



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

The Senior Communicator

March—April, 2022



Tai Ji Quan®: Moving for Better Balance

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls. It is designed for older adults and people with balance difficulties. No prior experience with Tai Chi is needed.

Instructor: Ken Zaborowski

Simsbury Senior Center Auditorium

You will learn the movements over 24 weeks in classes held twice a week. Classes are taught by a trained instructor in a supportive environment. This program can accommodate individuals who need some assistance with walking, such as use of a cane.

This 24-week program will run twice a week from March 15 through August 25, 2022 on Tuesdays from 11:00 a.m. to 12:00 p.m. and Thursdays 1:30 to 2:30 p.m.

This program is offered at no charge in partnership with the CT Healthy Living Collective and funded in part by the Older Americans Act through the North Central Area on Aging.

Visit www.cthealthyliving.org for more information.

Limited spots available: Sign up now!



St. Patrick's Day Concert & Meal To-Go

Thursday, March 10, 11:00 a.m.—1:00 p.m., Auditorium

\$6

**Register by March 4.*

Entertainment: Featuring Irish favorites from **Dan Reilert & Bill Moses**

To-Go Meal from Fitzgerald's Market: Corned Beef & Swiss Sandwich on Rye Bread, Cole Slaw, Sauerkraut, St. Patrick's Day Cookie & Bottle of Water

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

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
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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.

Women of the Wild West

Thursday, March 24

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

Free

**Register by March 22.*

Perhaps no other time in America's history is as steeped in myth, legend, and adventure as the pioneering age of the "Wild West." From 1865 to 1900, a number of courageous women (12) made their mark in the history books and sometimes in our hearts forever. From Calamity Jane to Annie Oakley and from Big Nose Kate to Bell Star, they were unique and a few "took no prisoners." This revealing look at their lives promises to be a fun experience, a little light hearted and well worth your time. As Annie Oakley once said, "I ain't afraid to love a man. I ain't afraid to shoot him either."

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

Teddy Roosevelt

Thursday, March 31

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

Free

**Register by March 29.*

Teddy Roosevelt stated, "It's not the critic that counts but the person who is in the arena." Roosevelt was a man of incredible energy and accomplishments. A young asthmatic who became a "rough rider", a cowboy, big game hunter, a governor and president. As president he became known as a "trust buster," founded the FDA, built the Panama Canal, received the Noble Peace Prize and was a leading conservationist. The presentation will discuss his personality and each of these accomplishments.



*Presented by Jerry Perkins, Retired
History Professor*

Katharine Hepburn

Tuesday, April 26

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

Free

**Register by April 22.*

An American actress of film, stage, and television, Katharine Hepburn's career as a Hollywood leading lady spanned more than 60 years. Known for her headstrong independence and spirited personality, she cultivated a screen persona that matched this public image, and regularly played strong-willed, sophisticated women. This is a classic!

Presented by Joseph Ouellette

The History of White House Entertainment

Sunday, May 1, 2:00-3:00 p.m.

Simsbury Library

Tariffville Room

**Register with the Library or Senior Center by April 28.*

Have you ever imagined what it would be like to attend a Presidential function at the White House? How about a State Dinner? Have you ever wondered what the Family Quarters of the White House look like? Well, former White House butler Alan DeValerio will tell you all about it! He'll give you the inside details about all the preparations involved in White House entertaining, and how it has evolved over the years from FDR to the present.

Cosponsored by the Simsbury Public Library & the Senior Center

eBay 101: The Basics of Buying and Selling on eBay

Via Zoom

Tuesday, March 15, 2:00 to 3:30 pm

Free

**Register with the Library or Senior Center by Mar. 11.*



This program is ideal for those who have rarely or never used eBay, but want to learn about buying and selling on it. Mike and Sue Ivankovich will explain the basics of using eBay including: Getting Started; How to Buy on eBay; How to Locate Treasures; Using eBay to Determine the Market Interest & Value in Specific Categories; How to Gauge the Reputation of Sellers & Buyers; How to Sell on eBay; What It Costs to Sell; How To List an Item; How You Can Use eBay as a Part-Time Job; and much more. Even intermediate eBay Users will probably learn some valuable tips with this program.

Cosponsored by the Simsbury Public Library & the Senior Center



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 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, 11:00-11:50 a.m.
March 1 to April 26
(No class 4/5)
8 classes for \$56

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

Monday-Friday, 10:30-11:15 a.m.
March 1 to April 29
Free with SilverSneakers® & Renew Active™, \$3 without

Stronger with Strength Zoom

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

Instructor: Susan Rubenstein

Fridays, 9:00-10:00 a.m.
March 4 to April 29
(no class 4/8 & 4/15)
7 classes for \$31.50

Yoga (Morning) Zoom

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

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

Mondays
March 7 to April 25
(No class 4/4)
7 classes for \$49

Wednesdays
March 2 to April 27
(No class 4/6)
8 classes for \$56

Perfect Fit Zoom

Low-impact aerobics, strength training and Pilates.

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

Mondays
March 7 to April 25
(No class 4/4)
7 classes for \$31.50

Wednesdays
March 2 to April 27
(No class 4/6)
8 classes for \$36

Tai Chi

In Person—Auditorium

**Masks required*

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

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

Tuesdays, March 8 to April 19
7 classes for \$31.50
Drop-In: \$6

Thursdays, March 17 to April 21
6 classes for \$27
Drop-In: \$6

Complete Package Workout (Evening) Zoom

Warm up and get in shape with this evening class combining four 15-minute blocks of Cardio, Strength, Pilates and Yoga.

Instructor: Susan Rubenstein

Tuesdays, 5:00-6:00 p.m.
March 1 to April 26
(No class 4/5)
8 classes for \$56



IN-PERSON!

SPECIAL EVENTS & PROGRAMS

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

Film Music: A Blockbuster's Unsung Hero
Monday, March 28, 1:00-2:00 p.m., Youth Room
 Free
**Register by March 24.*

Movies have forever changed the art of storytelling, but oftentimes, the contribution of the movie's soundtrack goes unnoticed simply because it blends so seamlessly. Join us as we examine what goes into building the perfect movie soundtrack, from instruments, to theme, and sound effects. We'll examine these musical terms across a variety of movie genres. Discussion will be encouraged!

Presented by Rachel Lloyd-Sterbenz, Education Administrator, Simsbury Falcetti School of Music

Music in the Afternoon: Jeff Snow
Sunday, April 3 from 2:00- 3:00 p.m.
Simsbury Public Library, Program Room
**Register with the Library or Senior Center by Mar. 30.*

Jeff Snow is a talented multi-instrumentalist who plays the music and tells the stories behind the songs. He plays six and twelve string guitar, autoharp, Celtic Bouzouki & Bodhran. Jeff also plays the drums and a variety of other percussion instruments. A skilled guitar player, Jeff was featured in Acoustic Guitar Magazine. He is a contributing writer to Acoustic Guitar Magazine and Autoharp Quarterly. Jeff has performed for audiences of all ages and in a variety of settings including concert halls, libraries, museums, churches, schools, and private homes.

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, April 6:** Great Pond Parking Lot
- Wednesday, April 20:** Band Shell at Simsbury Meadows on Iron Horse Boulevard
- Wednesday, May 11:** Tariffville Park
- Wednesday, May 25:** Wagner Woods

<p>Spring Bingo Monday, March 21 1:30-2:30 p.m. Auditorium \$2 <i>*Register by March 16.</i></p>	<p>April Bingo Monday, April 18 1:30-2:30 P.M. Auditorium \$2 <i>*Register by April 13.</i></p>
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Join us for a fun game of BINGO at the Senior Center!
Prizes for all winners



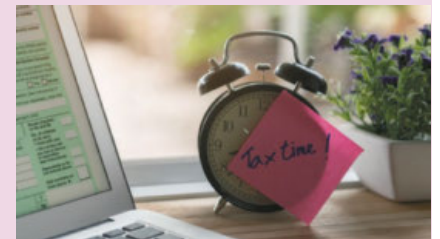
AARP TAX AIDE

AARP Tax assistance is being offered this year at the Simsbury Library. There will be 2 options:

In person tax preparation – The taxpayer must be able to provide proof of full vaccination (vaccination and booster) to be eligible for this option. Masks will be required and social distancing followed. Your return will be completed during the 90-minute appointment.

Remote tax preparation – This option is for taxpayers not comfortable with the in-person option and/or not able or willing to provide proof of full vaccination. This option requires an initial 30-minute appointment (on Tuesdays) to have the tax documents scanned at the Library by the preparer and a second appointment (the following Thursday) to pick up a copy of the completed return.

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



HEALTH & WELLNESS

Visit with Beau the Bassador!

Mondays, March 14 & April 11

1:30-2:30 p.m.

Blue Room

Free; Drop-In



Marilyn Douglas, a long-time Simsbury resident and her current pet partner, Beau the Bassador, will visit the Senior Center. For over 20 years, Marilyn has been a registered handler of therapy dogs in Central Connecticut, providing animal-assisted therapy to libraries, elementary schools, veterans, American School for the Deaf, colleges, universities, skilled care, assisted and independent living, and hospice. Drop by to say "hello" and visit with Beau!

"Brainercize"

With Arden Courts of Avon

Tuesday, March 8 from 1:30-2:30 p.m.

Youth Room

Free

**Register by March 4*

There is a lot we can do to keep in shape and brain exercise can be part of it. Sudoku, word search, crossword puzzles are often enjoyed alone. "Brainercize" is a group program meant to be social, fun and challenging. Join Suzanne Webster, Certified Dementia Practitioner and Memory Care Advisor with Arden Courts, to learn a little bit about our brain while practicing some thoughtful calisthenics.

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.



Chair Massage with Bev Harris

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

Thursdays, March 3, 17 & April 7 & 21

Cost: \$10 for a 15-minute session, or \$20 for 30 minutes. Please call the Senior Center to make an appointment.



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, March 1, 15, 29 & April 5, 19, 26

Appointments are available between

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

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

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.



HEARING CLINICS!

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings on **Mondays, March 28 & April 25**.

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.

"Needlers"

Needlework Group

Thursdays, Mar. 24 & Apr. 28

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, Mar. 4, 18 & Apr. 1

10:00 a.m.—12:00 p.m.

South Conference Room

Free




Ladies of the Knockers

Tuesdays, Mar. 8 & Apr. 12

2:30 p.m.—4:00 p.m. (Drop-In)

Old Court Room

Free

This group knits hand-made breast prosthetics. 

Duplicate Bridge

Fridays, Mar. 4—Apr. 29

(No Bridge 4/15)

9:30 a.m.—12:30 p.m.

Youth Room

\$1



Painting Club

Mondays, Mar. 7—Apr. 25

(No Club 1/17 & 2/21)

12:00 p.m.—3:00 p.m. (Drop-In)

Craft Room

Free



Intonations

Wednesdays, Jan. 19—Mar. 30

(No Intonations 3/16)

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

Cribbage

Tuesdays, Mar. 1—Apr. 26

1:00 p.m.—3:00 p.m. (Drop-In)

Blue Room

Free



Ceramics

Tuesdays, Mar. 1—Apr. 19

10:00 a.m.—1:00 p.m.

Craft Room

Instructor: Gloria Cerniglia

8 classes for \$20

\$4 drop-in

Jewelry Workshop

Mondays, March 14 & April 11, 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)

*Register by Mar. 9 & Apr. 6.



Corn Hole

Tuesdays, Mar. 1—Apr. 26

2:00 p.m.—3:30 p.m. (Drop-In)

Auditorium

Free

TRIPS & PROGRAMS

Mammals & Reptiles Intergenerational Program

Wednesday, April 13 from 2:00 to 3:00 p.m.

Free

**Please register by April 11.*

Hungerford Nature Center will present a wildlife program that includes an up close and personal hands-on learning experience with combinations of animals from the mammal and reptile families. Everyone will have an opportunity to be interactive with some of the animals by either holding or just touching.



AARP SMART DRIVER ONLINE COURSE

The Smart Driver course continues to be offered only online with a 25% discount.

Register at: www.aarpdriversafety.org

Promo code for 25% discount: DRIVINGSKILLS

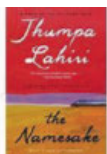
Please note: A camera is necessary for the virtual course to certify your attendance.



Senior Book Club

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

Free



March 23: *The Namesake*
by Jhumpa Lahiri (Fiction)



April 27: *Gone to the Woods: Surviving a Lost Childhood*
by Gary Paulsen (Nonfiction)

**Register with the Senior Center.*

Dial-A-Ride Jump On Board Trips

Monday, Mar. 7: Monday Supper at 5:00 p.m. at Eno Memorial Hall

(Depart: 4:15 p.m.; Return: 6:00 p.m.)

Monday, Mar. 14: West Farms Mall/Trader Joe's

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

Sunday, Apr. 3: Music in the Afternoon at Simsbury Public Library (2:00-3:00 p.m.)

Monday, Apr. 4: Monday Supper at 5 p.m. at Eno Memorial Hall (Depart: 4:15 p.m.; Return: 6:00 p.m.)

Monday, Apr. 11: Buckland Hills Mall & Christmas Tree Shops, Manchester

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

Monday, Apr. 25: Lunch at The USS Chowder Pot IV/Hartford (Depart 11:15 a.m.; Return: 2:00 p.m.)

Sunday, May 1: History of White House Entertainment program at Simsbury Public Library (2:00-3:00 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.
- ◆ Please tell us if you need any special accommodation.

Veterans Coffee Hour



Tuesdays, March 8 and April 12 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.

IN-PERSON LUNCHES ARE BACK!



Café Lunch on Tuesdays

The Senior Center will be serving a café-style lunch **every Tuesday** from **11:30 a.m. to 12:45 p.m. beginning March 1**. 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. 1:** Beef Noodle Soup & Egg Salad Sandwich
- Mar. 8:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Mar. 15:** Minestrone Soup & Oven Roasted Chicken Sandwich
- Mar. 22:** Chicken Florentine Soup & Seafood Salad Sandwich
- Mar. 29:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Apr. 5:** Beef Noodle Soup & Egg Salad Sandwich
- April 12:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- April 19:** Minestrone Soup & Oven Roasted Chicken Sandwich
- April 26:** Chicken Florentine Soup & Seafood Salad Sandwich

Monday Suppers!

Mondays, March 7 & April 4 at 5:00 p.m., Youth Room
\$5

**Please register by March 2 & March 30.*

March Menu: Shepherd's Pie, rolls with butter & dessert

April Menu: Chicken Pot Pie, rolls with butter & dessert

Notable Notes

■ **Mask Policy:** In accordance with updated recommendations from the CDC and the Farmington Valley Health District, all staff and visitors to Town buildings, **regardless of vaccination status**, are required to wear a face covering at all times while indoors.

■ **Aging & Disability Commission:** Meetings are at 7:00 p.m. (Locations to be determined.) Everyone is welcome. Upcoming meetings are scheduled on Tuesdays, **March 15** and **April 19**.

■ **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.

- Mar. 2:** Stuffed Shells, carrots, green beans
- Mar. 9:** Chicken Cordon Bleu, mashed potatoes, peas
- Mar. 16:** Meat loaf, mashed potatoes, zucchini
- Mar. 23:** Chicken a la King, baked sweet potato, yellow squash
- Mar. 30:** Italian beef and pasta, vegetable blend, whole wheat roll
- Apr. 6:** Tuscan-style turkey breast, cornbread stuffing, green beans
- Apr. 13:** Chicken Cordon Bleu, mashed potatoes, peas
- Apr. 20:** Meat loaf, mashed potatoes, zucchini (Please register by 4/14.)
- Apr. 27:** Chicken a la King, baked sweet potato, yellow squash

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: Mar. 8 & Apr. 12, by appointment only. For information, call (860) 658-3283.

Energy Assistance Social Services is taking applications for the Energy Assistance Program which helps households pay for primary heating bills. Benefits are also available for those 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 to schedule an 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., on alternating Mondays. 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 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 per month can be requested. Passes can be obtained at the Social Services office. 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@ncaaact.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 Visa, MasterCard or Discover. (Please make checks payable to the "Town of Simsbury.")

ONLINE REGISTRATION: Payable by Visa, MasterCard or Discover.

CANCELLATION POLICIES

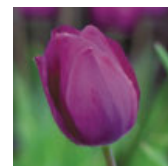
TO PREVENT ERRORS, for all registrations, only you or someone in your household may cancel your registration.

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.

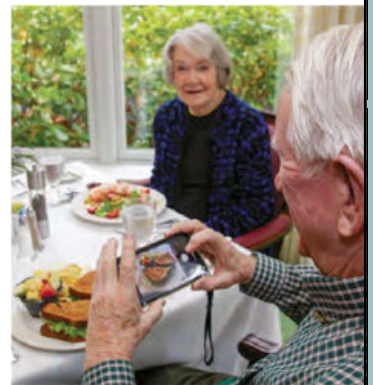


For information on upcoming events, photos and stories, visit us at www.facebook.com/simscommunityandsocial



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**

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Simsbury Senior Center
933 Hopmeadow Street
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Tech Tutor at the Senior Center!

Wednesdays, March 9 and April 13

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.



Upcoming Holidays:

The Senior Center will be closed
on **Friday, April 15** in
observance of
Good Friday.



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.



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.