



## Simsbury Senior Center/Community & Social Services Eno Memorial Hall

754 Hopmeadow Street, Simsbury, CT 06070

(860) 658-3273 (Senior Center) [simsbury-ct.gov/senior-center](http://simsbury-ct.gov/senior-center)

(860) 658-3283 (Social Services) [simsbury-ct.gov/social-services](http://simsbury-ct.gov/social-services)

# The Senior Communicator

January - February, 2024



### Intergenerational Indoor Tailgate Party UConn Women vs. St. Johns

**Sunday, February 4**

**Doors open at 2:30 p.m.**

**Game at 3:00 p.m.**

**Simsbury Public Library**

**Friends Program Room**

Free

*\*Register with the Senior Center or Library  
by Feb. 1.*

The Senior Center and Public Library are cosponsoring an Indoor Tailgate Party for the UConn Women's Basketball game against St. Johns on Sunday, February 4. The party will begin at 2:30 p.m. with the Huskies game shown live on the big screen starting at 3:00 p.m.

Pizza, snacks, desserts and drinks will be served.

*If you have a Dial-A-Ride pass and need transportation, please call the Senior Center.*

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. The Simsbury Senior Center welcomes all members of the diverse and growing older adult population, (age 50 and over), their families and friends.

### Valentine's Chocolate Tasting & Movie: "The Proposal"

**Friday, February 9; 12:30-3:00 p.m.**

**Simsbury Public Library**

**Friends Program Room**

Free; *Register with the Senior Center or Library by Feb. 7.*

**12:30:** Chocolate tasting

**1:00:** Movie

Faced with deportation to her native Canada, high-powered book editor Margaret Tate says she's engaged to marry Andrew Paxton, her hapless assistant. Andrew agrees to the charade, but imposes a few conditions of his own, including flying to Alaska to meet his eccentric family. With a suspicious immigration official always lurking nearby, Margaret and Andrew must stick to their wedding plan despite numerous mishaps. The film stars Sandra Bullock and Ryan Reynolds with Malin Akerman, Craig T. Nelson, Mary Steenburgen and Betty White in supporting roles.

PG- 13, 1 hour 48 minutes



**Kathleen Marschall**

Senior Center Coordinator

**Karen Haberlin**

Senior Center Assistant

**Kristen Formanek**

Director of Community & Social Services

**Rachael Loveland**

Community Social Worker

**Erika Cleveland**

Family & Youth Social Worker


**Ann Marie Grella**

Coordinator of Elderly Outreach

**Dana Olson**

Social Services Assistant

VIRTUAL TOURS NOW AVAILABLE!



# EXPLORE

The New Standard in Senior Living.

MONTH-TO-MONTH RENTAL OPTIONS. CALL 860-317-0032!  
 ANTHOLOGY OF SIMSBURY / 142 Cooper Ave / Simsbury, CT 06089 / AnthologySeniorLiving.com

### LISTEN, LEARN & LEAVE

Medicare Made Perfectly Clear Master Class

At the Simsbury Senior Center  
Private Appointments Available

PRESENTED BY PEGGY GORHAM,  
INSURANCE PROFESSIONAL




Turning 65  
 Over the age of 65  
 Retiring

Just simply want to know how to pick the right plan every year?  
This class is for you.

**CALL TODAY TO REGISTER**

**860-379-6700 X405**

**WWW.ROBERSONTIERNEY.COM**



**Assisted Living & Memory Care Communities Offer**

- \* Supportive Services & Care
- \* Engaging Programs & Socialization
- \* Housekeeping, Maintenance, Laundry
- \* Transportation Services
- \* Well-Balanced Meals
- \* Safety, Security & MOST OF ALL, PEACE OF MIND


If you're ready to learn more about Assisted Living, call us to offer a NO-COST, local, hands on placement and referral service throughout Northern CT and Western MA. (413) 329-6730 \* KatieK@AssistedLivingLocators.com



## SIMSBURY CEMETERY

- LOCATED IN SIMSBURY CENTER OFF HOPMEADOW STREET
- NO RESIDENCY REQUIREMENT
- NON-DENOMINATIONAL

www.simsburycemetery.com  
 Email: office@simsburycemetery.com  
 Phone: (860) 408-9077




**Farmington Valley Visiting Nurse Association**

8 Old Mill Lane Simsbury CT 06070  
 860-651-3539 - farmingtonvalleyvna.org

*Serving the Greater Farmington Valley for over 110 years*

- Skilled Nursing
- Hospice
- Home Health Aides
- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

### Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

**AD CREATOR STUDIO**




[ipicommunities.com/adcreator](http://ipicommunities.com/adcreator)

## NEVER MISS OUR NEWSLETTER!

**SUBSCRIBE**

Have our newsletter emailed to you.



Visit [www.mycommunityonline.com](http://www.mycommunityonline.com)



**Solinsky Hearing Center**

*Your Partner in Hearing Healthcare*

- Free hearing evaluation & consultations
- Tailored hearing aid fittings and repair
- Accepts all major insurance policies
- Cochlear Implant provider
- Ear wax management

**(860) 236-9000 - www.solinskyhearing.com**

## LET'S GROW YOUR BUSINESS

### Advertise in our Newsletter!

**CONTACT ME Bill Humphreys**

bhumphreys@ipicommunities.com • (800) 477-4574 x6634

## Take a Tour

*Hosted by Arden Courts*

JOIN US TO TAKE A PEEK INSIDE ARDEN COURTS!

100 Fisher Drive  
 Avon, CT 06001  
**860-678-7500**

45 South Road  
 Farmington, CT 06032  
**860-677-4060**



**ARDEN COURTS**  
 PROMEDICA MEMORY CARE

© 2023 ProMedica Health System, Inc., or its affiliates arden-courts.org

# SUPPORT OUR ADVERTISERS!

## LIFELONG LEARNING & EVENTS

To register for programs please visit [www.simsburyseniors.com](http://www.simsburyseniors.com), call (860) 658-3273, or email [khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).



### Music in the Afternoon

#### Flute & Piano Concert

Sunday, January 7, 2:00 - 3:00 p.m.

Simsbury Public Library, Friends Program Room

Free; \*Register with the Senior Center or Library by Jan. 4

Janet Stodd (flute and alto flute), Michael Yachanin (piano), Jordan Brint (bass) and Dan Volpe (percussion) will be performing "The Best of Bolling" and will include selections from Suite No. 1 and Suite No. 2 for Flute and Jazz Piano by Claude Bolling. Their presentation features two contemporary composers from Europe: Frenchman Claude Bolling and John Rutter of England. Claude Bolling was a remarkable composer/jazz pianist born in Cannes in the early 20th century and passing recently in 2020. Bolling was a major part of the traditional jazz revival in the late 1960s and became good friends with Oscar Peterson in the process. Bolling's Suite for Jazz Flute premiered in 1975 and the Columbia record featuring flute virtuoso Jean-Pierre Rampal took the US by storm. It remained on the Billboard top 40 list for almost ten years!

### Paul Bisaccia: 100th Anniversary of Rhapsody in Blue

Sunday, February 11, 2:00 - 3:30 p.m.

Simsbury Public Library, Friends Program Room

Free; \*Register with the Senior Center or Library by Feb. 8

February 2024 marks the 100th anniversary of Gershwin's Rhapsody in Blue, and we can think of no better pianist to ring in this celebration than Paul Bisaccia, the first artist to record the complete solo piano music of Gershwin. Paul has performed concerts on four continents. His vast repertoire includes the great piano classics as well as the complete solo piano music of George Gershwin. His PBS television special, Gershwin by Bisaccia, has been broadcast throughout the U.S. and seen by millions. Bisaccia has given master classes at Colby College in Maine and has lectured at Trinity College in Hartford. He is currently a piano instructor at Trinity College and also teaches privately on his vintage 1926 Steinway at his studio in the Asylum Hill neighborhood in Hartford.



### For All Ages

#### Tea at 3

#### Community

#### Information Session

Tuesday, January 30

1:30-2:00 p.m.

Old Court Room

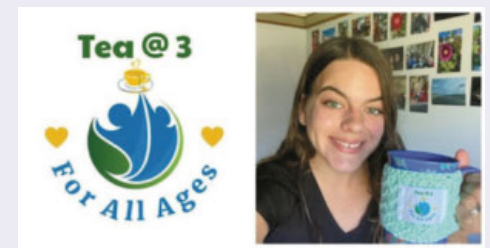
Free

Register by Jan. 26

Join Deb Bibbins to learn how you can participate in For All Ages' free Tea @ 3 Community and have the opportunity to sign up in person.

This innovative intergenerational friendship community connects you with a college student for a weekly phone call.

You'll learn how the program works, how you'll be matched with your 'Tea-Mate,' and what is included in your free welcome kit. Deb will answer questions and assist if you'd like to sign up to participate.



### DID YOU KNOW?

The Senior Center issues **Simsbury Public Schools VIP Passes** to residents age 65 and older. The pass entitles the bearer to free admission to athletic events, theater performances, concerts and other special events at Simsbury Public Schools. Exemptions include CIAC athletic tournaments and SHS Dinner Theater.



### iPhone/iPad Tutoring

Wednesdays, Jan. 10, 24 & Feb. 14, 28, Old Court Room

1:00 p.m., 2:00 p.m. & 3:00 p.m. Appointments

Need help with your iPhone or iPad? Our tutor, Chris, offers free one-on-one lessons. These popular appointments last one hour.

Please call the Senior Center for an appointment at

(860) 658-3273.



## FITNESS CLASSES



All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant has a complete physical examination before participating in any physical activity. Register online at [www.simsburyseniors.com](http://www.simsburyseniors.com), by calling the Senior Center at (860) 658-3273, or by email at [khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).

### Perfect Fit

Low-impact aerobics, strength training and Pilates.

**Instructor:** Susan Rubenstein  
9:15-10:15 a.m.

### Mondays on Zoom

Jan. 8 - Feb. 12  
(No class 1/15)  
5 classes for \$25

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Jan. 3 - Feb. 21  
8 classes for \$40  
Drop-In: \$10

### Yoga

A great class to help de-stress before your busy day.

**Instructor:** Susan Rubenstein  
10:30-11:30 a.m.

### Mondays on Zoom

Jan. 8 - Feb. 12  
(No class 1/15)  
5 classes for \$37.50

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Jan. 3 - Feb. 21  
8 classes for \$60  
Drop-In: \$10

### Tai Chi

Experience the health benefits of the gentle art of Tai Chi, which aids in gaining flexibility and improving balance. Both Beginner and Intermediate levels are offered.

**Instructor:** Ken Zaborowski  
**Auditorium**

### Tuesdays @ Eno

Jan. 9 - Feb. 27  
**Intermediate** 9:00-9:45 a.m.  
**Beginner** 10:00-10:45 a.m.  
8 classes for \$36; Drop-In: \$6

### Thursdays @ Eno

Jan. 18 - Feb. 29  
**Beginner** 10:00-10:45 a.m.  
8 classes for \$36; Drop-In: \$6

### Stronger with Strength Zoom

This class offers an effective combination of strength training, core work, balance and a complete stretch.

**Instructor:** Susan Rubenstein  
9:00-10:00 a.m.

### Fridays on Zoom

Jan. 5 - Feb. 23  
8 classes for \$40

### Chair Yoga

Yoga can improve strength, flexibility and endurance, and manage inflammation, arthritis and pain. This class is perfect for offering chair support for people with knee and back discomfort.

**Instructor:** Susan Rubenstein  
11:00-11:50 a.m.

**South Conference Room**

### Tuesdays @ Eno & Zoom

Jan. 2 - Feb. 20  
8 classes for \$60; Drop-In: \$10

### Thursdays @ Eno & Zoom

Jan. 4 - Feb. 22  
8 classes for \$60; Drop-In: \$10

### DON'T FORGET!

**Zoom** classes will still take place even if Simsbury schools are cancelled due to inclement weather.

### Inclement Weather Policy

If Simsbury public **schools** are canceled, all in-person, day and evening classes and programs are canceled at the Senior Center. If school is delayed, classes and programs run on their regular schedule unless we contact you. If schools are on vacation, tune to WFSB, WTNH, NBC30 or check their web sites. Every effort is made to make up programs canceled due to weather. ❄️



## FITNESS CLASSES, NEWS & MORE



To register for programs please visit [www.simsburyseniors.com](http://www.simsburyseniors.com), call (860) 658-3273, or email [khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).

### Every Body's Exercise

This 60-minute class combines strength training, cardio and balance exercises for a complete workout. Class can be done either seated or standing.

**Instructor:** Mary Root; **Auditorium**

**Tuesdays, Jan. 16 - Feb. 27**

12:15-1:15 p.m.

7 classes for \$21; \$4.50 Drop-In



**Thursdays, Jan. 4 - Feb. 29**

12:00-1:00 p.m.

10 classes for \$30; \$4.50 Drop-In

### Line Dancing



With great camaraderie and no need for a partner, this 60-minute class is a wonderful way to stay healthy. Regular line dancing may increase flexibility, strength and lung capacity, and lead to an improvement in bone health, balance and coordination.

**Instructor:** Mary Root; **Auditorium**

**Beginner Line Dancing: Mondays, Jan. 8 - Feb. 26**

(No class 1/15 & 2/19)

1:00-2:00 p.m.

6 classes for \$18; \$4.50 Drop-In

**Line Dancing: Wednesdays, Jan. 10 - Feb. 28**

2:30-3:30 p.m.

8 classes for \$24; \$4.50 Drop-In

### Welcome New Staff!

Please join us in welcoming **Ann Marie Grella**, our new Coordinator of Elderly Outreach. Ann Marie is a life-long resident of Simsbury. She holds a Master's Degree and spent the last fifteen years of her career in the medical field. She enjoys swimming, walking and hiking. She is married and both she and her husband, Joe, love to cook for friends and family.

Ann Marie especially loves to bake!

We are very happy to announce **Anja Smith** has joined Mark in the kitchen as our new Café Coordinator! Anja lives in town with her husband, two girls and their dog. Most recently, she was a project manager and a health coach. She looks forward to connecting with, becoming a part of, and being of service to the community.

### Veterans Outreach Assistance

**Wednesdays, Jan. 10 & 24, Feb. 14 & 28**

**9:30 a.m. - 2:00 p.m.**

**Simsbury Public Library**

**Barnes Conference Room (Lower Level)**

William Muhl, Veterans Service Officer, **Connecticut Department of Veterans Affairs** will be available for open office hours to assist veterans with filling out any required paperwork and answer questions you may have concerning your military service.

*No appointment is necessary.*

### AARP TAX AIDE

AARP Tax assistance is being offered this year at the Simsbury Library. All appointments will be in person and offered on **Tuesdays** and **Thursdays** beginning **February 15**.

- ◆ You will be asked to organize and bring your tax documents along with forms (available at the Senior Center) to be completed in advance.
- ◆ To reduce exposure, once your tax documents have been reviewed by the AARP tax counselor you may be asked to wait in another area of the library.
- ◆ Mask requirements and social distancing will follow the rules established by the Simsbury Library and AARP.
- ◆ Your return will be completed during the 90-minute appointment and you will be provided with a copy of the completed return.

*Please make an appointment by calling the Senior Center at (860) 658-3273.*





## HEALTH & WELLNESS




### Have Old Meds?


Throw away all your expired medications, as well as those that have lost their labels, or changed in odor or appearance. Simsbury residents may dispose of their medication safely and anonymously for free in a drop box at Simsbury Police Department, at 933 Hopmeadow St., 24 hours a day, seven days a week.

**ITEMS NOT ACCEPTED:** Needles, lancets, pen needles, aerosol cans, bloody or infectious waste, hydrogen peroxide, IV bags or thermometers.

### Hearing Clinic

Thursday, Jan. 18 & Tuesday, Feb. 13


Old Court Room



Connecticut Hearing Center will clean and service hearing aids, perform general screenings and can schedule a full hearing test after an initial evaluation. All services are FREE. Appointments begin at **10:00 a.m.**


### Blood Pressure & Sugar Screenings

The Visiting Nurse & Hospice of Litchfield County will perform blood pressure and blood sugar screenings on **Wednesdays from 11:30 a.m. to 1:30 p.m. in the Lower Rotunda.** Appointments are not required.



### Foot Care Clinics

Tuesdays, Jan. 2, 16, 23 & Feb. 6, 20, 27



Nurses will trim and file nails, sand calluses and corns, and give a foot massage. Half-hour appointments are available between **8:30 a.m. and 2:00 p.m.**

**Cost:** \$35 cash or check payable to: **Dancing Feet**  
Please call the Senior Center for an appointment.

### Lunch & Learn:

### 5 Easy Steps to a Healthy Diet

Thursday, January 4

**12:00-12:30 p.m.: Lunch**

**12:30-1:30 p.m.: Presentation**

**Youth Room**

Free

*\*Register by Jan. 2*


Join us for a lunch and learn with Amy Woodman, a registered dietitian from Farmington Valley Nutrition and Wellness. We will enjoy a lunch of turkey and chicken wraps and fruit together, then discuss five tasty ways to eat healthier without sacrificing flavor!




*Presented by Amy Woodman, RD,  
Farmington Valley  
Nutrition and Wellness*

### Simsbury Medical Loan Locker

The Loan Locker is a local source for durable medical equipment for those in the community who are experiencing a temporary or permanent disability. Items, such as wheelchairs, walkers, canes, knee scooters and bed rails, are available free of charge to those in need. Those interested in making a donation or borrowing equipment may call 860-658-3224 or email [SimsburyLoanLocker@gmail.com](mailto:SimsburyLoanLocker@gmail.com) for more information.



### Suggestion Box



Do you have an idea or suggestion that might improve your Senior Center? The Senior Center Office now has a suggestion box. Please share your thoughts with us!



# CLUBS, CLASSES & GAMES



To register for programs please visit [www.simsburyseniors.com](http://www.simsburyseniors.com), call (860) 658-3273, or email [khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).

## Intonations

Wednesdays, Jan. 17 - Mar. 27

(No class 3/13)

10:00 a.m.—12:00 p.m.

Old Court Room

This choral group enjoys singing together and performing at local venues.

**Director:** Greg Babal

10 Classes for \$25

\$4 drop-in



## Charity Stitchers

Fridays, Jan. 5, 19 &

Feb. 2, 16

10:00 a.m.—12:00 p.m.

South Conference Room

Free

## Duplicate Bridge

Fridays, Jan. 5 - Feb. 23

9:30 a.m.—12:30 p.m.

Youth Room; Free



## Ladies of the Knockers

Tuesdays, Jan. 9 & Feb. 13

2:30—4:00 p.m. (Drop-In)

Old Court Room

Free

This group knits hand-made breast prosthetics for local breast cancer survivors.



## Scrabble

Tuesdays, Jan. 2 - Feb. 27

12:00-3:00 p.m. (Drop-In)

Blue Room; Free



## Setback

Fridays, Jan. 5 - Feb. 23

10:00 a.m.-12:00 p.m.

(Drop-In)

Blue Room; Free

## Cribbage

Tuesdays, Jan. 2 - Feb. 27

1:00—3:00 p.m. (Drop-In)

Blue Room; Free

## Senior Book Club



Book Club meets at 2:00 p.m. one Wednesday a month.

South Conference Room

Free

\*Register by Jan. 22 & Feb. 26 .

**Jan. 24:** *Life & Times of Michael K* by J.M. Coetzee (F)

**Feb. 28:** *Book Woman of Troublesome Creek* by Kim Michele Richardson (F)

## Ceramics



Tuesdays, Jan. 2 - Feb. 27

10:00 a.m.—1:00 p.m.

Craft Room

**Instructor:** Gloria Cerniglia

9 classes for \$22.50; \$4 drop-in

(plus cost of supplies)



## Painting Club

Mondays & Thursdays

Jan. 8 - Feb. 26

(No Painting 1/15 & 2/19)

12:00—3:00 p.m. (Drop-In)

Craft Room

Free; Bring your own supplies & project (no instructor)

## Jewelry Workshop



Mondays, Jan. 8 & Feb. 12, 10:00 a.m. - 3:00 p.m.

Old Court Room/Youth Room

**Instructor:** Sandy Merrill

\*Register by Jan. 5 & Feb. 9.

Learn to make earrings, bracelets and necklaces with many different types of beads: glass, plastic, metal and semi-precious. You can make as many items as time allows in this 5-hour workshop. The instructor will supply all tools. **Cost:** \$5.00 payable to the instructor on the day of the workshop (plus cost of supplies)

## “Needlers”

Thursdays, Jan. 11, 25 &

Feb. 8, 22

10:00 a.m.—12:00 p.m. (Drop-In)

Old Court Room

Free

Bring your own needlework project & supplies (no instructor)



## PROGRAMS, EVENTS & TRIPS



### Winter Bingo!



**Thursday, Jan. 25**

**1:30-2:30 p.m.**

**Youth Room**

**\$2**

*\*Register by Jan. 23.*

Join us for a fun game of BINGO at the Senior Center! Refreshments will be served. Prizes for all winners.

### February Bingo!

**Thursday, Feb. 22**

**1:30-2:30 p.m.**

**Youth Room**

**\$2**

*\*Register by Feb. 20.*

Join us for a fun game of BINGO at the Senior Center! Refreshments will be served. Prizes for all winners.



### AARP DRIVER SAFETY

**Tuesday, Jan. 16, 1:00-5:00 p.m.**

**Simsbury Public Library**

**Friends Program Room**

*\*Register with the Library or Senior Center by Jan. 9.*

This course will teach you current rules of the road, defensive driving techniques, and how to accommodate age-related changes in vision, hearing and reaction time. The course costs \$20 for AARP members and \$25 for nonmembers. Payment can be made by check the day of the course.

*Cosponsored by the Simsbury Public Library & Senior Center*



### Dial-A-Ride Jump On Board Trips

**Monday, Jan. 8:** West Farms Mall & Trader Joe's, West Hartford (Depart: 9:45 a.m.; Return: 2:00 p.m.)

**Monday, Jan. 22:** JoAnn Fabric & Crafts, Dollar Store & Lunch @ Chili's, Southington (Depart: 10:00 a.m.; Return: 2:00 p.m.)

**Monday, Jan. 29:** Marshall's, Homegoods & Lunch @ Amici Italian Grill, Avon (Depart: 10:00 a.m.; Return: 2:30 p.m.)

**Sunday, Feb. 4:** Trip to Indoor Tailgate Party-UCONN Game @ Simsbury Public Library (Depart: 1:30 p.m.; Return: 2:00 p.m.)

**Monday, Feb. 12:** Stew Leonard's Grocery Store & Lunch @ Outback Steakhouse, Newington (Depart: 10:00 a.m.; Return: 2:30 p.m.)

**Monday, Feb. 26:** T.J. Maxx & Lunch @ City Fish, Wethersfield (Depart: 10:00 a.m.; Return: 2:30 p.m.)

#### **Important Jump on Board Trip Reminders:**

- ◆ Residents can register for trips by calling the Senior Center up until a week before the trip date. You must sign up for Dial-A-Ride to go on Jump on Board Trips. To purchase a Dial-A-Ride pass, contact Social Services at (860) 658-3283.
- ◆ Departure and return times are approximate.
- ◆ Minimum number of riders is required to run trips.

### Veterans Coffee Hour



**Mondays, 10:00-11:00 a.m.**

**Jan. 8, Auditorium & Feb. 5, Old Court Room**

Free; *Register by Jan. 6 & Feb. 3*

Connect with other area veterans who share similar military experiences, learn about resources and talk about issues that concern veterans and their families.

*Cosponsored by the Simsbury Senior Center, American Legion, Tomalonis-Hall Post 84 & Veterans of Foreign Wars, Metacomet Post 1926*

Please register by calling **(860) 658-3273** or emailing [khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).



## Lunch Café

The Senior Center serves a café-style lunch **Tuesdays** from **11:30 a.m. to 12:45 p.m.** The meal features soup for \$2 and a sandwich for \$2, cash or check made out to Town of Simsbury.

Eat in or take out; call ahead or just stop by!

- Jan. 2:** Beef Noodle Soup & Egg Salad Sandwich
- Jan. 9:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Jan. 16:** Minestrone Soup & Ham Sandwich
- Jan. 23:** Chicken Florentine Soup & Sliced Turkey Sandwich
- Jan. 30:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Feb. 6:** Beef Noodle Soup & Egg Salad Sandwich
- Feb.13:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Feb.20:** Minestrone Soup & Ham Sandwich
- Feb.27:** Chicken Florentine Soup & Sliced Turkey Sandwich



## Monday Suppers!

**Mondays, Jan. 8 & Feb. 5 at 5:00 p.m., Youth Room**  
\$6

*\*Register by Jan. 4 & Feb. 1.*

**January Menu:** Chili with Cheese, Sour Cream & Green Onions, Cornbread, Cucumber & Tomato Salad & Carrot Cake

**February Menu:** Chicken Pot Pie, Tossed Salad & Chocolate "Dirt" Pudding with Worms & Oreo Crumble

## Notable Notes



- **Aging & Disability Commission Meeting:** Upcoming meeting on Jan. 16 & Feb. 20 at 7:00 p.m., Eno Memorial Hall
- **Stamps for Sale:** Forever postage stamps are available for purchase at the Senior Center for 66 cents.
- **Handicapped Parking Applications:** Application and renewal forms are available at the Senior Center office.
- **Medical Loan Locker:** Durable medical equipment (wheelchairs, walkers, canes, and more) to borrow or donate. Call **860-658-3224** or email [SimsburyLoanLocker@gmail.com](mailto:SimsburyLoanLocker@gmail.com) for more information.
- **Privacy Policy:** The Senior Center does not give out personal information on any of its members, staff or instructors.

## LUNCH @ ENO

All meals, served **Wednesdays** at noon, include bread or rolls, hot and cold beverages, and dessert.

**Please register by 10:00 a.m. on the Friday before and make your payment at that time.**

**Cost: \$4 for Simsbury residents 50 and older; \$5 for non-residents or Simsbury residents under 50.**

- Jan. 3:** Chicken Cordon Bleu, baked sweet potato, peas
- Jan. 10:** Meat loaf, mashed potatoes, zucchini
- Jan. 17:** Baked cod with lemon butter sauce, wild rice, mixed vegetables
- Jan. 24:** Italian Beef & Pasta, Vegetable Blend
- Jan. 31:** Tuscan-style turkey breast, cornbread stuffing, green beans
- Feb. 7:** Chicken Cordon Bleu, baked sweet potato, peas
- Feb. 14:** Pasta Primavera, Rolls with butter
- Feb. 21:** Baked cod with lemon butter sauce, wild rice, mixed vegetables
- Feb. 28:** Italian Beef & Pasta, Vegetable Blend

**Anja Smith**  
Café Coordinator  
**Mark Grabowski**  
Café Coordinator  
**Wendy LaMontagne**  
Substitute Café Coordinator

## UPCOMING HOLIDAYS

*The Senior Center will be closed on*

**Mondays, January 1, 15 and February 19 in observance of New Year's Day, Martin Luther King, Jr. Day and Presidents' Day.**

Visit us online at [www.simsburyseniors.com](http://www.simsburyseniors.com)

# SOCIAL SERVICES PROGRAMS

Phone (860) 658-3283; Fax (860) 408-7046

[www.simsbury-ct.gov/social-services](http://www.simsbury-ct.gov/social-services)

## Food Distribution (Cheese Day)

Our Food Pantry is at Shepherd of the Hills Lutheran Church, 7 Wescott Road in Simsbury. Cheese Day is our monthly food distribution day. Next Cheese Days: **Jan. 9 & Feb. 13**, by appointment only. For information, call (860) 658-3283.

**SNAP** (Supplemental Nutrition Assistance Program). Please call CT Foodshare at (860) 856-4357. For questions about your current SNAP benefit, call the CT Department of Social Services at (855) 626-6632.

**Mobile Foodshare** Mobile Foodshare will be at the First Church of Christ parking lot, 689 Hopmeadow St., from 1:00-1:30 p.m. on alternating Mondays. There are no eligibility requirements and residents can pick up perishable and nonperishable food items. Next dates: **Jan. 8 & 22** and **Feb. 5 & 19**. For information, or a schedule including Avon and Granby dates, visit [www.foodshare.org](http://www.foodshare.org), or call Social Services.

**Energy Assistance** KEEP WARM THIS WINTER! Social Services is taking Energy Assistance Program applications for residents who heat with deliverable fuels such as oil or propane, or utilities such as electricity or natural gas. This program helps households pay for primary heating bills. Benefits are also available for people who have heat included in their rent. Income guidelines depend upon number in household. Asset limits apply. Documentation is required. Please call for information or an appointment.

**Dial-A-Ride** A Dial-A-Ride pass is available to Simsbury residents only, who are disabled or over the age of 60: \$25 for an individual or \$35 for a couple for a year. The pass allows residents use of the Dial-A-Ride buses in Simsbury, Granby and Avon, as well as Jump On Board Senior Center trips. Two out-of-town medical rides can be requested monthly. Passes can be obtained from Social Services. If there is no school due to inclement weather, Dial-A-Ride does not run.

**CHOICES** (CT's program for Health Insurance, Outreach, Information, Counseling & Eligibility Screening) For information on Medicare, contact NCAAA at (860) 724-6443 or (800) 994-9422 from 8:30 a.m. to 4:30 p.m. Monday through Friday; or email [info@ncaaaact.org](mailto:info@ncaaaact.org); or mail them at CHOICES, c/o North Central Area Agency on Aging, 151 New Park Ave., Box 75, Hartford, CT 06106.

**Notary Public** Please call (860) 658-3283 to make an appointment. Two forms of ID are required such as a driver's license, and another signed item such as a credit card, passport, permit or work ID. (Social Security cards and birth certificates are not accepted.) The document being notarized must be signed in the presence of the Notary. Please note we are not able to notarize wills, I-9 forms, prenuptial agreements, vital records such as birth certificates or marriage licenses, tax returns, military records, judicial decrees, or petitions.

# SENIOR CENTER HOURS & POLICIES



## HOURS:

Monday: 8:30-7:00  
Tuesday-Thursday: 8:30-4:30  
Friday: 8:30-1:00

## IN-PERSON REGISTRATION:

We are able to accept cash, checks and American Express, Visa, MasterCard or Discover. (Please make checks payable to the "Town of Simsbury.")

**ONLINE REGISTRATION:** Payable by American Express, Visa, MasterCard or Discover.

## CANCELLATION POLICIES

**TO PREVENT ERRORS,** for all registrations, only you or someone in your household may cancel your registration.

**FITNESS CLASSES:** Registration fees are refundable (or your account can be credited) prior to the start of the first class of each session.

**LUNCH@ENO:** In order to receive a credit or refund, please cancel by 10:00 a.m. on the Friday before.

## FOR OTHER PROGRAMS AND

**CLASSES:** Requests for credit should be made by the registration deadline. If there is no registration deadline, requests for credit should be made no later than 24 hours before the program.

## ALL ARE WELCOME

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



Visit us at [www.facebook.com/simscommunityandsocial](http://www.facebook.com/simscommunityandsocial) for information about upcoming events, photos and stories.

Up to  
**\$25,000**  
off the entrance fee  
on select apartments!



Duncaster is where to  
live, grow, create &  
*save.*

You might be surprised to learn that life at Duncaster is easily within reach. And now, studio, one-bedroom and select two-bedroom apartments are even more affordable — with up to **\$25,000 off the entrance fee.** Regardless of which apartment you chose, our entire lush, 94-acre campus is where you'll play, thrive ... and save.



Duncaster  
is where to *live.*

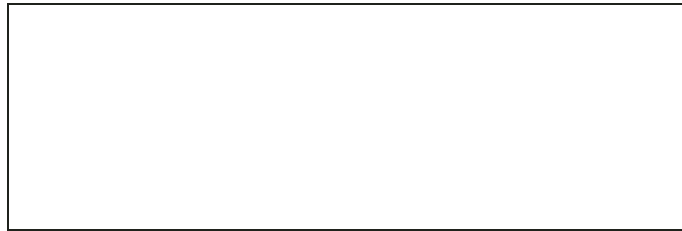


To learn how you can save up to \$25,000,  
call **860-505-4784** today or visit **Duncaster.org.**



**Simsbury Senior Center**  
**754 Hopmeadow Street**  
**Simsbury, CT 06070**

PRESORTED STANDARD  
 US POSTAGE PAID  
 AVON CT  
 PERMIT NO 444



# EXPANDED SERVICES IN SIMSBURY

UConn Health's new Simsbury location is now open! We have relocated to 836 Hopmeadow Street and added services so you can get the care you need close to home.

**Services offered:**

- Cardiology
- OB/GYN
- Orthopedics and Sports Medicine
- Podiatry
- Primary Care
- Pulmonary
- Urology
- Vascular
- Blood Draw Services
- X-ray

To make an appointment, visit [h.uconn.edu/request-an-appointment](http://h.uconn.edu/request-an-appointment), or call 1-84-GET-UCONN (1-844-388-2666).

