



Eno Memorial Hall
754 Hopmeadow Street
Simsbury, CT 06070

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

The Senior Communicator

March—April, 2023



St. Patrick's Day Movie: "The Quiet Man"

Friday, March 10, 12:30 - 3:00 p.m.

Simsbury Public Library, Friends of the Library Program Room

**Register with the Senior Center or Library by Mar. 7.*

Free

Join us for refreshments at 12:30 p.m. and a movie, "The Quiet Man," at 1:00 p.m. "The Quiet Man" is an American romantic comedy-drama film directed by John Ford. It stars John Wayne, Maureen O'Hara, Barry Fitzgerald, Ward Bond and Victor McLaglen. The film features Winton Hoch's lush photography of the Irish countryside and a long, climactic, semi-comic fist fight. It was an official selection of the 1952 Venice Film Festival. John Ford won the Academy Award for Best Director and Winton Hoch won for Best Cinematography. In 2013, the film was selected for preservation in the United States National Film Registry by the Library of Congress as being "culturally, historically, or aesthetically significant".

Cosponsored by the Simsbury Public Library & Senior Center



Intergenerational Magic Show

Thursday, April 13, 6:30 - 7:30 p.m., Auditorium

**Register by Apr. 10.*

Free

David Reed-Brown is a local Simsbury resident specializing in classic magic that is enlightening, inspiring, and interactive. David studies with some of the world's greatest magicians at The Magic and Mystery School in Las Vegas. His performances are rated PG for all age audience members. Performances will include help from the audience, table floating, mind reading and much more. Prepare to be amazed!

Refreshments will be provided.



**April 16-22
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.

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
Lisa Sharp
Coordinator of Elderly Outreach Services
Dana Olson
Social Services Assistant

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THE SIMSBURY CEMETERY ASSOCIATION



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

- Located in Simsbury center off Hopmeadow Street
- No residency requirement
- Non-denominational



Farmington Valley Visiting Nurse Association

8 Old Mill Lane Simsbury CT 06070
 860-651-3539 - farmingtonvalleyvna.org

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



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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.

CT Library for Accessible Books Services Now Available Through Simsbury Public Library

If you or someone you know has difficulty reading because of a visual, reading or physical disability, the services of the Connecticut Library for Accessible Books (CT LAB) may be of help and Simsbury Public Library is now a hub for CT LAB.

Connecticut residents may apply to receive audio books and book readers or books in braille format. To obtain an application, learn more about the services, or see how the book reader machine works, stop by the Age-Well display at the library.



Charlie Chaplin

Thursday, April 6

1:30-2:30 p.m.

Free

**Register by Apr. 3.*

Considered to be one of the most pivotal stars of the early days of Hollywood, Charlie Chaplin lived an interesting life both in his



films and behind the camera. He is most recognized as an icon of the silent film era, often associated with his popular character,

the Little Tramp; the man with the toothbrush mustache, bowler hat, bamboo cane, and a funny walk. A truly talented blast from the past.

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

The Mystery of the Hindenburg Disaster

Thursday, April 20

1:30-2:30 p.m.

Free

**Register by Apr. 17.*

When the massive Hindenburg airship made its debut, it was heralded as the future of luxury air travel, but after a trans-Atlantic flight on May 6, 1937, the German passenger airship was suddenly engulfed in flames and crashed as it attempted to land at the Naval Air Station in Lakehurst, New Jersey. The disaster killed 35 people and became a symbol of the end of the airship era. Now, 80 years later, speculation still swirls about what happened on that fateful evening in May. So what is it that brought down the Hindenburg?

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

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...



Senior Book Club



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

South Conference Room

Free

**Register by Jan. 24 & Feb. 22.*

Mar. 22:

Riverman

by Ben McGrath (NF)

Apr. 26:

Deacon King Kong

by James McBride (F)

Tech Tutor at the Senior Center!

Wednesdays, Mar. 8, 22 & Apr. 12, 26, 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.



FITNESS CLASSES



All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant has a complete physical examination before participating in any physical activity. Register online at www.simsburyseniors.com, by calling the Senior Center at (860) 658-3273, or by email at khaberlin@simsbury-ct.gov.

Chair Yoga

Yoga can improve strength, flexibility and endurance, and manage inflammation, arthritis and pain. This class is perfect for offering chair support for people with knee and back discomfort.

Instructor: Susan Rubenstein
11:00-11:50 a.m.

Tuesdays @ Eno & on Zoom

South Conference Room

Mar. 7 - Apr. 25
(No class 4/4; Zoom only 4/25)
7 classes for \$49
Drop-In: \$10

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. 3 - Apr. 28
(No class 3/31 & 4/7)
7 classes for \$31.50



Cardio & Strength Zoom

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

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

Monday-Friday on Zoom

Mar. 1 - Apr. 28
Free with SilverSneakers®,
\$3/class without

Perfect Fit

Low-impact aerobics, strength training and Pilates.

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

Mondays on Zoom

Mar. 6 - Apr. 24
(No class 4/3)
7 classes for \$31.50

Wednesdays @ Eno & on Zoom

Auditorium
Mar. 1 - Apr. 19
8 classes for \$36
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. 6 - Apr. 24
(No class 4/3)
7 classes for \$49

Wednesdays @ Eno & on Zoom

Auditorium
Mar. 1 - Apr. 19
8 classes for \$56
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. 7 - Apr. 25
Intermediate 9:00-9:45 a.m.
Beginner 10:00-10:45 a.m.
8 classes for \$36
Drop-In: \$6

Thursdays @ Eno

Mar. 9 - Apr. 27
Beginner 10:00-10:45 a.m.
8 classes for \$36
Drop-In: \$6

DON'T FORGET! Zoom classes will still take place even if Simsbury schools are cancelled due to inclement weather.

FITNESS CLASSES & PROGRAMS

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

Line Dancing

With great camaraderie and no need for a partner, this 60-minute class is a wonderful way to stay healthy. Regular line dancing may increase flexibility, strength and lung capacity, and lead to an improvement in bone health, balance and coordination.

Instructor: Mary Root
Auditorium

Beginner Line Dancing: Mondays, Mar. 27 - Apr. 24
1:00-2:00 p.m.
5 classes for \$15; \$4.50 Drop-In

Line Dancing: Wednesdays, Mar. 8 - Apr. 26
2:30-3:30 p.m.
8 classes for \$24; \$4.50 Drop-In

Evening Line Dancing: Mondays, Mar. 27 - Apr. 24
5:00-6:00 p.m.
5 classes for \$15; \$4.50 Drop-In



Every Body's Exercise

This 60-minute class combines strength training, cardio and balance exercises for a complete workout. Class can be done either seated or standing.

Instructor: Mary Root
Auditorium



Tuesdays, Mar. 14 - Apr. 25
12:15-1:15 p.m.

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

Thursdays, Mar. 9 - Apr. 27
12:15-1:15 p.m.

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

Music in the Afternoon

Sunday, March 12: Cellist Gwen Krosnick
2:00 - 3:30 p.m., Friends Program Room
Free

**Register with the Senior Center or Library by Mar. 8.* Cellist Gwen Krosnick has appeared across the world as recitalist, chamber musician, and exuberant advocate for music. She is known for her ecstatic and luminous voice; for her incisive, smoldering intensity; and for her deep, burnished palette of sounds at the cello.



Sunday, April 16: Red & Yellow
2:00 - 3:30 p.m., Friends Program Room
Free

**Register with the Senior Center or Library by Apr. 12.*

Danny Reilert and Debra Argosy share a passion for artistic integrity, animal welfare, and the endless quest for good comfort food. Danny has written, produced and performed acoustic and electric music from coffee houses to sports arenas. Debra returns to music after careers in art, writing and editing. Red & Yellow is devoted to bringing you emotionally evocative, entertaining and fun music. Our visits are filled with song and harmony that listeners love.



Lawyers in Libraries

Mondays, March 27 & April 24
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 of law, 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 20-minute time slot.**

*Generously sponsored by
the Connecticut Bar Association*

HEALTH, WELLNESS & PROGRAMS

AARP SMART DRIVER COURSE

Wednesday, March 8, 1:00-5:00 p.m.

Simsbury Public Library

Friends of the Library Program Room

**Register by March 1.*

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. Free for anyone having the AARP Medicare Supplement Plan G insurance card. You must show your insurance card to the instructor at the time of the class. Payment can be made by check the day of the course.

Cosponsored by the Simsbury Public Library & Senior Center

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**.

- ◆ 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.



HEARING CLINICS!

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings on **Mondays, Mar. 27 & Apr. 24.**

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.

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, Mar. 7, 21, 28 & Apr. 4, 18, 25

Appointments are available between

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

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

Simsbury Stories Memory Cafés

Tuesday, Mar. 14, 1:00–1:45 p.m.

(Snow date: Mar. 16)

**McLean Garmany Performing Arts Center,
Goodrich Building, 50 Sarah Lane**

Free

Wednesday, Apr. 19, 1:00-1:45 p.m.

Simsbury Public Library

Friends of the Library Program Room

Free

**Register with the Senior Center by Mar. 11 & Apr. 17.*

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.

Intonations

Wednesdays, Jan. 18 - Mar. 29
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

11 Classes for \$27.50;
\$4 drop-in



Charity Stitchers

Fridays, Mar. 3 & 17,
Apr. 21
10:00 a.m.—12:00 p.m.
South Conference Room
Free

Duplicate Bridge

Fridays, Mar. 3 - Apr.28
(No Bridge 4/7)
9:30 a.m.—12:30 p.m.
Youth Room
Free



Ladies of the Knockers

Tuesdays, Mar. 14 & Apr. 11
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, Mar. 3 - Apr. 28
(No Setback 4/7)
10:00 a.m.-12:00 p.m.
(Drop-In)
Blue Room
Free

Cribbage

Tuesdays, Mar. 7 - Apr.25
1:00—3:00 p.m.
(Drop-In)
Blue Room
Free

Dominoes

Wednesdays, Mar. 1 - Apr. 26
1:00—3:00 p.m. (Drop-In)
NEW MEMBERS WELCOME!
Blue Room
Free

Scrabble

Tuesdays, Mar. 7 - Apr. 25
12:00-3:00 p.m. (Drop-In)
Blue Room
Free



Ceramics

Tuesdays, Mar. 7 - Apr. 25
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. 6 - Apr. 27
12:00—3:00 p.m. (Drop-In)
Craft Room
Free



Canasta

Thursdays, Mar. 2 - Apr. 27
1:00-3:00 p.m. (Drop-In)
NEW MEMBERS WELCOME!
Blue Room
Free

Jewelry Workshop

Mondays, Mar. 13 & Apr. 10, 10:00 a.m. - 3:00 p.m.
Old Court Room
Instructor: Sandy Merrill

*Register by Jan. 5 & Feb. 9.

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)



Needlework Group

Thursdays, Mar. 9 & 23,
Apr. 13 & 27
10:00 a.m.—12:00 p.m., (Drop-In)
Old Court Room
Free

Bring your own project (any hand-work done with a needle) to work on in the company of others.

PROGRAMS, EVENTS & TRIPS

Managing Money: A Caregiver's Guide to Finances with Alzheimer's Association

Monday, April 24, 5:30-7:00 p.m.

Simsbury Public Library

Friends of the Library Program Room

Free

**Register by April 20.*

Caregivers: How much do you know about managing money? This program by the Alzheimer's Association® will help you learn about the costs of caregiving and the benefits of early planning, and teach you how to avoid financial abuse and fraud, start a conversation about finances, assess financial and legal needs, and find support.

A light dinner will be served.

Dial-A-Ride Jump On Board Trips

Sunday, March 12: 2:00-3:30 p.m. Performance by

Cellist Gwen Krosniak at Simsbury Library

(Depart: 1:30 p.m.; Return: 3:30 p.m.)

Monday, March 13: Walmart & Lunch @ Cracker

Barrel, E. Windsor

(Depart: 9:45 a.m.; Return: 2:30 p.m.)

Monday, March 20: Target, Big Lots & Lunch @

Applebee's, Torrington

(Depart: 9:45 a.m.; Return: 2:30 p.m.)

Monday, March 27: West Farms Mall & Trader Joe's

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

Saturday, April 1: New Britain Museum of American

Art (Depart: 10:00 a.m.; Return: 2:00 p.m.)

Monday, April 10: Buckland Hills Mall & Christmas

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

Sunday, April 16: 2:00-3:30 p.m. Performance by Red

& Yellow @ Simsbury Library

(Depart: 1:30 p.m.; Return: 3:30 p.m.)

Monday, April 17: Tour of State Capitol & Lunch @

Bear's Smokehouse (Depart: 10:00 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

Stayin' Alive, Aqua Turf Club, Plantsville, CT

Monday, May 22 (Sign up by 4/14)

\$116 per person

Locks & Lunch Cruise on the Hudson River

Saturday, June 24 (Sign up by 5/17)

\$132 per person

Lobster & Show, featuring Michael D'Amore at

The Log Cabin, Holyoke, MA

Wednesday, July 19 (Sign up by 6/12)

\$124 per person

The Turkey Train, Winnepesaukee Railroad

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

\$141 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



Bingo!

Fridays, March 24 & April 21

11:00 a.m.-12:00 p.m.

\$2

Auditorium

**Register by Mar. 20 & Apr. 17.*

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

Prizes for all winners





Café Lunch on Tuesdays

The Senior Center serves a café-style lunch **every Tuesday** from **11:30 a.m. to 12:45 p.m.** The meal features soup for \$2 and a sandwich for \$2, cash or check made out to Town of Simsbury.

Eat in or take out; call ahead or just stop by!

- Mar. 7:** Chicken Florentine Soup & Sliced Turkey Sandwich
- Mar. 14:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Mar. 21:** Beef Noodle Soup & Egg Salad Sandwich
- Mar. 28:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Apr. 4:** Minestrone Soup & Oven Roasted Chicken Sandwich
- Apr. 11:** Chicken Florentine Soup & Sliced Turkey Sandwich
- Apr. 18:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Apr. 25:** Beef Noodle Soup & Egg Salad Sandwich



Monday Suppers!

Mondays, Mar. 6 & Apr. 3 at 5:00 p.m., Youth Room

\$6

**Please register by Mar. 1. & Mar. 29.*

March Menu:

Corned Beef & Cabbage, Potatoes, Carrots, Irish Soda Bread & Dessert

April Menu:

Fried Chicken, Corn, Mac & Cheese, Rolls with Butter & Dessert

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. 1:** Meat loaf, mashed potatoes, zucchini
- Mar. 8:** Chicken Cacciatore, rice, yellow squash
- Mar. 15:** Italian beef and pasta, vegetable blend
- Mar. 22:** Tuscan-style turkey breast, cornbread stuffing, green beans
- Mar. 29:** Chicken Cordon Bleu, baked sweet potato, peas
- Apr. 5:** Meat loaf, mashed potatoes, zucchini
- Apr. 12:** Chicken Cacciatore, rice, yellow squash
- Apr. 19:** Italian beef and pasta, vegetable blend
- Apr. 26:** Tuscan-style turkey breast, cornbread stuffing, green beans

Notable Notes



- **Aging & Disability Commission Meetings:** Mar. 21 & Apr. 18
- **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.



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 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 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: **March 14 & April 11**, by appointment only. For information, call (860) 658-3283.

SNAP (Supplemental Nutrition Assistance Program). CT Foodshare will be happy to assist you with your SNAP application. 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: **March 6 & 20** and **April 3 & 17**.

For information, or a schedule including Avon and Granby dates, visit www.foodshare.org, or call Social Services.

Dial-A-Ride A Dial-A-Ride pass is available to Simsbury residents only, who are disabled or over the age of 60: \$25 for an individual or \$35 for a couple for a year. The pass allows residents use of the Dial-A-Ride buses in Simsbury, Granby and Avon, as well as Jump On Board Senior Center trips. In addition, two out-of-town medical rides can be requested monthly. Passes can be obtained from Social Services. If there is no school due to inclement weather, Dial-A-Ride does not run.

CHOICES (CT's program for Health Insurance, Outreach, Information, Counseling & Eligibility Screening) Lisa Sharp is a certified CHOICES counselor who is available for appointments.

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.

Inclement Weather Policy ❄️

If Simsbury public schools are canceled, all *in-person*, day and evening classes and programs are canceled at the Senior Center. Zoom classes will be held. If school is delayed, classes and programs run on their regular schedule unless we contact you. If schools are released early, all classes and programs starting 12 p.m. or later are canceled. If schools are on vacation, tune to WFSB, WTNH, NBC30 or check their web sites. Every effort is made to make up canceled classes and programs.

Save the date! Intonations Spring Concert
Friday, May 5th @ 11:00 a.m.
Auditorium

The Senior Center will be closed on Friday, April 7, in observance of Good Friday.



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."

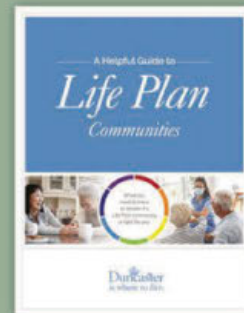
"Duncaster is where I create."

– 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.*



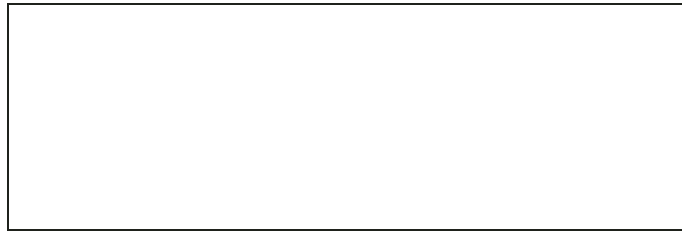
Keep informed of your options: go to **Duncaster.org/LifePlan** to receive your FREE Duncaster Life Plan Guide!

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Simsbury Senior Center
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