



## 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](https://simsbury-ct.gov/senior-center)

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

### Services for Seniors Forum

**Tuesday, April 9, 1:30-3:00 p.m.**

**Simsbury Public Library**

**Friends Program Room**

Free; [Register by Apr. 4](#)

The Simsbury Aging and Disability Commission will be sponsoring a forum on services for seniors. The forum will consist of the following: **Simsbury Steps to Safety**

**Program** A Community Fire and Fall

Prevention Program committed to working with Simsbury residents to reduce the

occurrence of an injury from home fires

and falls. **Simsbury Medical Equipment**

**Loan Locker** A local source for free used serviceable Durable Medical Equipment

(DME) and occasionally donated new

equipment. **Simsbury Aging and Disability**

**Commission** The Commission is responsible for investigating the needs of the

elderly and disabled residents and

providing assistance to public and private agencies in the implementation of programs

and facilities for such needs. Other important topics of interest to seniors may be added to the forum agenda.

*Light refreshments will be provided.*

**April 14-20 is National Volunteer Week. Thank you to our volunteers who generously donate their talents and time!**



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 Magic Show

**Thursday, April 11**

**6:30-7:30 p.m., Auditorium**

Free; [Register by Apr. 8](#)


Join us for an exciting evening of magic with illusionist Lyn Dillies. From the grand stages of New York's Magic Castle, Lyn wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country.



Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Her show is guaranteed to fill your heart with magic.

*Light refreshments will be served.*

### Elevator Replacement Project

The elevator at Eno Memorial Hall is being replaced! Work will begin on February 20th and will last through approximately the end of April. Ramps will be installed at the front entrance. All Senior Center programming on the Upper Floor has been moved. There will be some noise associated with the project—we apologize in advance for the disruption. Thank you for your patience while we make this large upgrade to the building. 

**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

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## 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

#### Armentano Duo

**Sunday, March 10, 2:00-3:30 p.m.**

**Simsbury Public Library, Friends Program Room**

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

Songs from the 1950s through the 1970s. The repertoire is from a variety of artists such as, The Beatles, James Taylor, Paul Simon, Chris Stapleton, Frank Sinatra, The Temptations, Marvin Gaye, Van Morrison, The Drifters, Glen Campbell, Creedence Clearwater Revival, Jim Croce and Sam Cooke. The brothers have been

performing professionally together for over 30 years, with Mike on acoustic guitar/vocals and

Steve playing assorted percussion. They are founding members of The Nifty Fifties Band and

Rock Solid Alibi (a classic Rock and Rock & Roll group). Both groups

have performed at many events such as First Night Hartford, First Night Middletown, Southington Apple Harvest Festival, Enfield 4th of

July Celebration, New London OpSail, Hartford Riverfest, Taste of Hartford, as well as many CT fairs, town summer concert series and

other private and public events.



#### Sofia Talvik

**Sunday, April 28, 2:00-3:00 p.m.**

**Simsbury Public Library, Friends Program Room**

Free; Register with the Senior Center or Library by Apr. 25

Sofia Talvik is a rare artist and an avid storyteller with a voice comparable to giants like Joni Mitchell, or as the Folk/Americana magazine, *No Depression*, said it, "A singer/songwriter who

is able to evoke the essence of Laurel Canyon circa the '60s as expressed in the work of Joni Mitchell, Judy Collins, Buffy Sainte-Marie and others who were able to paint beautiful tapestries from words and music." Prepare yourself for

a unique program, not unlike the 70's coffeehouses and speakeasies. You will be "up close and personal" with a world class act that has played big festivals like Lollapalooza and SxSW and opened for artists like Maria McKee and David Duchovny.



### iPhone/iPad Tutoring

**Wednesdays, Mar. 13, 27 & Apr. 10, 24, 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.**



### The American Constitution & Election Law

**Thursday, March 21**

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

**Youth Room**

Free; Register by Mar. 19

Join us for this presentation on the American Constitution and how it relates to election law. Learn more about this timely subject from retired history professor, Jerry Perkins. Following the presentation will be a discussion period.

*Presented by Jerry Perkins,  
Retired History Professor*

### 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.**

**Scan here to  
register for programs!**





## 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

Mar. 4 - Apr. 22  
8 classes for \$40

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Mar. 6 - Apr. 24  
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

Mar. 4 - Apr. 22  
8 classes for \$60

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Mar. 6 - Apr. 24  
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

Mar. 12 - Apr. 30  
**Intermediate** 9:00-9:45 a.m.  
**Beginner** 10:00-10:45 a.m.  
8 classes for \$36; Drop-In: \$6

### Thursdays @ Eno

Mar. 7 - Apr. 25  
**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

Mar. 8 - Apr. 26  
(No class 3/29)  
7 classes for \$35

### 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 on Zoom

Mar. 5 - Apr. 23  
8 classes for \$60  
Drop-In: \$10

### Thursdays @ Eno & Zoom

**Old Court Room**  
Mar. 7 - Apr. 25  
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 & 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, Mar 12 - Apr. 30**

12:15-1:15 p.m.

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

**Thursdays, Mar. 7 - Apr. 25**

12:00-1:00 p.m.

8 classes for \$24; \$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, Mar. 4 - Apr. 29**

1:00-2:00 p.m.

9 classes for \$27; \$4.50 Drop-In

**Line Dancing: Wednesdays, Mar. 6 - Apr. 24**

2:30-3:30 p.m.

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

### Money Mentor with M&T Bank

**Thursday, March 14**

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

Free: *Register by Mar. 12*



M & T Bank will be at the Senior Center to present a financial wellness workshop. Topics will include budgeting, credit management, retirement and more.

There will be an opportunity for questions.

*Light refreshments will be served.*



### Lawyers in Libraries

**Mondays, Mar. 25 & Apr. 29, 6:00-8:00 p.m.**

**Simsbury Public Library**

**Business Conference Room 1; Free**

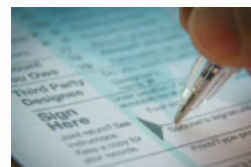
Are you looking for legal advice concerning your case? If your case involves Landlord/Tenant, Immigration Law, Family Law, Employment, Consumer Rights, Personal Injury or other areas, meet with a volunteer attorney for 20 minutes regarding your case. Please bring any case-related materials you have to the meeting so that the attorney can provide their best assistance. Registration is required. **Please call the Simsbury Public Library Information Desk at 860-658-7663, Ext. 2 to register for a time slot.**

### 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 until early April.

- ◆ 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



### Veterans Outreach Assistance

Wednesdays, Mar. 13 & 27, Apr. 10 & 24

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

Simsbury Public Library

Barnes Conference Room (Lower Level)

Office hours by appointment to assist veterans with filling out any required paperwork and answer questions you may have concerning your military service.

*\*Please call Bill Muhl, Veterans Service Officer with CT Department of Veterans Affairs, at 203-805-6340 to request an appointment.*

### Hearing Clinic

Tuesdays, Mar. 12 & Apr. 9

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, Mar. 5, 19, 26 & Apr. 2, 16, 23

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.*

### Senior Medicare Patrol (SMP)

#### Presentation

Thursday, April 18, 1:30-2:30 p.m., Old Court Room

Free; *Register by Apr. 16*

Join Audrey Cole from Senior Medicare Patrol (SMP) at the Western Connecticut Area Agency on Aging (WCAAA) for a talk on understanding how to protect, detect, and report on the latest frauds, errors and abuse occurring in Medicare. You will learn how to protect yourself or a loved one from financial exploitation; how Medicare fraud, abuse or an error is defined; why individuals are hesitant to report they've become a victim; the most common types of Medicare scams; and who to contact or where to report suspected frauds & scams. This presentation and Q & A session will assist in empowering you and your family members to protect confidential health and financial information, and educate on how to detect and where to report improper or suspect behaviors.

### SPEAK OUT! THERAPY INFO SESSION

Thursday, April 25, 2:00-3:00 p.m., Youth Room

Free; *Register by Apr. 23*

Emily Solis, Speech Language Pathologist and Clinic Supervisor at McLean Outpatient Therapy, will introduce this program designed for individuals with **Parkinson's Disease**. The program can help improve speech, swallowing and cognition using principles of motor learning and teaching individuals to SPEAK as well as LIVE with intent. It is also appropriate for individuals with decreased vocal volume from

**Essential Tremor.**

### Interested in Parkinson's Exercise Classes?

Beat Parkinson's Today is a research-based exercise program specifically designed by a person with Parkinson's. Founder Michelle Hespeler is living it with members. The program improves the quality of life for people with Parkinson's by performing exercises that are functional to everyday living. Led by certified trainers, classes include interval training, boxing and fun! *Call the Senior Center at 860-658-3273 if you think we should offer this program so we can gauge interest.*



## CLUBS, CLASSES & GAMES



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

**Next Session:**

**Wednesdays, April 3 - May 15**

(No class 4/17)

6 Classes for \$15; \$4 drop-in

### Charity Stitches

**Fridays, Mar. 1, 15 &**

**Apr. 5, 19**

**10:00 a.m.—12:00 p.m.**

**Old Court Room**

Free

### Ladies of the Knockers

**Tuesdays, Mar. 12 & Apr. 9**

**2:30—4:00 p.m. (Drop-In)**

**Old Court Room**

Free

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



### Duplicate Bridge

**Fridays, Mar. 1 - Apr. 26**

**9:30 a.m.—12:30 p.m.**

**Youth Room; Free**

(No Bridge 3/29)



### Scrabble

**Tuesdays, Mar. 5 - Apr. 30**

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

**Blue Room; Free**



### Setback

**Fridays, Mar. 1 - Apr. 26**

**10:00 a.m.-12:00 p.m. (Drop-In)**

**Blue Room; Free**

(No Setback 3/20)

### Cribbage

**Tuesdays, Mar. 5 - Apr. 30**

**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 Mar. 25 & Apr. 22*

**Mar. 27:** *Ordinary Grace* by William Kent Krueger (F)

**Apr. 24:** *A Perfect Red* by Amy Butler Greenfield (NF)



### Ceramics

**Tuesdays, Mar. 12 - Apr. 30**

**10:00 a.m.—1:00 p.m.**

**Craft Room**

**Instructor:** Gloria Cerniglia

8 classes for \$20; \$4 drop-in  
(plus cost of supplies)



### Painting Club

**Mondays & Thursdays**

**Mar. 4 - Apr. 29**

**12:00—3:00 p.m. (Drop-In)**

**Craft Room**

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

### Jewelry Workshop



**Mondays, Mar. 11 & Apr. 8, 10:00 a.m. - 3:00 p.m.**

**Old Court Room/Youth Room**

**Instructor: Sandy Merrill**

*\*Register by Mar. 10 & Apr. 7.*

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, Mar. 14, 28 &**

**Apr. 11, 25**

**10:00 a.m.—12:00 p.m. (Drop-In)**

**Blue Room**

Free

Bring your own needlework project & supplies (no instructor)



## PROGRAMS, EVENTS & TRIPS



### March Bingo!

**Monday, March 25**

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

Free; \*Register by Mar. 21



Join us for a fun game of BINGO at the Senior Center! Refreshments and prizes generously provided by McLean



### April Bingo!

**Monday, April 22**

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

\$2; \*Register by Apr. 18



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

### AARP DRIVER SAFETY

**Thursday, April 25, 1:00-5:00 p.m.**

**Simsbury Public Library, Tariffville Room**

*\*Register with the Library or Senior Center by Apr. 18.*

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*



### West Point Campus Tour & Lunch at the Thayer Hotel

**Monday, May 6, Friendship Tours**

Lunch at the Thayer Hotel for their bountiful buffet. Wonderful assortment of salads, cold cut display, hot entrees and dessert buffet. Following lunch enjoy a fun and informative 90-minute guided tour of the United States Military Academy at West Point. Stop at the Cadet Chapel, Trophy Point, Battle Monument and the Plain. Morning stop to the National Purple Heart Hall of Honor in New Windsor, NY.

**Cost:** \$139 per person. **Signup and more information are available at the Senior Center.**

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

**Thursday, Mar. 7:** Lunch @ Saybrook Fish House, Canton (Depart: 11:00 a.m.; Return: 2:00 p.m.)

**Monday, Mar. 11:** Walmart & Lunch @ Cracker Barrel, E. Windsor (Depart: 9:45 a.m.; Return: 2:30 p.m.)

**Monday, Mar. 18:** Buckland Hills Mall & Buckland Hills Plaza, Manchester (Depart: 9:45 a.m.; Return: 2:00 p.m.)

**Monday, Apr. 1:** Lunch @ The Barn Restaurant, Granby (Depart: 11:00 a.m.; Return: 2:00 p.m.)

**Monday, Apr. 8:** Lunch @ George's Pizza & Dollar Tree, Unionville (Depart: 10:00 a.m.; Return: 2:00 p.m.)

**Monday, Apr. 15:** Lunch @ Mizu21 Hibachi, Canton (Depart: 11:00 a.m.; Return: 2:00 p.m.)

**Monday, Apr. 29:** Hobby Lobby, Walmart & Lunch @ Bell City Diner, Bristol (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.

### Veterans Coffee Hour



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

**Mar. 4 & Apr. 1, Old Court Room**

Free; Register by Feb. 29 & Mar. 28

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!

- Mar. 5:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Mar. 12:** Beef Noodle Soup & Egg Salad Sandwich
- Mar. 19:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Mar. 26:** Minestrone Soup & Ham Sandwich
- Apr. 2:** Chicken Florentine Soup & Sliced Turkey Sandwich
- Apr. 9:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Apr. 16:** Beef Noodle Soup & Egg Salad Sandwich
- Apr. 23:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Apr. 30:** Minestrone Soup & Ham Sandwich



## Monday Suppers!

**Mondays, Mar. 4 & Apr. 8 at 5:00 p.m., Youth Room**  
\$6

*\*Register by Feb. 29 & Mar. 28.*

**March Menu:** Corned Beef & Cabbage, Potatoes, Baby Carrots, Irish Soda Bread & Pistachio Cake

**April Menu:** Pasta with Meatballs, Salad, Garlic Bread & Spumoni Ice Cream

## 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.**

**Mar. 6:** Tuscan-style turkey breast, cornbread stuffing, green beans

**Mar. 13:** Chicken Piccata, baked sweet potato, peas

**Mar. 20:** Meat Loaf, mashed potatoes, zucchini

**Mar. 27:** Baked cod with lemon butter sauce, wild rice, mixed vegetables

**Apr. 3:** Italian Beef & Pasta, Vegetable Blend

**Apr. 10:** Tuscan-style turkey breast, cornbread stuffing, green beans

**Apr. 17:** Chicken Piccata, baked sweet potato, peas

**Apr. 24:** Meat Loaf, mashed potatoes, zucchini

## Notable Notes



■ **Aging & Disability Commission Meeting:** Upcoming meeting on Mar. 19 & Apr. 16 at 7:00 p.m., Eno Memorial Hall

■ **Stamps for Sale:** Forever postage stamps are available for purchase at the Senior Center for 68 cents each, cash only.

■ **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.

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

## UPCOMING HOLIDAY

*The Senior Center will be closed on  
**Friday, March 29**  
in observance of  
**Good Friday.***

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: **Mar. 12 & Apr. 9**, 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: **Mar. 4 & 18** and **Apr. 1, 15 & 29**. 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@ncaaact.org](mailto: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.

**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](https://www.facebook.com/simscommunityandsocial)

for information about upcoming events, photos and stories.

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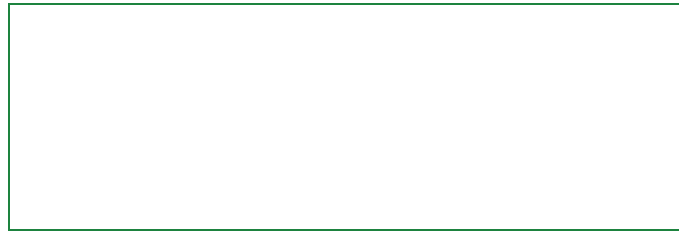


Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • [www.lpicommunities.com](http://www.lpicommunities.com) Simsbury Senior Center, Simsbury, CT 06-5038



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

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