



Eno Memorial Hall
 754 Hopmeadow Street
 Simsbury, CT 06070
www.simsbury-ct.gov
 Mailing Address:
 933 Hopmeadow Street

Hours: Mondays: 8:30 a.m.—7:00 p.m.
 Tuesdays—Thursdays: 8:30 a.m.—4:30 p.m.
 Fridays: 8:30 a.m.—1:00 p.m.

Contact Us: Senior Center Phone: (860) 658-3273
 Social Services Phone: (860) 658-3283
 Fax: (860) 408-7046
www.simsburyseniors.com
www.facebook.com/simscommunityandsocial



Simsbury Social Services Department ♦ Simsbury Senior Center

The Senior Communicator

July—August, 2022

Intergenerational Hot Dog Cookout & Make Your Own Tie-Dye Pillow Case

Thursday, July 14, 11:30 a.m.— 1:30 p.m.
 (Rain Date Thursday, July 28)

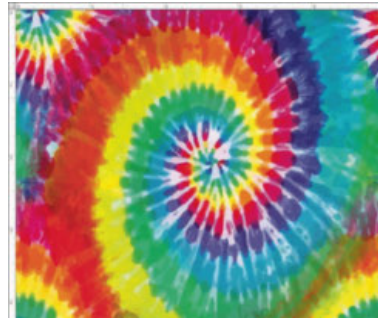
North Lawn at Eno

Free

*Register by July 11.



Come join us for a hot dog cookout and make your own tie-dye pillowcase. (If you prefer bring your own t-shirt to tie dye.) No experience needed; supplies will be provided.



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.

🎵 Intergenerational Music & Ice Cream

Monday, August 22, 1:30-3:00 p.m.

North Lawn at Eno

(Rain Location – Eno Auditorium)

Free

*Register by August 17.



Enjoy an ice cream sundae while listening to the musical duo of Dan Reilert and Debra Argosy. Dan and Debra perform timeless songs that engage with energy and emotion. Dan has written, recorded, sung and played across North America and Europe, and performed with regional and national artists from coffee houses to sports arenas. Debra's lifelong creative career began as classical pianist and vocalist, migrated to painting and illustration, and returns to music with her rich, evocative vocal interpretations.



If you are able, please bring a chair.

Kathleen Marschall
 Senior Center Coordinator

Karen Haberlin
 Senior Center Assistant

Kristen Formanek
 Director of Community
 and Social Services

Rachael Loveland
 Community Social Worker

Lisa Sharp
 Coordinator of Elderly Outreach Services

Dana Olson
 Social Services Assistant

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THE SIMSBURY CEMETERY ASSOCIATION

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

*"Located in Simsbury center off Hopmeadow Street.
 No residency requirement & non-denominational"*



Farmington Valley Visiting Nurse Association
 8 Old Mill Lane Simsbury CT 06070
 860-651-3539 • farmingtonvalleyvna.org

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- Blood Pressure/ Blood Sugar Screenings
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LIFELONG LEARNING

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

Ellis Island & the Statue of Liberty

Thursday, July 21

1:30-2:30 p.m., Youth Room

Free

*Register by July 19.

The Gateway to America was filled with dreams of a better way of life for millions who only wanted little more than an opportunity to escape starvation, tyranny and despair in their homeland. This story is about all of us today and well worth a look-back to our own ancestors making that frightening and unforgettable journey to America. Join us in this special tribute to a priceless landmark.



Presented by Joseph Ouellette, Member of the Ellington & CT

Singin' in the Rain

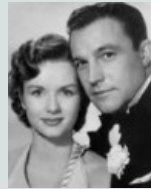
Thursday, August 25

1:30-2:30 p.m., Youth Room

Free

*Register by August 23.

Gene Kelly and Debbie Reynolds were American actors, dancers, singers, filmmakers, and choreographers. They were known for their energetic and athletic dancing styles, good looks, and the likable characters they played on screen. They starred in, choreographed, or co-directed some of the most well-regarded musical films of the 1940s and 1950s. Get to know them and have some fun.



Presented by Joseph Ouellette, Member of the Ellington & CT Historical Societies



Books to Your Door!

Can't get out? The Library will come to you!

The Friends of the Simsbury Public Library offers Homebound Services that deliver library materials to all Simsbury residents, at no cost.

You can use the program whether you are homebound long-term or just temporarily. For more information and to sign up, call the Library at 860-658-7663, ext. 2601.

Life's Chronicles

Thursdays, July 21 & August 18

1:30-2:30 p.m., Blue Room

Free

*Register by July 19 & August 16.



Lisa Sharp, Simsbury's Coordinator of Elderly Outreach Services, will host an interactive program where participants will have the opportunity to share with each other fond memories, life events, and more! Join us as we step back in time and share our Life's Chronicles. Participants are encouraged to bring personal items and share stories around our monthly theme. Let's get together, have some fun, and share our life's chronicles with others!

Snacks and beverages will provided.

Lending Library

Check out the Senior Center's free lending library, now located on the second floor, with a wide selection of genres, including large print. You don't need to check out a book — just grab one and go! We also love donations...



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, by calling the Senior Center at (860) 658-3273, or by email at khaberlin@simsbury-ct.gov.

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.

Tuesdays @ Eno & on Zoom

South Conference Room

June 28 to August 30
(Zoom only 6/28; No class 7/12)
9 classes for \$63

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

July 1 to August 26
(No class 7/15)
8 classes for \$36



Cardio & Strength Zoom

This is a fitness class that combines a variety of exercises to help increase cardio endurance while strengthening muscle. Class can be done sitting in a chair or standing.

Instructor: Nancy Pandolfo
10:30-11:15 a.m.

Monday-Friday on Zoom

July 1 to August 31
Free with SilverSneakers®,
\$3/class without

Perfect Fit

Low-impact aerobics, strength training and Pilates.

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

Mondays on Zoom

June 27 to August 29
(No class 7/4 & 7/11)
9 classes for \$40.50

Wednesdays @ Eno & on Zoom

Auditorium

June 29 to August 31
(Zoom only 6/29; No class 7/13)
9 classes for \$40.50

Yoga

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

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

Mondays on Zoom

June 27 to August 29
(No class 7/4 & 7/11)
8 classes for \$56

Wednesdays @ Eno & on Zoom

Auditorium

June 29 to August 31
(Zoom only 6/29; No class 7/13)
9 classes for \$63

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

July 12 to August 30
Intermediate 9:00-9:45 a.m.
Beginner 10:00-10:45 a.m.
8 classes for \$36
Drop-In: \$6

Thursdays @ Eno

July 7 to August 25
Beginner 10:00-10:45 a.m.
8 classes for \$36
Drop-In: \$6

FITNESS CLASSES & EVENTS

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

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. Adding light weights increases the health benefits!

(Weights are optional.)

Instructor: Mary Root

Beginner Line Dancing **Mondays, July 11–August 29**

1:00-2:00 p.m.

Auditorium

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

Line Dancing **Wednesdays, July 13–August 31**

2:30-3:30 p.m.

Auditorium

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

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

Tuesdays, July 12–August 30

12:15-1:15 p.m.

Auditorium

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

Thursdays, July 14–August 25

12:00-1:00 p.m.

Auditorium

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



REVERSE MORTGAGE 101

Tuesday, July 12

1:00-2:00 p.m.

South Conference Room

Free

**Register by July 11.*



This talk is a question & answer session designed to help Seniors understand the basics of reverse mortgages. The reverse mortgage was designed to help Seniors age-in-place and unfortunately many who could benefit from the product won't because of irrational fears. We will focus on the Home Equity Conversion Mortgage or (HECM) reverse mortgage which represents 99% of all current reverse mortgages. Participants are encouraged to write down questions and bring them to the session.

Presented by Mike Sloan of Mutual of Omaha Mortgage

Bingo!

Friday, July 8, 11:00 a.m.—12:00 p.m.

Mondays, July 25 & August 29, 1:30-2:30 p.m.

Auditorium

\$2

**Register by July 5, 20 & August 24 .*

Join us for a fun game of BINGO at the Senior Center!

Refreshments will be served.

Prizes for all winners



HEALTH & WELLNESS

Visit with Beau the Bassador!

Mondays, July 11 & August 8
1:30-2:30 p.m.
Blue Room

Free; Drop-In



Marilyn Douglas, a long-time Simsbury resident and her therapy dog, Beau the Bassador, visit the Senior Center monthly. Come visit with Beau and help him practice scenarios for his upcoming Pet Therapy Evaluation Training!

Bird Walks

Join fellow birders at **8:00 a.m.** for a morning of discovery. For information, call Jon Ward at (860) 416-3958.

Wednesday, July 6: Great Pond

Wednesday, July 20: Performing Arts Center

Wednesday, August 3: Simsbury River Walk (meet at SHS boathouse)

Wednesday, August 17: Wagner Woods on Great Pond Avenue



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.

Chair Massage with Bev Harris

Book an appointment for a 15-minute chair massage, and walk away feeling refreshed and relaxed.

Thursdays, July 7, 28 & August 4, 18; Cost: \$10 for a 15-minute session, or \$20 for 30 minutes. Please call the Senior Center to make an appointment.

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

for more information.



Blood Pressure & Sugar Screenings

The Farmington Valley Visiting Nurse Association 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

Half-hour appointments are available on select Tuesdays at the Senior Center. Nurses will trim and file nails, sand calluses and corns, and give a foot massage.

Tuesdays, July 5, 19, 26 & August 2, 16, 23

Appointments are available between

8:30 a.m. and 2:00 p.m.

Cost: \$35 cash or check payable to **PediCare.**



HEARING CLINICS!

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings on **Mondays, July 25 & August 22.**

All services are FREE. Fifteen-minute appointments begin at **10:00 a.m. in the Old Court Room.**

Please call the Senior Center for an appointment at (860) 658-3273.

CLUBS, CLASSES & GAMES

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

Needlework Group

Thursdays, July 14, 28 & August 11, 25

10:00 a.m.—12:00 p.m.
(Drop-In) Old Court Room

Free

Bring your needlework projects to work on in the company of other needlework enthusiasts!



Charity Stitchers

Fridays, July 1, 22 & August 5, 26

10:00 a.m.—12:00 p.m.
South Conference Room

Free

Ladies of the Knockers

Tuesdays, July 12 & August 9
2:30 p.m.—4:00 p.m. (Drop-In)

Old Court Room

Free



This group knits hand-made breast prosthetics.

Duplicate Bridge

Fridays, July 1—August 26
9:30 a.m.—12:30 p.m.

Youth Room

\$1



Painting Club

Mondays, July 11—August 29
12:00 p.m.—3:00 p.m. (Drop-In)

Craft Room

Free

Setback



Fridays, July 1—August 26
10:00 a.m.—12:00 p.m.

(Drop-In)

Blue Room

Free

Bocci

Tuesdays, July 5—August 30
2:00 p.m.—3:30 p.m. (Drop-In)

Bocci Court—South Lawn

Free

Scrabble



Tuesdays, July 5—August 30
12:00 p.m.—3:00 p.m. (Drop-In)

Blue Room

Free

Ceramics



Tuesdays, July 12—August 30
10:00 a.m.—1:00 p.m.

Craft Room

Instructor: Gloria Cerniglia

8 classes for \$20

\$4 drop-in

Cribbage

Tuesdays, July 5—August 30
1:00 p.m.—3:00 p.m. (Drop-In)

Blue Room

Free

Senior Book Club

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

North Lawn

*Rain Location: South Conference Room

Free

*Register by July 21 & August 18.

July 27: *The Lighthouse Stevensons: The Extraordinary Story of the Building of the Scottish Lighthouses by the Ancestors of Robert Louis Stevenson* by Bella Bathurst (NF)

August 24: *Killers of the Flower Moon: The Osage Murders & the Birth of the FBI* by David Grann (NF)



Jewelry Workshop



Mondays, July 11 & August 8, 10:00-3:00 p.m. Youth Room

Instructor: Sandy Merrill

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)

EVENTS, PROGRAMS & TRIPS

Simsbury Police Picnic

Wednesday, September 7

12:00 p.m.—2:00 p.m.

Simsbury Farms

Free

The Simsbury Farms Ice Rink Pavilion at Simsbury Farms will be transformed into an outdoor party hall once again on **Wednesday, September 7**, from noon to 2 p.m. for the Simsbury Senior Center Police Picnic. The free, picnic-style barbecue includes hamburgers, chicken, side salad, drinks and dessert, as well as live musical entertainment. This event, brought to you by the Simsbury Police Department and Simsbury Senior Center, is for Simsbury residents only.

**Please register with the Senior Center by August 30.*



Veterans Coffee Hour

Tuesdays, July 12 and August 9 from 10:00 a.m.—11:00 a.m., Old Court Room

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 Simsbury Senior Center and Resilience Grows Here, a community-based initiative of the Farmington Valley Health District. Please register by calling (860) 658-3273 or emailing khaberlin@simsbury-ct.gov.



Dial-A-Ride Jump On Board Trips

Monday, July 18: Lenny & Joe's Fish Tale, Westbrook
(Depart: 10:30 a.m.; Return: 3:00 p.m.)

Saturday, July 23: New Britain Museum of American Art & Museum Café
(Depart: 10:00 a.m.; Return: 2:00 p.m.)

Monday, August 1: Buckland Hills Mall/Christmas Tree Shops, Manchester
(Depart: 9:45 a.m.; Return: 2:00 p.m.)

Monday, August 8: Cheesecake Factory/Blue Back Square, West Hartford
(Depart: 9:45 a.m.; Return: 2:00 p.m.)

Monday, August 15: Walmart & Lunch at the Cracker Barrel in East Windsor
(Depart: 10:00 a.m.; Return: 2:30 p.m.)

**Residents can register for trips by calling the Senior Center up until a week before the trip date.*

Important Jump on Board Trip Reminders:

- ◆ 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.
 - ◆ Space is limited.
- ◆ Minimum number of riders is required to run trips.





Café Lunch on Tuesdays

The Senior Center serves a café-style lunch **every Tuesday** 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!

- July 5:** Chicken Florentine Soup & Seafood Salad Sandwich
- July 12:** Pasta Fagioli Soup & Chicken Salad Sandwich
- July 19:** Beef Noodle Soup & Egg Salad Sandwich
- July 26:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- August 2:** Minestrone Soup & Oven Roasted Chicken Sandwich
- August 9:** Chicken Florentine Soup & Seafood Salad Sandwich
- August 16:** Pasta Fagioli Soup & Chicken Salad Sandwich
- August 23:** Beef Noodle Soup & Egg Salad Sandwich
- August 30:** Turkey Wild Rice Soup & Tuna Salad Sandwich

Monday Suppers!

Mondays, July 11 & August 1 at 5:00 p.m., Youth Room
\$5

**Please register by July 7 & July 28.*

July Menu: , Baked ziti, salad, rolls with butter & dessert

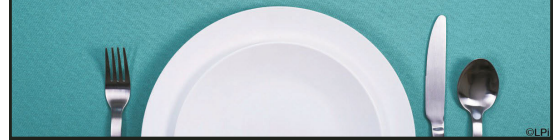
August Menu: Fried chicken, cole slaw, potato chips, rolls with butter & dessert

Notable Notes

- **Agging & Disability Commission:** No meetings in July and August
- **Handicapped Parking Applications:** Application and renewal forms are available at the Senior Center office.
- **Seniors Job Bank:** This nonprofit service seeks to match people looking for help at home or at work, with people looking for part-time work. Visit www.seniorsjobbankct.org.
- **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.

- July 6:** Chicken Cacciatore, rice, yellow squash
- July 13:** Italian beef and pasta, vegetable blend, whole wheat
- July 20:** Tuscan-style turkey breast, cornbread stuffing, green beans
- July 27:** Chicken Cordon Bleu, baked sweet potato, peas
- August 3:** Meat loaf, mashed potatoes, zucchini
- August 10:** Chicken Cacciatore, rice, yellow squash
- August 17:** Italian beef and pasta, vegetable blend, whole wheat
- August 24:** Tuscan-style turkey breast, cornbread stuffing, green beans
- August 31:** Chicken Cordon Bleu, baked sweet potato, peas

Visit us online at

www.simsburyseniors.com

SOCIAL SERVICES PROGRAMS

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

www.simsbury-ct.gov/social-services

Food Distribution (Cheese Day)

Our new Food Pantry is at Shepherd of the Hills Lutheran Church, 7 Westcott Road in Simsbury. Cheese Day is our monthly food distribution day. Next Cheese Days: **July 12 & August 9**, by appointment only. For information, call (860) 658-3283.

Renters Rebate Social Services is taking applications for Renters Rebate for program year 2021. Please call Social Services for more details or to schedule and appointment.

SNAP (Supplemental Nutrition Assistance Program). Foodshare will be happy to assist you with the SNAP application. Please call Foodshare at (860) 856-4357. For questions about your current SNAP benefit, call the CT Department of Social Services at (855) 626-6632. *NEW: SNAP Call Center hours are now available specifically for older adults Mon-Fri 8 a.m.-10 a.m. Please call (866) 974-7627 or email SNAP@endhungerct.org and ask for an older adult appointment.

Case Management For more information please call Social Services at (860) 658-3283.

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: **July 11 & 25**, and **August 8 & 22**. For information, or a schedule including Avon and Granby dates, visit www.foodshare.org, or call Social Services.

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. In addition, 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 & Eligibility Screening). For information on Medicare, contact NCAAA at (860) 724-6443 or (800) 994-9422 from 8:30 a.m.—4:30 p.m. M-F, or email info@ncaaaact.org, or by mail at: CHOICES, c/o North Central Area Agency on Aging, 151 New Park Ave, Box 75, Hartford, CT 06106.

SENIOR CENTER

PAYMENT POLICIES

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 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.

FOR 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.



For information on upcoming events, photos and stories, visit us at www.facebook.com/simscommunityandsocial



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"Several years ago, I realized that I was spending too much time alone in my house. I'll admit that moving to Duncaster was a bit scary at first, but it didn't take long to find my stride. Now I'm not only setting and achieving new goals—I have more time to do what I love most—volunteering to make a difference in the greater community."

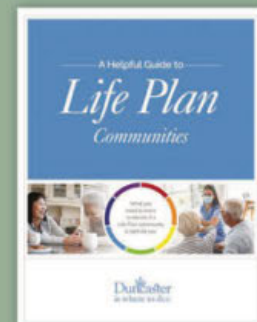
– Susan Aller, Duncaster resident since 2015

"That's why I made my move to Duncaster."

Maintenance-free living and LifeCare security—just two of the ways Duncaster makes aging easier and more fulfilling.

To learn more, or to schedule a personal tour, call (860) 380-5006 or visit Duncaster.org/LifePlan.

 **Duncaster**
is where to *live*.



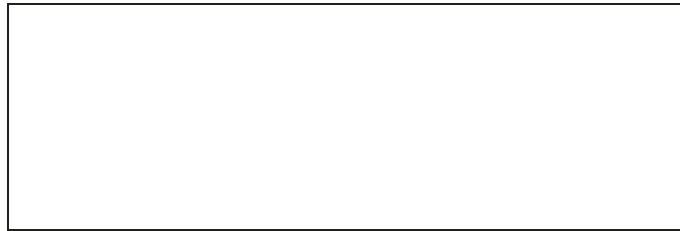
Keep informed of your options; go to Duncaster.org/LifePlan to receive your FREE Duncaster Life Plan Guide!

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Simsbury Senior Center
933 Hopmeadow Street
Simsbury, CT 06070

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Tech Tutor at the Senior Center!

Wednesdays, July 13, 27 & August 10, 24
1:00 p.m., 2:00 p.m. & 3:00 p.m. appointments

Need help with your iPhone or iPad?
Our tutor, Chris Ryan, offers free one-on-one lessons.
These popular appointments last one hour.
To register, please call the Senior Center
at (860) 658-3273.



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.



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!



Upcoming Holiday:

The Senior Center will be closed on
Monday, July 4, in observance of
Independence Day.