



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

Hours: Monday: 8:30 am— 7:00 pm
Tuesday—Thursday: 8:30 am— 4:30 pm
Friday: 8:30 am— 1:00 pm
Contact Us: Senior Center Phone: (860) 658-3273
Social Services Office Phone: (860) 658-3283
Fax: (860) 408-7046

The Senior Communicator



May - June 2016

Older Americans Month is an annual event dating back to 1963, when President John F. Kennedy designated May as Senior Citizens Month. It was later renamed Older Americans Month, honoring older Americans and celebrating their contributions to our communities and our nation. This year's theme is "Blaze a Trail," acknowledging the perennial contributions of older adults to our nation and celebrating how older adults take charge of their health, get engaged in their communities, and make a positive impact in the lives of others.



Art Show!
Senior Citizen Night at Simsbury HS
Join us for a wonderful evening featuring the work of many talented student artists!

Wednesday, May 25th Dinner ~ 5:30 pm Art Show ~ 6:30 pm
Free ... sign up by May 20th

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

Martha Hillemeir,
Senior Center Assistant

Mickey Lecours-Beck,
Director of Social Services

Charlotte Barth,
Social Services Aide

Carolyn Krystiniak,
Elderly Outreach Coordinator

Inside this issue:	
Fitness and Health	Pages 2, 3
Classes, Clubs & Learning	Pages 4, 5
Lunch Menu	Pages 7
Trips	Pages 6, 9
Social Services	Page 5

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

Fridays

9:00-10:00am

continuing until 6/10 9 classes
(no class 5/27) \$36.00

Cardio Blast Exercise

Traditional aerobics to music you love!

Instructors:

Mondays & Fridays - Mary Root
Wednesdays - Marie Burman

Mondays 12:00-1:00 pm

5/2-6/27 - 8 classes \$20.00

(no class 5/30)

Wednesdays 12:00-1:00 pm

5/11 - 6/29 - 8 classes \$20

Fridays 11:50 am-12:50 pm

5/6-6/24 - 8 classes \$20

(no class 6/3)

\$4.00/drop-in fee

Balanced Bodies Exercise

Focuses on balance and stability.

Instructors:

Mondays - Mary Root
Wednesdays - Marie Burman
1:00pm-2:00pm

Mondays - \$20

5/2-6/27 - 8 classes

Wednesdays - \$20

5/11 - 6/29 - 8 classes

\$4.00/drop-in fee

Tai Chi

Gentle and beneficial for gaining flexibility & improving balance.

Instructor: Ken Zaborowski

Tuesdays & Fridays

Intermediate 10:15am-11:00am

Beginner 11:05am-11:50am

5/3-6/24

16 classes \$72.00

\$6.00/drop-in fee

Perfect Fit Exercise

Low-impact aerobics, strength training, and Pilates.

Instructor: Susan Rubenstein

9:15am-10:15am

Mondays

continuing until 6/20 - 9 classes

\$36.00 (no class 5/23, 5/30)

Wednesdays

continuing until 6/15 - 9 classes

\$36.00 (no Class 5/25, 6/1)

\$5.50/drop-in fee

Interval Training

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

Instructor: Mary Root

Thursdays 5/5-6/30

9:00am-9:45am

\$20.00 - 8 classes

(no class 6/2)

\$4.00/drop-in fee

Yoga

Mixed-level, traditional style yoga.

Instructor: Susan Rubenstein

10:30am-11:30 am

Mondays - \$58.50

continuing until 6/20 - 9 classes

(no Class 5/23, 5/30)

Wednesdays - \$58.50

continuing until -6/15 - 9 classes

(no class 5/25, 6/1)

\$8.00/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 - \$22.50

5/3 - 6/28 - 9 classes

\$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

continuing until -- 5/19

8 classes - \$52.00

\$8.00/drop in fee



Senior Center Fitness Room

Open Monday (8:30am - 6:30pm), Tuesday - Thursday (8:30am - 4pm) and Friday (8:30am - 12:30pm).

Fees: \$50/year or \$6/month.

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

◆ *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
May 3rd, 10th & 17th - 3 classes
\$19.50 for all three ...

\$8.00/drop in fee



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 appointments are available twice a month at the senior center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage. **May 3rd & May 24th and June 7th & June 28th.** 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.

Massage

Make your appointment for a 15-minute massage!

1st and 3rd Wednesdays: 5/4, 5/18, 6/1, 6/15

Appointments start at 10:00 am - **Cost: \$10**



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, May 24th and June 28th

Make your appointment through the Senior Center.

(Appointments start at 10:00am)

Pickleball @ the YMCA thru May 26th

Mondays & Thursdays 11:30am-2:00pm
Gymnasium (Please sign in at Member Services)

\$3.00 per day/Members Free

Program Committee Meeting

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

Tuesday, May 10th 10:00am



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

Free, sign up through the Senior Center.

Tour of The Simsbury Library Children's Room and Lunch

Thursday, May 5

11:30 am - Welcome and Tour, 12:00 - Lunch

Free - Sign up by May 2nd

Vision Support Group

A monthly support group for individuals affected by all stages of vision loss. This group will address assistive technologies and strategies for managing daily activities and will offer an opportunity to share experiences, information and encouragement.

May 13th and June 10th at 10:00 am



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, drop-in

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

Life History Writing Workshop

No writing experience required.

Tuesdays 10:30am - 12:00 pm

continuing through 5/17 - 6 sessions

\$48.00

Instructor - Jeanne LaPierre



Cardmaking Group

Create your own greeting cards for those special occasions! No experience necessary ...
easy to learn and lots of fun!

Wednesday, May 8 10-11:30 am

Free ... please sign up by May 6

Investment Club

This group enjoys researching and buying stocks.

May 11th & June 8th 2:00pm-4:00 pm

FREE, drop in

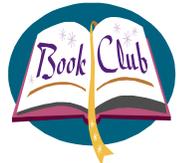
Book Club

Wednesday, May 25th @ 2 pm

"Fences" (F). a play by August Wilson

Wednesday, June 22nd @ 2 pm TBA

Please sign up in advance.



Ceramics



Tuesdays: 10:00am-2:30pm

5/3 - 6/28 - 9 classes - \$22.50

\$4.00/drop-in fee

One-on-One Computer Help!

Did you get a new iPhone or iPad for Christmas and not sure how to get the most out of it?
Do you have questions about how to use your laptop?

Thursdays, beginning June 2

by appointment, 1:30-2:30 pm in the Senior Center

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, June 23 9:00am-1:00pm

\$15.00 for Members, \$20.00 for Non-Members

Payment should be made the day of the course.



The Senior Center will be closed Monday, May 30th in observance of Memorial Day

Food, Learning, and Fun!



Monday Suppers!

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

May 2nd - Macaroni & Cheese

June 6th - Chicken Cacciatore

Dessert & Beverage included!

Cost: \$4.00

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

Guiding Eyes For The Blind, with Puppy Raiser Betty and her dog Claire

Guiding Eyes is a 501(c)(3) nonprofit providing superbly bred and trained guide dogs. Since its inception, the organization has grown to be one of the foremost guide dog schools in the world, known for its accredited training programs and lifetime commitment to its graduating teams. Simsbury resident Betty Goldfarb will share her experience raising puppies. Thursday, June 2 - 1:00 pm to 2:00pm *Free, please sign up.*

SOCIAL SERVICE PROGRAMS

860 658-3283 Phone / 860 408-7046 Fax

Renter's Rebate Program We will begin accepting applications on May 2, 2016. The program application deadline is October 1st. Applicants must be at least 65 years of age, or be totally disabled – with proof of disability, as of 12/31/15. Maximum income for a couple is \$42,900; and for a single individual is \$35,200. Please call for more information and to schedule an appointment.

Cheese Day Fresh fruits, vegetables, meat and dairy items are given out on the **FOURTH** Wednesday of each month for those eligible for the program. Next Cheese Dates: **5/25/16, 6/22/16**

SNAP (formerly Food Stamps) We have partnered with FoodShare to provide application assistance on the first Monday and third Friday of each month at Eno Hall. The volunteers will submit your application to the state for processing. Documentation is required. Call us for further information or to schedule an appointment. Next SNAP dates: **May 2nd, May 20th, June 6th & June 17th.**

Mobile FoodShare Van The Mobile FoodShare van will be at the First Church of Christ parking lot, 689 Hopmeadow Street, at 1:15 PM on alternating Mondays. Eligible residents will pick up donated fruits and vegetables. A schedule, including Avon and Granby dates, can be obtained at our Office. Dates for Simsbury are: **May 9th, May 23rd, June 6th and June 20th.**

Bread Day Every Tuesday after 9:00 AM breads and bakery items are available in the Rotunda. Donations are provided by Panera Restaurant, Brookside Bagels, and Fitzgerald's Foods.

Food Closet The Food Closet can provide non-perishable items to income eligible residents. Donations are always welcome to keep our shelves stocked.

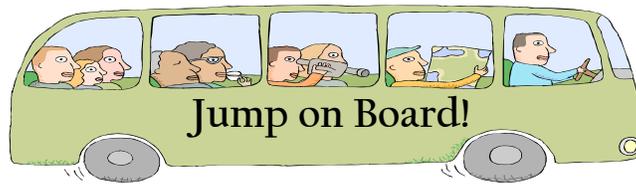
Dial-A-Ride The Dial-A-Ride service is available to Simsbury residents 60 years or older or residents with disabilities. The Dial-A-Ride pass is available at an annual cost of \$25 for an individual and \$35 for a couple. The pass allows you to use the Dial-A-Ride service, out-of-town medical transportation, and Jump On Board Senior Center trips, for one year. Passes can be obtained at the Social Services Office.

Notary Services The Secretary at the Social Services office is a Notary Public, and will notarize your documents, free of charge. Please call for availability.

Trips

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

Registration for trips begins on April 26



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

Wednesday, May 11

Travelers Chorale Concert at The Bushnell

Depart 6:00 pm, concert at 7:30 pm, return to Simsbury at 9:30pm.

In lieu of concert admission, please bring a nonperishable food item

Monday, May 16

Westfarms Mall (Departure and return time to be determined)

Saturday, June 4

Lunch at Vito's By The Water (Windsor), visit to the Luddy/Taylor Connecticut Valley Tobacco Museum

Depart 11:30am, return to Simsbury 4:00pm. *Lunch on your own.*

Monday, June 27

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

Springtime in Vermont May 17-19, 2016.....Stay at Lake Morey Resort for 2 nts

Plymouth, MA June 7, 2016Harbor Tour on the Pilgrim Bell; authentic paddlewheel, lunch at Isaac's

Canadian/New England Cruise July 15 -23, 20169 days & 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, 2016Saints & Sinners Tour; Saints: see Samson, at Sights and Sounds, Sinners: at Sands Casino Resort

Gloucester Harbor, MA September 13, 2016Beauport Princess Buffet Lunch Cruise

New Hampshire & Maine Fall Foliage October 6-7, 2016

Saturday Night Fever at Westchester Theatre November 2, 2016 Pre-Show Lunch

Great Trip for 2017!!! River Cruising on the American Empress Paddle Wheeler July 16-24, 2017
 (leaving from Spokane, Washington)



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

Tuscan Herb Cod, Roasted Potatoes, Green Beans, Cookie Bar.....	May 4
Turkey Cutlet with Gravy, Cornbread Stuffing, Broccoli, Apple Cake.....	May 11
Homemade Meat Lasagna, Tossed Salad, Apricot Bar	May 18
Pot Roast with Gravy, Red Potatoes, Carrots, Gingerbread Cake.....	May 25
Chicken Parmesan with Pasta, Asparagus , Peach Cobbler.....	June 1
Tuscan Herb Cod, Roasted Potatoes, Green Beans, Cookie Bar.....	June 8
Turkey Cutlet with Gravy, Cornbread Stuffing, Broccoli, Apple Cake.....	June 15
Homemade Meat Lasagna, Tossed Salad, Apricot Bar	June 22
Pot Roast with Gravy, Red Potatoes, Carrots, Gingerbread Cake.....	June 29

Nikki DeRosa, Registered Dietician from ShopRite of Canton will be back for 2 classes!

Delicious Smoothies

Monday, May 23 - 2:00 to 3:00pm Free, sign up by May 19

She'll be making a few different smoothie recipes for you to sample, while stressing the importance of eating breakfast and including enough fruits and vegetables into your diet!

Focusing on Fats and Sugars

Thursday, June 23 - 1:30 to 2:30pm Free, sign up by June 20

TED Talks at The Senior Center

Video presentations followed by a facilitated discussion.

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, May 16, 2:00pm to 3:00pm Lisa Nip - How Humans Could Evolve To Survive In Space

If we hope to one day leave Earth and explore the universe, our bodies are going to have to get a lot better at surviving the harsh conditions of space. Using synthetic biology, Lisa Nip hopes to harness special powers from microbes on Earth — such as the ability to withstand radiation — to make humans more fit for exploring space.

Monday, June 20, 2:00pm to 3:00pm BJ Miller - What Really Matters At The End Of Life

At the end of our lives, what do we most wish for? For many, it's simply comfort, respect, love. BJ Miller is a palliative care physician at Zen Hospice Project who thinks deeply about how to create a dignified, graceful end of life for his patients. Take the time to savor this moving talk, which asks big questions about how we think on death and honor life.

Free, sign up by the Thursday before.



New Pickleball Courts at Tariffville Park!
Ready **June 1st**, these brand-new Pickleball Courts are free to use, contact the Senior Center for information.

Jewelry Making Workshop

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, May 9th 10:00am - 3:00pm
\$5.00 per class (plus the cost of supplies)

Souper Tuesday

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

Tuesday, May 10th - 5th graders from Tariffville School will be joining us!
Tuesday, June 14th 12:00pm to 1:00pm
FREE, sign up by the Tuesday before.



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

Spring Bingo and Dinner



Bring your luck and share a fun evening of dinner (sandwich wraps and salad) and bingo here at the Senior Center. Great prizes! **Monday, May 9th - 4:30pm to 6:30pm**
\$4.00, sign up by May 5th

Dinner and Piano Recital

The students of local musician and composer, Julie Hall will be back again to perform for us here at Eno Hall Auditorium. Dinner will be served in the Blue Room.

Monday, June 13

5:30pm-Dinner

6:30pm-Recital

Cost-\$3.00

Sign up by June 3



Pancake Breakfast



The Simsbury Fire Departments will be hosting a **pancake breakfast** for Simsbury Seniors at their Main Firehouse, 871 Hopmeadow Street.

Breakfast includes pancakes, sausage, juice and coffee.

Thursday May 19th , 9:00 am

FREE, but reservations are necessary.

Sign up through the Senior Center by May 12th

It must be Spring ... Bocce is Back!

Tuesdays at 10 am, beginning on May 17th (weather permitting)



Join us on our beautiful court on the south lawn - Free!
Bring a lawn chair if you have one!



+



=

FUN!

*** Featuring 'Make-Your-Own Sundaes' ***

\$3.00 - Thursday, June 16th - 1-3:30
sign up by Monday, June 13

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

Casino Trips ... Notable notes

Mohegan Sun Casino

Monday, May 23rd & Monday, June 20th

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.

Aging and Disability Commission Forum, Tuesday, June 14th

Please come and share your comments on the level of services provided by the Town of Simsbury, as well as any additional services you would like to see the town provide.

1:00-2:30 pm in the Old Court Room

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: 5/17 and 6/21.

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. 5/20, 5/24 and 6/14, 6/17, 6/28.

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!

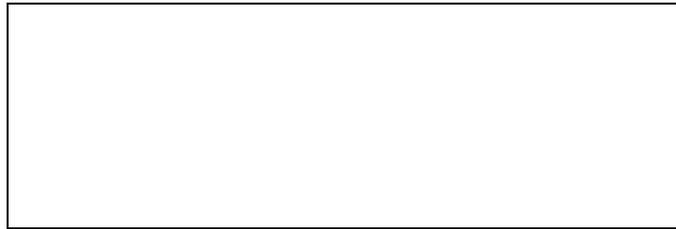
Postage Stamps For your convenience, the Senior Center offers single stamps for sale.

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
US POSTAGE PAID
AVON CT
PERMIT NO 444



Coming in July and August

Friday, July 8th: Annual Patriotic Picnic and Movie

Thursday, July 28th: Growing Up In Connecticut
(presented by The Connecticut Historical Society)

Thursday, August 11th: Summer Concert at the Senior Center

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, June 21st.

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.

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.