your dishes. Nikki will demonstrate a healthy recipe using spring produce for everyone to try.

Thursday, April 14

12:00pm to 1:30pm

Presented by Nikki DeRosa, RDN

Registered Dietician with ShopRite of Canton

Free, sign up by April 11

Tips and Tricks to Sneak in Exercise Throughout Your Day

Certified fitness instructor Mary Root will show you simple and inventive ways to transform the must-do activities of daily life into mini-workouts.

Wednesday, April 27

6:30pm to 8:00pm

@ The Simsbury Library

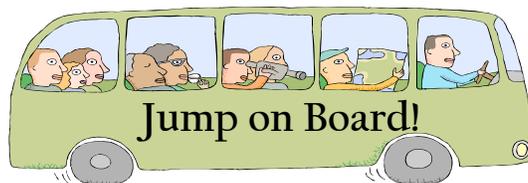
Free, sign up through the Senior Center by April 25

This program is sponsored by The Simsbury Senior Center and The Simsbury Public Library.

Trips

Registration for trips begins on February 23

◆ Trips depart from the Iron Horse Parking Lot, behind Bank of America drive-thru, off Wilcox St.



◆ Departure and return times are approximate
 ◆ Dial-a-Ride passes are necessary to go on Jump on Board Trips!

Friday, March 4 ~ Music Bingo and Pizza Supper at The Granby Senior Center (4:30pm to 6:30pm)
 (Departure and return time to be determined)

Monday, March 14 - Burlington Coat Factory and Cracker Barrel, East Windsor. *Lunch on your own.*
 (Departure and return time to be determined)

Monday, March 28 - Westfarms Mall (Departure and return time to be determined)

Thursday, April 21 - Lunch at East Side Restaurant (German cuisine) New Britain.
 Depart 10:45am, return to Simsbury 2:00pm. *Lunch on your own.*

Monday, April 25 - Buckland Hills Mall & Christmas Tree Shop
 (Departure and return time to be determined)

The Farmington Valley Travelers

For more information on any of these trips, contact Jackie Maselek, Trip Coordinator at (860) 805-5511 or meet with her here at the Simsbury Senior Center on April 7 @ 2:00pm. Trip flyers are available at The Senior Center.

2016 Trips

Maple Sugar Madness - Deerfield, MA

April 12, 2016

Guided tour of Maple Syrup process, explore Kringle Candle, lunch at historic Deer Field Inn.

Springtime in Vermont

May 17-19, 2016

Stay at Lake Morey Resort for 2 nights

Plymouth, MA

June 7, 2016

Harbor Tour on the Pilgrim Bell; authentic paddlewheel, lunch at Isaac's

Canadian/New England Cruise

July 15 -23, 2016

9 day & 8 nights

Newport Playhouse

July 25, 2016

Showing Unnecessary Force & Cabaret show followed by a great lobster feast menu

Bethlehem and Lancaster, PA

August 8-10, 2016

Saints & Sinners Tour; Saints: see Samson, at Sights and sounds, Sinners: at Sands Casino Resort

Lunch Menu

Lunch @ Eno — Wednesdays

Lunch is served at 12:00 noon. Please make your payment at the time of your reservation. Remember to sign up for lunch the Friday before, by noon!

All meals include bread/rolls, hot & cold beverages, and dessert!

Simsbury residents age 50 and over: \$3.00 - Non residents, and Simsbury residents under age 50: \$4.00



Turkey Cutlet in Mushroom Cream Sauce, Roasted Potatoes, Broccoli, Apple Cake.....	March 2
Vegetable and Cheese Lasagna, Tossed Salad, Brownie	March 9
BBQ Beef Brisket, Boiled Red Potatoes, Carrots, Strawberry Shortcake.....	March 16
Chicken Parmesan with Pasta, Spinach, Peach Crisp.....	March 23
Baked Meatloaf, Mashed Potatoes, Zucchini, Cookie Bar.....	March 30
Turkey Cutlet in Mushroom Cream Sauce, Roasted Potatoes, Broccoli, Apple Cake.....	April 6
Vegetable and Cheese Lasagna, Tossed Salad, Brownie	April 13
BBQ Beef Brisket, Boiled Red Potatoes, Carrots, Strawberry Shortcake.....	April 20
Chicken Parmesan with Pasta, Spinach, Peach Crisp.....	April 27

TED Talks at The Senior Center

Video presentations followed by a facilitated discussion with
Sandee Fleet from The Farmington Valley VNA.

TED (Technology, Education and Design) is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics in more than 100 languages.

Monday, March 14, 2:00pm to 3:00pm Monica Lewinsky - The Price of Shame

Monica Lewinsky talks about the kind of online public shaming she went through, how it has become constant and can turn deadly. In a brave talk, she takes a hard look at our online culture of humiliation, and asks for a different way.

Monday, April 18 2:00pm to 3:00pm Paul Greenberg - The 4 Fish We're Overeating and What to Eat Instead

The way we fish for popular seafood such as salmon, tuna and shrimp is threatening to ruin our oceans. Paul Greenberg explores the sheer size and irrationality of the seafood economy, and suggests specific ways we can change it, to benefit both the natural world and the people who depend on fishing for their livelihoods.

Free, sign up by the Thursday before.



Jewelry Making Workshops

Learn to make earrings, bracelets, and necklaces with many different types of beads—glass, plastic, metal, semi-precious, etc. Instructor will supply all tools.

Monday, March 14 and April 11

10:00am - 3:00pm

\$5.00 per class (plus the cost of supplies)

Spring Bingo and Dinner



Bring your luck and share a fun evening of dinner and bingo here at the Senior Center. Great prizes!

Monday, March 21

4:30pm to 6:30pm

\$4.00, sign up by March 17

Intonations



This choral group, under the direction of Greg Babal from The Hartt School, enjoys singing together with performances at local venues. New members are always welcome.

Wednesdays 10:00am - 12:00pm

March 30th - June 1st (10 Weeks)

Cost - \$25.00

Coloring Club



Express your creativity with coloring books made specifically for adults..

While mindful or adult coloring is reminiscent of childhood coloring with crayons or colored pencils the subject matter is more sophisticated with designs ranging from cityscapes and gardens to flowers, wildlife and more.

All Supplies will be provided or bring your own.

Thursdays, 1:30 to 2:30pm

Free, drop in

Volunteers Needed to Fight Scammers

The Senior Medicare Patrol (SMP) program is looking for volunteers to be trained to educate seniors how to PROTECT their personal identity, DETECT potential errors, fraud, and abuse and how to REPORT it! The next SMP Training will be held on Thursday April 28th from 10 a.m. to 3:00 p.m. at North Central Area Agency on Aging (NCAAA), 151 New Park Ave., Hartford.

Participants for this training must complete a personal interview by 4/12 in order to attend this training.

Contact Carol Walsh, Senior Medicare Patrol Volunteer Coordinator, carol.walsh@ncaaact.org, or phone (860)724-6443 ext. 271. To learn more please visit www.smpresource.org and www.ncaaact.org

Medicare Questions Answered

At no cost to those interested, Jerry Lintner, licensed insurance representative, will confidentially meet with you to answer your questions about Medicare coverage, maximizing retirement income, and changes in Social Security.

Every Wednesday from 1:30pm to 2:30pm in the Senior Center Blue Room.

No appointment necessary.

AARP Tax Aide

Trained volunteers will prepare and electronically file both federal and state tax returns free of charge.

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

Appointments are available on Thursdays, through April 7, between the hours of 10:00am and 3:00pm.

Call the Senior Center to make your appointment.

*You can now register for most programs on our website:
simsbury-ct.gov/senior-center*

Casino Trips ... Notable notes

Mohegan Sun Casino

Monday, April 11



Bus will depart at 8:30am, and return to Simsbury approximately 5:00pm.

Cost: Advanced registration-\$23.00, Same day registration-\$30.00.

Includes round trip motor coach transportation, a \$15.00 voucher for food, and a \$20.00 bet.

Important information for Casino Trip participants:

- ◆ Bonuses are determined by the casino and as such are subject to change without notice.
- ◆ Participants must complete and carry an emergency medical card. (Cards are available from the trip leader)
- ◆ Unfortunately, we cannot offer refunds.
- ◆ Advanced registration must be made at least one (1) business day before the trip.

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 not in session, tune to WFSB, WTNH, NBC30 or check their websites.

Notable Notes!

Aging & Disability Commission Meetings are held the 3rd Tuesday of the month at 7:00 pm in Eno Memorial Hall, Youth Room. Everyone is welcome! **Meeting Dates: 3/15 and 4/19.**

Handicapped Parking Applications ... are available at the Senior Center office.

CHOICES (Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening). A counselor will be available for one on one appointments. 3/8, 3/18, 3/22 and 4/12, 4/15, 4/26.

Copy Machine Staff in the Senior Center can make copies of medical, legal or financial documents at no charge.

Movies at the Library The Simsbury Public Library will be showing movies every Friday at 1:00 pm in the Program Room. Monthly movie schedules are available in the Senior Center Office.

Senior Center Lending Library The Senior Center has a wide assortment of books, (including large print) for our members to borrow!

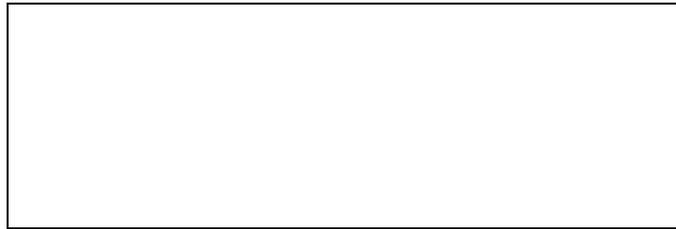
Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

Privacy Policy The Senior Center **does not give out Personal Information on any of its members, staff, or instructors.** *We thank you for understanding.*



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

PRESORTED STANDARD
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Senior Center Fitness Room

Available for you to use Mondays from 8:30am until 6:30pm, Tuesday through Thursday 8:30am until 4:00pm and Fridays 8:30am until 12:30pm. Membership Fees: \$50/year or \$6.00/month. A note from your physician and an orientation from our personal trainer are required before signing up.

The Simsbury Senior Center strives to be a welcoming center that acknowledges and respects the diversity of our members and guests - a diversity which includes differences in sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

Senior Center Cancellation Policy

TRIPS: There will be no refunds or credits on trips once a payment has been received unless a replacement can be found.

LUNCH@ENO: Requests for credit should be made by the Friday before, by 12:00 noon.

ALL OTHER PROGRAMS/CLASSES:

Requests for credit should be made 7 days prior to the start date or event date.



Please see the enclosed insert for additional Senior Center programs and Social Services information.

Help us Save on Postage.....You now have the option to pick up your newsletter at the Senior Center. The next Newsletter will be available for pick-up on Tuesday, April 19.