



Simsbury Senior Center
Eno Memorial Hall
 754 Hopmeadow Street
 Simsbury, CT 06070

Contact Us: Senior Center: (860) 658-3273
 Social Services: (860) 658-3283
 Fax: (860) 408-7046

www.simsbury-ct.gov/senior-center
www.facebook.com/simscommunityandsocial
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.

The Senior Communicator

July - August, 2023

Ice Cream Social & Movie: **Summertime**

Friday, July 14, 12:30-3:00 p.m.

12:30 p.m.: Ice Cream

1:00 p.m.: Movie

Simsbury Public Library

Friends Program Room

Free; **Register by July 10.*

Summertime is a 1955 comedy-drama romance film directed by David Lean, starring Katharine Hepburn, Rossano Brazzi, Darren McGavin, and Isa Miranda. Middle-aged Ohio secretary Jane Hudson



(Katharine Hepburn) has never found love and has nearly resigned herself to spending the rest of her life alone. But before she does, she uses her savings to finance a summer in romantic Venice, where she finally meets the man of her dreams, the elegant Renato Di Rossi (Rossano Brazzi). When she learns that her new paramour is leading a double life, she must decide whether her happiness can come at the expense of others.

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.

Community Conversation: **ARPA Funds**

Monday, July 17, 5:30-7:00 p.m.

Auditorium

Thursday, July 20, 1:30-3:00 p.m.

Youth Room

Free; *Register by July 13.*

Governor Ned Lamont and Aging & Disability Services Commissioner Amy Porter announced that the CT Department of Aging & Disability Services has been awarded \$10 million in funding from the federal American Rescue Plan Act (ARPA) that will be used to support upgrades and enhancements at senior centers statewide.

The state is designating \$9 million of this funding to be distributed to municipalities to support upgrades at their local senior centers through facility improvements and programming.

Join us for a community conversation to give us your input on how to best utilize these funds and make a positive impact on our senior center and community.



Kathleen Marschall

Senior Center Coordinator

Karen Haberlin

Senior Center Assistant

Kristen Formanek

Director of Community and Social Services

Rachael Loveland

Community Social Worker

Erika Cleveland

Family & Youth Social Worker

Wendy LaMontagne

Temp. Coordinator 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 today! We offer a NO-COST, local, hands on placement and referral service throughout Northern CT and Western MA. (413) 329-6730 * KatieK@AssistedLivingLocators.com



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

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



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com



Solinsky Hearing Center

Avon, Glastonbury, East Hartford, West Hartford, Enfield, Willimantic, Wallingford

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

Your Partner in Hearing Healthcare

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

Does your loved one need short term rehab or long term care?





ARK

HEALTHCARE & REHABILITATION AT GOVERNOR'S HOUSE

has a private room available!
 Call us for a tour today!

www.arkgovernorshouse.com • 203-554-2348

What Makes Arden Courts Unique?

ARDEN COURTS
 PROMEDICA MEMORY CARE

arden-courts.org

*Information based on internal research
 © 2023 ProMedica Health System, Inc., or its affiliates

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME Bill Humphreys

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

LIFELONG LEARNING & EVENTS

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

Aretha!

Thursday, July 27

10:00-11:00 a.m., Youth Room

Free; *Register by July 25.

Aretha Louise Franklin was an American singer, songwriter, pianist, and civil rights activist. Franklin began her career as a child singing gospel at a Church in Detroit, Michigan, but did you know she attended Juilliard? Let's explore a few of her history-making music contributions. We'll top it off by her rendition of Pavarotti's favorite, "Nessen Dorma" from *Turandot*.



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

Mark Twain

Thursday, August 17

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

Free; *Register by Aug. 15.

Samuel Langhorne Clemens, known by his pen name, Mark Twain, was an American writer, humorist, entrepreneur, publisher, and lecturer. He was lauded as the "greatest humorist the world has produced," and William Faulkner called him "the father of American literature." His novels include *The Adventures of Tom Sawyer* and its sequel, *The Adventures of Huckleberry Finn*, the latter often called "The Great American Novel." His lecture tours helped establish his popularity and wealth, especially when his life had a few financial downturns.

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

DOWN UNDER: A Fun Journey to the Amazing Land of Oz

Monday, August 14

10:30 a.m.-12:00 p.m.

Old Court Room

Free; *Register by Aug. 10.

Come join our presenter, Colleen van Hemert, newly arrived in America, who will take you on a fact, fun and food journey to the Land Down Under, otherwise known as 'Oz.'

No airfares, long queues or seatbelts required for this trip. Just bring your curiosity, a healthy sense of humour and the eagerness to explore some of the surprising similarities and differences that await you when you arrive on the sunny shores of Australia.

Take a peek at a little bit of history, geography, flora and fauna, sport, character, cultural diversity, famous people and the laid-back outdoors-loving life style for which Australia is known. Have some fun and check out why Australia is such a go-to destination for tourists. And—enjoy some Aussie refreshments for morning tea!



Intergenerational Meet & Greet

with Canine Friends Beau, Rambler & Clifton



Thursday, August 3, 1:30-2:30 p.m., Youth Room

Free; *Register by July 31.

Join us to meet therapy dogs Beau and Rambler with their partners Marilyn and Karen, K9 Officer Clifton and Police Officer Jamie Ball. Hear real life stories about the gifts of comfort and inspiration offered by these canine friends. Learn who they are, how they're trained, and many examples of the differences they make in a variety of settings, including schools, hospitals, nursing homes, and even Bradley International Airport. We'll also be decorating and filling dog treat bags to be donated to the Connecticut Humane Society. Refreshments will be provided.

iPhone/iPad Tutoring at the Senior Center!

Wednesdays, July 12, 26 & Aug. 9, 23, So. Conference/Old Court Rm.

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.

Lending Library

Check out the Senior Center's free lending library, 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 & MORE



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.

Perfect Fit

Low-impact aerobics, strength training and Pilates.

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

Mondays on Zoom

July 3 - August 14
(No class 7/24 & 7/31)
5 classes for \$22.50

Wednesdays @ Eno & on Zoom

Auditorium
July 5 - August 16
7 classes for \$31.50
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

July 3 - August 14
(No class 7/24 & 7/31)
5 classes for \$35

Wednesdays @ Eno & on Zoom

Auditorium
July 5 - August 16
7 classes for \$49
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

July 18 - August 29
Intermediate 9:00-9:45 a.m.
Beginner 10:00-10:45 a.m.
7 classes for \$31.50
Drop-In: \$6

Thursdays @ Eno

July 6 - August 31
Beginner 10:00-10:45 a.m.
9 classes for \$40.50
Drop-In: \$6

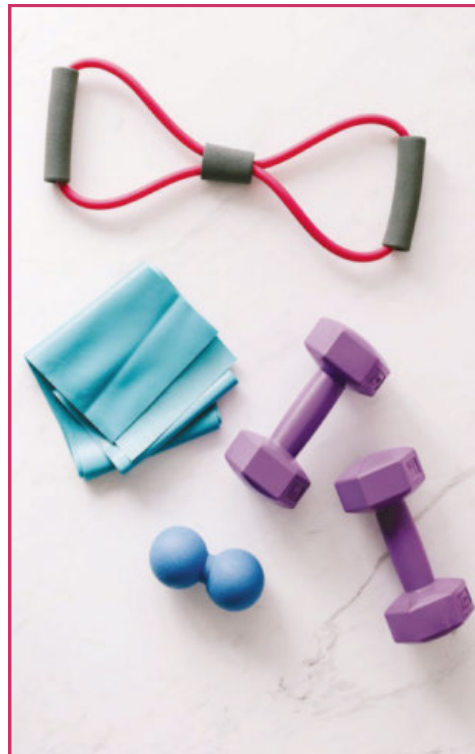
Stronger with Strength Zoom

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

July 14 - August 18
(No class 7/28)
5 classes for \$22.50



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 5: Wagner Woods (Great Pond Road)

Wednesday, July 19: Great Pond State Park (Great Pond Road)

Wednesday, Aug. 2: Tariffville Park (Main Street Ext.)

Wednesday, Aug. 23: Simsbury Performing Arts Center (Iron Horse Boulevard)

FITNESS CLASSES, PROGRAMS & EVENTS

To register for programs please visit www.simsburyseniors.com, call (860) 658-3273, or email 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, Aug. 1 - 29

12:15-1:15 p.m.

5 classes for \$15; \$4.50 Drop-In

Thursdays, July 20 - Aug. 31

12:00-1:00 p.m.

***8/24** Class will be at Simsbury Public Library in the Friends Program Room
7 classes for \$21; \$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, July 17 - Aug. 28

1:00-2:00 p.m.

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

Line Dancing: Wednesdays, July 5 - Aug. 30

2:30-3:30 p.m.

(No class 7/12)

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



Simsbury Police Picnic

Wednesday, September 6

12:00—2:00 p.m.

Simsbury Farms Ice Rink

Free

The Simsbury Farms Ice Rink Pavilion at Simsbury Farms will be transformed into an outdoor party hall once again on **Wednesday, September 6**, from noon to 2:00 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 September 1.*



Tuesday, July 25

&

Thursday, August 24

1:30-2:30 p.m., Auditorium

\$2 per date; **Register by July 20 & August 21.*

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

McLean Summer Concert Series

McLean Courtyard

Wednesday, July 19, 6:00-7:00 p.m.

Le' Mix

8-Piece band featuring classical, R & B, funk & reggae

Wednesday, August 23, 6:00-7:00 p.m.

Mass Conn Fusion

Jazz stylings of songs from the 40's to 2020 hits

**Please register with the Senior Center by July 12 & August 16.*

HEALTH & WELLNESS

Mental Health First Aid

Mondays, July 17 & July 24

10:00 a.m. - 2:00 p.m., Old Court Room

Free

**Register by July 10.*

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems by improving understanding and providing an action plan that teaches people to safely and responsibly identify and help someone who is in crisis, has mental illness or a substance use disorder.



A light lunch will be served.

*Presented by Justine Ginsberg,
Farmington Valley Health District*

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 18, 25 & August 1, 22

Appointments are available between **8:30 a.m.** and

2:00 p.m. Cost: \$35 cash or check payable to:

PediCare/*Dancing Feet (*starting 8/1)

We Walk Together

Monthly Community Walking Program

Join people of all ages for a walk in West Hartford. Together, we'll enjoy the combined health benefits of intergenerational social connection, walking, and being outdoors. Sessions run from **9:30-10:30 a.m.** on the following Saturdays:

July 29 - Social Wellness month

August 26 - Happiness Happens month

September 23 - Healthy Aging month

Location: MDC Reservoir #4, West Hartford
(1420 Farmington Ave.)

We'll gather in the parking lot, get organized, and begin with a brief health tip centered around our theme for the month. Then we'll leave the parking lot promptly at 9:35 a.m. and enjoy a walk together. Walking together outdoors in green spaces is a fantastic way to improve our health and well-being. Wear weather-appropriate clothes and proper walking shoes. Bring water if you'd like. Children ages 12 and under must be accompanied by an adult. For the safety of our walkers, dogs are not permitted. Thank you for your understanding. Every person walking will receive a custom logo bracelet!

To sign up, go to:

<https://forallages.org/we-walk-together>



Simsbury Stories Memory Café

Wednesday, July 19, 2:00-2:45 p.m.

Simsbury Public Library

Friends Program Room

Free, **Register with the Senior Center by July 14.* A Memory Café is a relaxed, social gathering for people experiencing memory loss, early stage dementia or a cognitive impairment. Together, the Simsbury Senior Center and the Simsbury Public Library will be holding several Cafés throughout 2023. Topics to be determined. Join us for conversation, music, and light refreshments.

Funding provided by a 2022 AARP Connecticut Livable Communities Grant.

CLUBS, CLASSES & GAMES

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



Ceramics

Tuesdays, July 11 - August 29
10:00 a.m.—1:00 p.m.
Craft Room
Instructor: Gloria Cerniglia
 8 classes for \$20; \$4 drop-in
 (plus cost of supplies)

Charity Stitchers

Charity Stitchers will take a short summer hiatus and will meet again in September.

Ladies of the Knockers

Tuesdays, July 11 & August 8
2:30—4:00 p.m. (Drop-In)
Old Court Room 
 Free

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


Setback

Fridays, July 7 - August 25
10:00 a.m.-12:00 p.m.
(Drop-In)
Blue Room
 Free

Duplicate Bridge

Fridays, July 7 - August 25
9:30 a.m.—12:30 p.m.
Youth Room 
 Free


Scrabble

Tuesdays, July 11 - August 29
12:00-3:00 p.m. (Drop-In)
Blue Room 
 Free

Cribbage

Tuesdays, July 11 - August 29
1:00—3:00 p.m.
(Drop-In)
Blue Room
 Free

Runners' Club

 Are you interested in a local runners' club? We would meet 2-3 times per week to run between 2 miles to 5 kilometers, 9-12 minutes per mile, or in ad hoc groups. (Ages 18—90+) For more information call **Frank Gould at 860-874-3454.**

The Simsbury Senior Center is always looking for new classes and programs to meet the interest and needs of older adults. We offer a wide variety of fitness classes, lifelong learning, and health/wellness programs. If you are interested in offering something new or have a suggestion, please give us a call at (860) 658-3273.



Painting Club

Mondays & Thursdays
July 3 - August 31
12:00—3:00 p.m. (Drop-In)
Craft Room
 Free; Bring your own supplies & project (no instructor)

“Needlers”

Thursdays, July 13, 27 & August 10, 24
10:00 a.m.—12:00 p.m. (Drop-In)
Old Court Room
 Free; Bring your own needlework project & supplies (no instructor)

Jewelry Workshop

Mondays, July 10 & August 14, 10:00 a.m. - 3:00 p.m.
Youth Room
Instructor: Sandy Merrill



**Register by July 6 & August 10.*

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)

Senior Book Club



Book Club is taking a summer vacation and will meet again in September. Happy reading!

PROGRAMS, EVENTS & TRIPS

What is a Trust: Do I Need One?

Thursday, July 13, 1:30-2:30 p.m., Youth Room

Free

**Register by July 11.*

What exactly is a trust? And what can a trust do for you? You've heard about the different types – Revocable, Irrevocable, Special Needs, Discretionary, Testamentary, and Tax trusts. In this program we'll demystify trusts and explain how a trust could be suitable for you and why. You'll walk away knowing how to use trusts to do things like... minimize or avoid taxes, protect assets from potential ex-spouses and creditors, keep public benefits for loved ones, provide for a beneficiary who is disabled or has special needs, and how to avoid probate court. Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools to your advantage.

*Presented by Brendan F. Daly,
Certified Elder Law Attorney,
Czepiga, Daly Pope & Perri*

Dial-A-Ride Jump On Board Trips

Monday, July 10: Lenny & Joe's Fish House,
Westbrook

(Depart: 10:30 a.m.; Return: 3:00 p.m.)

Wednesday, July 19: McLean Concert: Le' Mix

(Depart: 5:00 p.m.; Return: 7:00 p.m.)

Monday, July 31: West Farms Mall & Trader Joe's

(Depart: 9:45 a.m.; Return: 2:00 p.m.)

Monday, August 7: U.S.S. Chowder Pot III, Branford

(Depart: 10:30 a.m.; Return: 3:00 p.m.)

Monday, August 14: Buckland Hills Mall & Christmas

Tree Shops (Depart: 10:45 a.m.; Return: 2:00 p.m.)

Wednesday, August 23: McLean Concert: Mass Conn

Fusion (Depart: 5:00 p.m.; Return: 7:00 p.m.)

Monday, August 28: Walmart & Lunch @ Cracker

Barrel, E. Windsor

(Depart: 9:45 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.

2023 TRAVEL OPPORTUNITIES WITH FRIENDSHIP TOURS TRIPS

The Turkey Train, Winnepesaukee Railroad

Thursday, September 28 (Sign up by 8/21)

\$141 per person

Made in Vermont: Country Shopping in

Southern Vermont

Thursday, October 12 (Sign up by 10/5)

\$119 per person

All American Variety Show and Lunch at La Bella

Vista, Waterbury, CT

Tuesday, November 14 (Sign up by 10/6)

\$116 per person

*Sign up for trips at the Senior Center.
Payment is due at time of registration.
Checks only; Payable to: Friendship Tours
Trips are non-refundable.*

Afternoon Coffee & Website Demonstration



Thursday, August 10, 1:30-2:30 p.m., Youth Room

Free; *Register by August 8.*

Do you need help setting up a Simsbury Senior Center online account? Join us for a cup of coffee and an informal discussion to learn how to set up a Senior Center account on our website, so you can register for programs on your own from your computer, tablet or cell phone!

Optional: Bring your device if you have one.

Learn how to:

- Create an account
- Explore programs on our website
- Register and pay for programs online



Lunch Café

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 11:** Beef Noodle Soup & Egg Salad Sandwich
- July 18:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- July 25:** Minestrone Soup & Oven Roasted Chicken Sandwich
- Aug. 1:** Chicken Florentine Soup & Sliced Turkey Sandwich
- Aug. 8:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Aug. 15:** Beef Noodle Soup & Egg Salad Sandwich
- Aug. 22:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Aug. 29:** Minestrone Soup & Oven Roasted Chicken Sandwich



Monday Suppers!

Mondays, July 24 & August 21 at 5:00 p.m., Youth Room
\$6

**Please register by July 19 & August 16.*

July Menu:

Barbecue Chicken Sandwich, Coleslaw, Chips & Dessert

August Menu:

Baked Ziti, Salad & Dessert

Notable Notes



- **Aging & Disability Commission Meetings:** No meetings in July or August; Next meeting: September 19
- **Stamps for Sale:** Forever postage stamps are available for purchase at the Senior Center for 63 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 for more information.
- **Privacy Policy:** The Senior Center does not give out personal information on any of its members, staff or instructors.

Visit us online at www.simsburyseniors.com

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 5:** Tuscan-style turkey breast, cornbread stuffing, green beans
- July 12:** Chicken Cordon Bleu, baked sweet potato, peas
- July 19:** Meat loaf, mashed potatoes, zucchini
- July 26:** Baked cod with lemon butter sauce, wild rice, mixed vegetables
- Aug. 2:** Italian beef and pasta, vegetable blend
- Aug. 9:** Tuscan-style turkey breast, cornbread stuffing, green beans
- Aug. 16:** Chicken Cordon Bleu, baked sweet potato, peas
- Aug. 23:** Meat loaf, mashed potatoes, zucchini
- Aug. 30:** Baked cod with lemon butter sauce, wild rice, mixed vegetables

Robin Batchelder

Café Coordinator

Mark Grabowski

Café Coordinator

Wendy LaMontagne

Substitute Café Coordinator



Lunch helpers from St. Mary's School taking a dessert break!

SOCIAL SERVICES PROGRAMS

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

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: **July 11 & August 8**, 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: **July 10 & 24** and **August 7 & 21**. For information, or a schedule including Avon and Granby dates, visit www.foodshare.org, or call Social Services.

Renters' Rebate Social Services is taking application appointments until October 1 for Renters' Rebate

for Program Year 2022. Please call Social Services for more details or to schedule 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@ncaaact.org; or mail them 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 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.

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.



Visit us at www.facebook.com/simscommunityandsocial for information about upcoming events, photos and stories. Don't forget to "Like" us!

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



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.

LESS DEMANDS.



MORE CREATIVE PLANS.

"I chose a life plan community because I wanted security and peace of mind for both myself and my family. Knowing I don't have to worry allows me to spend time doing what I love—which is exploring all things creative. And there are so many ways to do that right on campus. I even show my work in the Duncaster Art Gallery! These are experiences I would never have if I lived in my own home."

Duncaster residents Carol Forte (right) and Jackie Brown (middle) interview with WTNH News at the Bear Fair unveiling in West Hartford. Both were pivotal artist contributors to Duncaster's sponsored bear "Harmony."

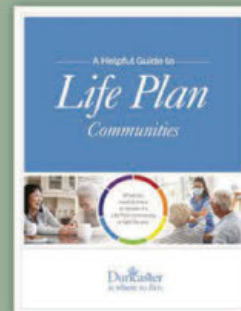
"Duncaster is where I create."

– Carol Forte, Duncaster resident since 2016

Life enriching opportunities 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!

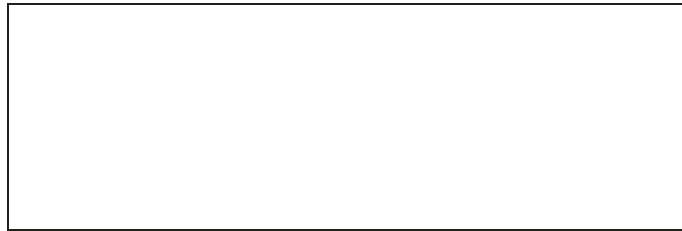
40 Loeffler Road, Bloomfield, CT 06002 • (860) 726-2000 • Duncaster.org





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, or call 1-84-GET-UCONN (1-844-388-2666).

