



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

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

The Senior Communicator

July—August, 2021



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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.

Kathleen Marschall
 Senior Center Coordinator

Karen Haberlin
 Senior Center Assistant

Kristen Formanek
 Director of Community
 and Social Services

Rachael Loveland
 Community Social Worker

Carolyn Krystiniak
 Senior Outreach Coordinator

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.
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In these extraordinary times when the world seems to be constantly changing, the genuine warmth and caring of our close-knit Village at McLean provide unwavering support and peace of mind that come from being part of a Life Plan Community.

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Independent Living at McLean includes access to our award-winning health care, so you can enjoy today, knowing that tomorrow is taken care of.

Learn more about our exciting expansion by calling **860-658-3786** or visit **ExploreMcLean.org**.

 75 Great Pond Road Simsbury, CT 06070 

LIFELONG LEARNING

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

The Life & Times of Dolly Parton

Monday, July 19 at 10:00 a.m.
South Conference Room
**Register by July 15*

Dolly Parton – Her life and career together make a rags-to-rhinestones story which began on January 19, 1946. Her songs have captured the hearts of generations. Her electric smile has brightened the lives of millions and her trademark style is recognized across the globe. From singing barefoot on the front porch of her Tennessee Mountain home to commanding the stage in six-inch heels, Dolly Parton is a larger-than-life living legend, American singer, songwriter, actress, author, businesswoman and humanitarian.

Join us for some fun.

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

Walt Disney

Thursday, August 12 at 1:00 p.m.
South Conference Room
**Register by August 9*

Walt Disney is a legend; a folk hero of the 20th century. His worldwide popularity was based upon the ideals which his name represents: imagination, optimism, creation, and self-made success in the American tradition. You will see an overview of the life of animator Walt Disney (1901-1966), including his formative years, his achievements, and his impact on society. See Steamboat Willy, the very first sound/animated cartoon and one of the iconic singing and dance numbers from Mary Poppins. We'll all be dancing in the streets of London. Better sign up today!

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

The Life & Times of Cary Grant

Monday, August 30 at 10:00 a.m.
South Conference Room
**Register by August 25*

One of classic Hollywood's leading men. He was known for his transatlantic accent, debonair demeanor, light hearted approach to acting and a great sense of comedic timing. What a life he had.

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.



Senior Book Club

Book Club meets at 2:30 p.m. on the 4th Wednesday of each month on the North Lawn.

**Bring a chair*

**Rain/Heat Location: South Conference Room*

July 28: *The Bear and the Nightingale: A Novel*
by Katherine Arden (Fiction)

August 25: *Outlander*
by Diana Gabaldon (Fiction)

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

Fitness classes will remain virtual through September 7. 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 kmarschall@simsbury-ct.gov.

Perfect Fit Zoom

Low-impact aerobics, strength training and Pilates

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

Mondays, July 12 - August 16
6 classes for \$24

Wednesdays, July 14 - August 18
6 classes for \$24

Chair Yoga Zoom

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

Tuesdays, 11:00 a.m.-12:00 p.m.
July 13 - August 17
5 classes for \$32.50
(no class August 3)

Tai Chi Zoom

Gentle and beneficial for gaining flexibility and improving balance.

Instructor: Ken Zaborowski

Intermediate 9:00 a.m. - 9:45 a.m.
Beginner 10:00a.m. - 10:45a.m.

Tuesdays, July 6 - August 31
9 classes for \$40.50

Thursdays, July 1 - August 26
9 classes for \$40.50

Straight Up Strength Zoom

Using your own body weight and household objects, this class offers an effective combination of strength training, core work, balance and a complete stretch.

Instructor: Susan Rubenstein

Fridays, 9:00 a.m. - 10:00 a.m.
July 16 - August 20
6 classes for \$24



Yoga Zoom (Morning)

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

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

Mondays, July 12 - August 16
6 classes for \$39

Wednesdays, July 14 - August 18
6 classes for \$39

SilverSneakers Classic Zoom

A low-impact, heart-healthy aerobics class that boosts energy

Instructor: Nancy Pandolfo

Mondays
3:00 p.m. - 3:40 p.m.

Wednesdays
10:45 a.m.—11:25 a.m.

Tuesdays, Thursdays & Fridays
10:30 a.m. - 11:20 a.m.
July—August

Free with SilverSneakers & Renew Active

Five Tips to Help You Stay Motivated to Exercise

Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. Make exercise a priority with the following tips:

1. Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.
2. Do activities you enjoy to make it more fun. Be creative and try something new!
3. Make it social. Find a virtual “exercise buddy” to help keep you going and provide emotional support.
4. If there’s a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
5. Keep track of your progress. Make an exercise plan and don’t forget to reward yourself when you reach your goals.

Source: National Institute on Aging, U.S. Department of Health & Human Services

SPECIAL EVENTS

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

Reminiscence Group

Tuesdays, July 27 & August 24 at 11:00 a.m.
South Conference Room

Join us as we reminisce about fond memories from the past. Elderly Outreach Coordinator, Carolyn Krystiniak, will lead the discussion. Jot down some ideas, come share, or just listen!



July topic: Summertime!



August topic: School Days

Save the Date: Police Picnic

Simsbury Farms Ice Rink Pavilion

The Ice Rink Pavilion at Simsbury Farms will be transformed into an outdoor party hall once again on **Thursday, September 9**, from noon to 2 p.m. for the annual Simsbury Senior Center Police Picnic. The free, picnic-style barbecue, catered by Kane's Market, 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 limited to Simsbury residents only.



AARP VIRTUAL PROGRAMS

AARP is here to help you take on today – and every day. From sharing practical resources, to holding fun activities and events, AARP is providing opportunities to live, work and play, to connect and help build an even stronger Connecticut for all ages. We hope you'll join us!

Click here for FREE interactive online events and classes designed for learning, self-improvement, and fun.

<https://www.aarp.org/ctevents>

If you need assistance accessing these online events, call the Senior Center.

Library Book Sale

The Friends of the Simsbury Library will be holding its annual Book Sale in September. Date and further details to follow...



Monday Suppers



Mondays, July 12 & August 23 at 5:00 p.m.

North Lawn of the Senior Center

\$5

**Please register by July 8 & August 19*

July Menu: Hot dogs, baked beans & dessert

August Menu: Quiche, salad, fruit & dessert

SENIOR CENTER NOTES

Newsletter

Newsletter Help

Would you like to help with our newsletter mailing? Volunteers meet for 2–3 hours every other month.

We can always use a hand! Call the Senior Center to be added to our list of Newsletter Volunteers.

Help Us Save on Postage

Subscribe to Simsbury town notifications online!

Choose from dozens of e-notifications of



town news ranging from emergency alerts to this newsletter. To subscribe, visit www.simsbury-ct.gov, and at the very bottom of the page, on the right side under “CONNECT,” click on “E-Subscribers Portal.”

Some Senior Center members would rather receive a printed copy of this newsletter. If you receive yours by mail, but are able to pick it up at the Senior Center, please tell us, so we can take your name off the newsletter mailing list.

PAYMENT POLICIES

IN-PERSON REGISTRATION:

We are able to accept checks and Visa, MasterCard or Discover. Cash payments are suspended until further notice. (For payments by check, please make them 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



Notable Notes

■ **Aging & Disability Commission:** Meetings are at 7:00 p.m. (Locations are to be determined.) Everyone is welcome. Next meeting will be Tuesday, **September 21**. (No July or August meeting.)

■ **Handicapped Parking Applications:** Application and renewal forms are available at the Senior Center office.

■ **CHOICES** (Connecticut’s program for Health Insurance, Outreach, Information and Eligibility Screening): A certified CHOICES counselor is available for appointments on Tuesdays, Wednesdays and Thursdays, except holidays. Call Carolyn Krystiniak at (860) 658-3283.

■ **Seniors Job Bank:** Free service seeks to match people looking for help at home or at work, with people looking for part-time work. Visit www.seniorsjobbankct.org.

Knitted Knockers!

Knitted Knockers are special, hand-made prosthetics for women who have undergone surgical mastectomies or other procedures to the breast. They are a soft, comfortable, and beautiful alternative to traditional prosthetics. When placed in a regular bra, they take on the shape and feel of a real breast. Knitted or crocheted locally by volunteers, they are provided free of charge upon request. For information, call Linda Prout at (860) 392-9878, or email lindaoprout2@gmail.com.

CRAFTS & GAMES



Ceramics

10:00 a.m.—1:00 p.m.
Craft Room
Tuesdays, July 6, 13, 20 & 27
\$10; \$4 drop-in
August 3, 10, 17, 24 & 31
\$12.50; \$4 drop-in

Painting Club

Mondays, July 12, 19, 26 & August 2, 9, 16, 23, 30
12:00 p.m.—3:00 p.m.
(no Painting on July 5)
Craft Room



Bridge



Mondays: Contract
12:00 p.m.—3:00 p.m.
Old Court Room
(no Bridge on July 5)
Fridays: Duplicate
9:30 a.m.—12:30 p.m.
Old Court Room

BINGO

Tuesdays, July 20 & August 31 at 1:30 p.m.
Old Court Room

Join us for a fun game of BINGO at the Senior Center!
Prizes for all winners
\$2

**Register by July 16 & August 27*



Lunch Menu

Our weekly “Grab and Go” meals include bread or rolls, and dessert. Please register by 10:00 a.m. on the Friday before and make your payment at that time.

Meals are distributed
Wednesdays from 12:00 p.m. to 12:30 p.m. via drive-through in the Commuter parking lot, behind True Value Hardware.

Cost: \$3.50 for Simsbury residents 50 and older;
\$4.50 for non-residents and Simsbury residents under 50

July 7: Chicken parmesan, linguini, Brussels sprouts

**Please order by Thursday, July 1, due to the holiday.*

July 14: Meat loaf, mashed potatoes, zucchini

July 21: Corn Flake crusted chicken breast, sweet potato, broccoli

July 28: Italian beef and pasta, vegetable blend, whole wheat roll

August 4: Tuscan-style turkey breast, cornbread stuffing, green beans

August 11: Chicken parmesan, linguini, Brussels sprouts

August 18: Meat loaf, mashed potatoes, zucchini

August 25: Corn Flake crusted chicken breast, sweet potato, broccoli



TOWN SERVICES

Starting the week of June 1, 2021, Town Hall, the Simsbury Public Library, and Eno Memorial Hall returned to normal, pre-COVID business hours for walk-in visitors. All staff and visitors to Town buildings are required to properly wear face coverings. Individuals that have been diagnosed with COVID-19, are awaiting the results of a COVID-19 test, or are currently ill should refrain from visiting the Town facilities in person. Please be advised that in-person programs and events at Town buildings will be phased in gradually throughout the summer.

ENO MEMORIAL HALL

(754 Hopmeadow Street):

- Open Monday from 8:30am-7:00pm; Tuesday-Thursday from 8:30am-4:30pm; Friday from 8:30am-1:00pm
- Small group activities, such as painting, ceramics, presentations, knitting, Wii, cards and games, will resume.
- Exercise classes will continue to be held virtually.
- Dial-A-Ride has returned to full capacity.
- Blood pressure screenings, blood sugar screenings, hearing clinics and chair massage will resume.
- Renter's Rebate will be offered in person and virtually; office hours for this program are to be determined.
- Cheese Day will continue in its current format, and Wednesday lunches will continue to be held via drive through.
- A visitor log will be kept for those who are participating in a group activity and for those

visiting Eno for a longer duration.

- Foot care will resume in August.

SIMSBURY FARMS

(100 Old Farms Road):

- Simsbury Farms and Memorial Pools will be at normal (pre-COVID) capacity for swim lessons, lap swim sessions, and public swim lessons.
- Pre-registration is no longer required for afternoon public swim sessions.
- Anyone who is not fully vaccinated must wear a mask or face covering while in indoor areas.
- Restrooms and locker rooms will be fully open.
- We will no longer be using "pods" for seating purposes on the pool deck; deck chairs will be available on a first come first served basis.

We will maintain a record of patrons and staff in the facilities each day for contact tracing purposes if needed. Anyone who is not signed up for a program or enters the facility without a season pass will be asked to provide their name and phone number.

LIBRARY

(725 Hopmeadow Street):

- Open Monday, Tuesday, Thursday from 9:30am-8:30pm; Friday and Saturday from 9:30am-5:30pm; Sunday from 1:00pm-5:00pm.
- Patron visits are limited to one hour.
- The Library will remain closed on Wednesday in order to continue hosting the

Farmington Valley Health District vaccine clinic; one-hour computer use appointments will remain available on Wednesday.

- Study Rooms and Business and Career Center Conference Rooms may be reserved for individual use.
- Most programming will continue to be held virtually, however, smaller outdoor programs for children will be offered.

Curbside service will be offered on Monday, Tuesday and Thursday from 10:00am-8:00pm, and Wednesday, Friday and Saturday from 10:00am-5:00pm.

TOWN HALL

(933 Hopmeadow Street):

- Open Monday from 8:30am-7:00pm; Tuesday-Thursday from 8:30am-4:30pm; Friday from 8:30am-1:00pm
- Visitors will continue to be checked in at the central reception desk prior to being admitted to the relevant department for service.
- Patrons are encouraged to conduct transactions by phone, mail, email, or online; visits to Town Hall should be limited to official business only.

If there is paperwork required for the service you are seeking, visitors are encouraged to call ahead and complete as much as possible before coming to Town Hall.



SOCIAL SERVICES PROGRAMS

<https://www.simsbury-ct.gov/social-services>

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

Food Distribution (Cheese Day)

Cheese Day will be **Tuesdays, July 13** and **August 10**. Cheese Day will continue with a curbside distribution. Please call (860) 658-3283 with any questions.

Food Closet

The Food Closet is not open at this time due to COVID-19. All food items are distributed at Cheese Day. Please call Social Services at (860) 658-3283 if you need assistance with food. Monetary and nonperishable food donations, as well as toiletries and cleaning products, are always appreciated.

SNAP (Supplemental Nutrition Assistance Program)

Foodshare will be happy to help you with your SNAP application. Please call Foodshare at (860) 286-9999, Ext. 104. If you have 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 to 1:30 p.m. on alternating **Mondays, July 12 & 26**, and **August 9 & 23**. There are no eligibility requirements and residents can pick up perishable and nonperishable food items. A schedule, including Avon and Granby dates, can be obtained at the Social Services Office. For information, visit www.foodshare.org, or call the Social Services Department at (860) 658-3283.

Renter's Rebate

Social Services is gearing up to start our Renter's Rebate for Program Year 2020. Appointments can be made virtually or in person. 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, for \$25 for an individual or \$35 for a couple for a year. Residents can use the Dial-A-Ride buses around town, in Granby and Avon. In addition, two out-of-town medical rides can be requested monthly.

Passes can be obtained from Social Services.

Remember: If there is no school due to inclement weather, for your safety Dial-A-Ride does not run.

CHOICES

Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening. Carolyn Krystiniak in Social Services is a certified CHOICES counselor who is available for virtual appointments and may be contacted at 860-658-3283.

Case Management

Case management is available. Please call (860) 658-3283 for information.

HEALTH & WELLNESS

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



Stay Hydrated this Summer

Tuesday, July 27 at 1:00-2:00 p.m.
Old Court Room

Summertime is an important time of year to make sure you stay hydrated! Please join dietician Rachel from Governor's House for tips on how to spot the symptoms of dehydration and how you can increase hydration through food and drink, while enjoying a healthy, hydrating snack! *Please register by July 22.

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.



Chair Massage with Bev Harris

Book an appointment for a 15-minute chair massage, and walk away feeling refreshed and relaxed. Appointments **start at 10:00 a.m. Wednesday, July 7 & 21, and August 4 & 18. Cost:** \$10 for a 15-minute session, or \$20 for 30 minutes. Call the Senior Center to make an appointment.



Blood Pressure & Sugar Screenings

The Farmington Valley Visiting Nurse Association will perform blood pressure and blood sugar screenings, **each Thursday from 11:00 a.m. to 1:00 p.m. in the Old Court Room.** They will fully sanitize the work area and instruments between patients, using proper protocol for maximum safety. Appointments are not required.



Dizziness & Aging

Friday, July 16 at 10:30-11:30 a.m.
South Conference Room

Join us for an important discussion on dizziness and aging, what it is, how it can be treated and when to seek care from a medical provider.

Presented by Jennifer Neri, PT, DPT, Physical Therapist at Physical Therapy and Sports Medicine Center in Simsbury

**Please register by July 14.*

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.

Next clinics are

Tuesdays, August 3, 17 & 24



Appointments are available between
8:30 a.m. and 2:00 p.m.

Cost: \$29 check payable to PediCare.

Schedule appointments through the Senior Center.

Hearing Clinic

Connecticut Hearing Center will be at the Senior Center on **Mondays, July 26 & August 23.** Half hour appointments are available beginning at **10:00 a.m. in the Old Court Room**

Services Available:

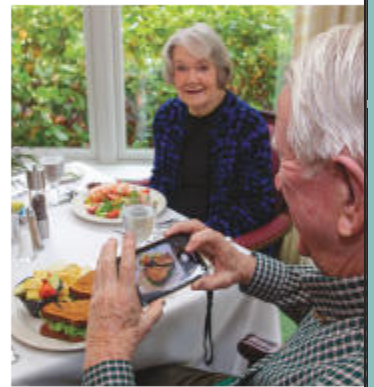
- Perform complete hearing evaluation
- Check ears for wax and other conditions
- Hearing aid evaluation and repair
- Answer your questions
- All services are FREE

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



Out on the green and out on the town,

Duncaster is where *I play.*



Looking to get more from retirement? Not only is Duncaster so close to the best that Connecticut has to offer, but there's so much to do and explore right on campus—from the art gallery and outdoor sculptures to the putting green and indoor pool. And with a calendar filled with intriguing experiences, you'll always be actively engaged, intellectually stimulated and ready to play!

Schedule an in-person or virtual tour today! Call **(860) 380-5006** or visit **Duncaster.org**

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



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Simsbury Senior Center
933 Hopmeadow Street
Simsbury, CT 06070

PRESORTED STANDARD
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The Senior Communicator

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.

Help us update our records

Please help us maintain up-to-date records so that we may keep you informed of all that's happening at the Senior Center. If you have a new address or phone number, please let us know. Email is our best way to communicate with you regarding new programs and important information. If we don't have your current email address, please call us at (860) 658-3273 or email us at kmarschall@simsbury-ct.gov.



Holiday Closing

The Senior Center will be closed on **Monday, July 5** in observance of Independence Day.

Simsbury Community TV



Watch SCTV live on Comcast Xfinity and Frontier cable. To see a schedule, visit www.simsburytv.org and click on Schedule at the top of the page. For information, call (860) 658-1720.

Public Channel: Comcast Xfinity channels 5 and 1084, and Frontier channel 6069

Education Channel: Comcast Xfinity channels 95 and 1070, and Frontier channel 6070

Government Channel: Comcast Xfinity channels 96 and 1090, and Frontier channel 6071