



Eno Memorial Hall
754 Hopmeadow Street
www.simsbury-ct.gov

Mailing Address:
933 Hopmeadow Street
Simsbury, CT 06070

Temporary Monday through Friday
Hours: 8:30 a.m.— 4:30 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 2021

How can we help you?

As we all continue to try to manage our current circumstances we can be grateful for the approach of spring. Warmer days are coming, as well as the opportunity to get outside for some fresh air and socialization. Please know that the Senior Center Staff is offering daily virtual programming, as noted in this newsletter, and is always just a phone call away. We encourage you to sign up for a new class or event that interests you. Please feel free to reach out to us and happy spring!

Warmly,
Senior Center Staff



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

VIRTUAL TOURS NOW AVAILABLE!



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CONTACT

Contact Bill Humphreys to place an ad today!
 bhumphreys@4Lpi.com or (800) 477-4574 x6634

Fitzgerald's home delivery service is convenient and easy, and just a phone call away!

Step 1: Call our service desk @ 860-658-2271 by 9:30 am for same day service
 Step 2: Enjoy your timely grocery delivery for just \$14.95 no minimum order required

SENIORS: Take advantage of our Monday home delivery special. Every Monday the same great service is only \$4.95



HOLIDAYS AND INCLEMENT WEATHER MAY EFFECT DELIVERY SCHEDULES

With Fitzgerald's, there really is no reason to even call anyone else for all of your grocery needs!



Farmington Valley
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710 Hopmeadow St. • Drake Hill Mall
 Simsbury, CT, Phone: 860-658-2271
 Fax: 860-658-2273 • Pizza: 860-658-1210

Double Manufacturer's Coupons
 See Store for details.
 STORE HOURS: 8AM-8PM, 7 DAYS/WEEK


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 TO BLUE SKIES AHEAD

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TRANSPORTATION PACKAGES AVAILABLE

We are a non-medical homecare service dedicated to providing our clients with exceptional service so they can live on their *own terms*.

We are proud to offer Non-emergency medical transportation packages for:

- Doctors appointments
- Physical Therapy
- Dialysis treatment
- Outpatient Surgeries
- Discharges & other outings

www.CareForYouLLC.com

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.

We invite you to join us for the opportunity to explore, grow and live well as we expand our campus to include beautiful new apartments with golf course views on our nature-filled campus. Here you will have access to all-new amenities, including exceptional dining venues; a state-of-the-art wellness annex; secure underground parking; an abundance of educational, recreational and cultural programs; and a Performing Arts Center.

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



Thank You, Ed LaMontagne!



A very big “Thank You” to Ed LaMontagne, Executive Director of the Simsbury Housing Authority, who recently received a Proclamation from the Board of Selectmen in recognition of his 26 years of dedicated service on the Aging and Disability Commission. He has been a very strong advocate for our residents and will leave a lasting impact on the Town.

Thank you, Ed!

Still Haven’t Tried Zoom?

Check out this video tutorial by copying or typing this website address into your browser:

www.youtube.com/watch?v=kh50kValdAY&feature=youtu.be

If you would like to set up a practice session, call the Senior Center at 860-658-3273.



INTONATIONS REUNION

VIA ZOOM

Wednesday, March 24 at 10:00 a.m.

Join Greg Babel and the Intonations for a morning of singing, piano and catching up!

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



For information on upcoming events, photos and stories, visit us at

www.facebook.com/simscommunityandsocial

Don’t forget to “Like” us!



Free fabric masks

The Simsbury Senior Center and Department of Community and Social Services are giving away hand made face masks.

Anyone who wants a mask can get one for free.

Just call us at (860) 658-3273, or email us at

kmarschall@simsbury-ct.gov to arrange to pick up your mask.

Thank you to our volunteers who have sewn more than 5,000 masks!



Senior Book Club

Book Club meets at 2:30 p.m. on the 4th Wednesday of each month. All meetings will be held via Zoom until further notice.



March 24: *A Long Petal of the Sea*
by Isabel Allende (Fiction)
Please register by March 22.

April 28: *Isaac’s Storm: Schultz and Peanuts: A Biography*
by David Michaelis (Non Fiction)
Please register by April 26.

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

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

All classes are held via Zoom, a popular video meeting app. If you haven't tried Zoom before, call us at (860) 658-3273 and ask us to email you a link to a free how-to video.

Perfect Fit Zoom

Low-impact aerobics, strength training and Pilates

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

Mondays, March 1 - April 26
9 classes for \$36

Wednesdays, March 3 - April 28
9 classes for \$36

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 a.m. - 12 p.m.
March 2 - April 27
9 classes for \$58.50

Tai Chi Zoom

Gentle and beneficial for gaining flexibility and improving balance.

Instructor: Ken Zaborowski

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

Tuesdays, March 2 to April 27
9 classes for \$40.50

Thursdays, March 4 - April 29
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 a.m. - 10 a.m.
March 5 - April 30
(no class April 2)
8 classes for \$32



Yoga Core Flow (Evening)

After a long day, de-stress with an hour of self-care with Yoga Core Flow. We will explore poses to help stretch what is tight and strengthen what's weak. Class will end with a 10-minute mindful meditation. Perfect for all levels.

Instructor: Susan Rubenstein

Tuesdays, 5 p.m. - 6 p.m.
March 2 - April 27
9 classes for \$63

Yoga (Morning) Zoom

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

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

Mondays, March 1 - April 26
9 classes for \$58.50

Wednesdays, March 3 - April 28
9 classes for \$58.50

Cardio Fit Zoom

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

Instructor: Nancy Pandolfo

Tuesdays and Thursdays,
9:10 a.m. - 9:55 a.m.
March 2 - April 29

Free with SilverSneakers® & Renew Active™

Cardio Core & More (Evening)

This class combines cardio's high/low moves, strength training, core, balance & more.

Instructor: Susan Rubenstein

Mondays, 5 p.m. - 6 p.m.
March 1 - April 26
9 classes for \$63

COVID-19 VACCINE INFORMATION

For Individuals Age 75 or Older

At the time of this publication, the State of Connecticut is currently in Phase 1b of the statewide vaccine rollout plan. Individuals that are age 75 or older are currently eligible to sign up to receive the vaccine, and can make appointments using the following tools:

Healthcare Provider: Many residents have already been, or will be contacted to schedule an appointment by their healthcare provider if their provider is participating in the state’s vaccine program. Not all providers are administering the vaccine. A list of participating providers is available at ct.gov/covidvaccine.

Residents are urged not to contact their physician or healthcare provider directly for COVID vaccine appointments.

Online: A form can be accessed online at ct.gov/covidvaccine that allows individuals to schedule an appointment through the web-based Vaccine Administration Management System (VAMS). Seniors that are having difficulty completing registration can contact the Senior Center at 860-658-3273.

The Farmington Valley Health District (FVHD) is opening up additional COVID-19 vaccine clinics in the Farmington Valley for the convenience of our seniors. These are being added as vaccine supply is received in the district. Simsbury Senior Center has the ability to register people for these additional clinics. You may call 860-658-3273 to schedule your vaccination with one of the FVHD clinics. Upcoming clinics include: Simsbury Fire House, Avon Senior Center, East Granby High School and Farmington Police Station in Unionville.

Telephone: Those without internet access can call Connecticut’s COVID Vaccine Appointment Assistance Line at 1-877-918-2224. The phone system was created in partnership with the Department of Public Health and United Way of Connecticut and is specifically targeted to provide support for eligible vaccine recipients who have limited technology access, or who have language, disability, or other barriers that could prevent them from using existing self-scheduling options successfully. The line will take calls on Mondays through Fridays from 8:00 a.m. to 4:30 p.m. and will offer a call-back option when all contact specialists are busy serving other callers. The team will aim to return calls as soon as possible, with the goal of same-day response.

St. Patrick’s Day Virtual Bingo

Wednesday, March 17 at 2:00 p.m.

Celebrate St. Patrick’s Day in the comfort of your own home during our St. Patrick’s Day Virtual Bingo!

Prizes for all winners

Please register by March 15 online at www.simsburyseniors.com, by calling the Senior Center at (860) 658-3273, or by email at kmarschall@simsbury-ct.gov



ZOOM CHATS

The Simsbury Senior Center will host Zoom Chats at 11:00 a.m. on **Friday, March 19 and Friday, April 23**

Senior Center members have an opportunity to see each other via Zoom, to reconnect with friends, and to make new ones, from the comfort of your own home.



Sign up online at www.simsburyseniors.com, by calling the Senior Center at (860) 658-3273, or by email at kmarschall@simsbury-ct.gov

STILL NEW TO ZOOM?

See the box on page 3 of this newsletter.

VIRTUAL HISTORY PROGRAMS

The following programs are co-sponsored by the Simsbury Public Library and the Senior Center. To register, please visit www.simsburyseniors.com, call (860) 658-3273, or email kmarschall@simsbury-ct.gov

Tuesday, April 13 at 7:00 p.m.



History's Mysteries Have you ever wondered about some of the world's mysterious puzzles, such as: the Bermuda Triangle, Bimini Road, Amelia Earhart's disappearance, where is Jimmy Hoffa, DB Cooper and The Mary Celeste? All interesting subjects and worthy of a second or perhaps a third look. If you like History we'll explore together.

Presenter: Joseph Oulette, a member of the Ellington Historical Society

Coming in May...

Tuesday, May 11 at 7:00 p.m.

PT Barnum: The Prince of Humbugs ...The time...1810...He was born in Bethel, Connecticut. This was an age of "marvelous wonders" and many home-grown entrepreneurs selling "snake oil" to the gullible or anyone willing to part with a nickel. He truly was an American showman, businessman, entertainer, promoter of hoaxes, author, publisher, politician, philanthropist, the first show business millionaire, and founded the circus as we know it today. He left a great legacy. Don't miss this one.

Presenter: Joseph Oulette, a member of the Ellington Historical Society



The following programs are sponsored by the Simsbury Public Library. To register, please visit www.simsburylibrary.info or call the Library at (860) 658-7663.



Meet the Presidents: A Look at the American Presidency

Tuesday, March 9 from 7:00 p.m. — 8:00 p.m. Discover the evolution of the presidency and executive branch and how presidents have interpreted and fulfilled their leadership role with exhibition highlights from Meet the Presidents. Highlights include the actual Bible used during George Washington's inauguration in 1789 and a student scrapbook from 1962 chronicling John F. Kennedy's leadership during the Cuban Missile Crisis. Presented by the NY Historical Society. Register for Zoom link.

From Uptown Girls to Downton Abbey

Thursday, March 25 from 7:00 p.m. — 8:00 p.m. Long before the British Invasion, the cash-strapped lords, viscounts, and dukes of Great Britain shifted their focus from hunting foxes and pheasants to more lucrative targets: cash-flush Gilded Age American socialites who were willing to trade their family's money for an ancient title and often a chilly reception in the British aristocracy. Join anglophile and former U.K. resident Claire Evans as she recounts the tales of some of the famously loaded young Americans who infused bank accounts of many stately homes, including close relatives of Winston Churchill and Princess Diana. She'll also give travel tips if you'd like to create a Gilded Age tour for yourself. Presented by Claire Evans. Register for Zoom link.



Innovations in Art (Via Zoom) with Jan Beatty

Thursday, March 18 from 1:30 p.m. — 2:30 p.m.

In addition to being the oldest continuously operating public art museum in the US, the Wadsworth Atheneum Museum of Art is known for a number of firsts. To celebrate that, this one-hour program will look at a number of works of art at the Wadsworth where the artists' techniques or styles were innovative. Join a Wadsworth Atheneum docent on a tour of works spanning 400 years and several continents.

Thursday, April 15 from 1:30 p.m. — 2:30 p.m.

The Wadsworth Atheneum of Art is home to a number of art works by women, including one that recently traveled to the National Gallery in London for its feature exhibition *Artemisia*.

In this one-hour virtual program we will explore works at the Wadsworth Atheneum by women painters, sculptors, quilters, and photographers. Join a Wadsworth Atheneum docent on this tour of works by women artists spanning 400 years and several continents.

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



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 nonresidents, and Simsbury residents under 50

Mar. 3: Corn Flake crusted chicken breast, sweet potato, broccoli

Mar. 10: Meat lasagna, vegetable blend, garlic bread sticks

Mar. 17: Tuscan-style turkey breast, cornbread stuffing, green beans

Mar. 24: Chicken parmesan, linguini and Brussel sprouts

Mar. 31: Meat loaf, mashed potatoes and zucchini

April 7: Corn Flake crusted chicken breast, sweet potato, broccoli

**register by Thursday, April 1 for the April 7 lunch*

April 14: Meat lasagna, vegetable blend, garlic bread sticks

April 21: Tuscan-style turkey breast, cornbread stuffing, green beans



COVID-19 Service Changes & Updates



Adults over 65 and people with underlying medical conditions such as diabetes, or heart or lung disease, should continue to stay safe by staying home. Face masks should continue to be worn in public at all times, even while maintaining physical distance.

COMMUNITY AND SOCIAL SERVICES AND SENIOR CENTER

The Department of Community and Social Services continues its food programs. Applications for Energy Assistance are currently being accepted; all applications will be taken virtually by phone, email, and mail. Please be advised that staff continues to reevaluate reopening plans in connection with the latest public health data and guidance from the Farmington Valley Health District and the State of Connecticut. Thank you for your cooperation and patience as we continue to address the emerging issues related to COVID-19. The Senior Center continues to offer daily virtual programs and weekly “grab and go” meals.

TOWN MEETINGS

Public meetings are currently being held virtually. Meetings will remain closed to the public until further notice. Meetings will be held over Zoom and broadcasted on SCTV. Agenda items that are being discussed at a meeting will be posted online for public view. Members of the public may email statements to the Town Clerk’s Office at ebutler@simsbury-ct.gov by 4:30 p.m. the day before the meeting to have their comments read into the record during public audience.

TRANSFER STATION

The Transfer Station is open with full services and modified practices.

RECREATION

All playgrounds, basketball and tennis courts, and the skatepark (at Memorial Park) are open at this time. Patrons utilizing our parks, open spaces, and trails should follow State of Connecticut mandated social distancing and face covering protocols.

TOWN HALL

Open Monday, Wednesday and Friday from 8:30 a.m.-12:00 p.m.

- **8:30 a.m.-9:30 a.m. will be reserved for senior citizens**

Visitors will be checked in at the central reception desk and screened for their health status and recent travel prior to being admitted to the relevant department for service. When authorized for an appointment, only one patron will be permitted per department at any time. Reasonable accommodations will be made as required by law for disabled persons on a case by case basis. 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. To minimize the need for quarantining of materials and to keep land records and building permit records readily available to the public, staff will continue to process records requests electronically. During all other times, the building will remain closed to walk-in visitors; access will be by appointment only.

LIBRARY

Open Tuesday and Thursday from 10:00 a.m.— 4:00 p.m.

- **10:00 a.m.-11:00 a.m. will be reserved for senior citizens**
- Open Saturday from 9:30 a.m.—3:30 p.m. (no specific senior hours)

Patrons may browse and check-out materials; one hour of computer use per person, per day; one hour of workspace use in the Business & Career Center per person, per day. During all other times, the building will remain closed to walk-in visitors; services are available through [curbside pickup](#) for those uncomfortable coming into the building and reference librarians are available by phone Monday-Friday, from 10:00 a.m. to 5:00 p.m. to answer questions.

Individuals that have been diagnosed with COVID-19, are awaiting the results of a COVID-19 test, are currently ill, or have recently traveled to a location for which the [travel advisory](#) is in effect should refrain from visiting the Town Hall and Library in person. Access to all other Town buildings is by appointment only until further notice. Town employees are reporting to duty at all locations, and are available to schedule in-person appointments for services that cannot be completed by phone, mail, email, or virtually. Town departments will not be accepting cash transactions until further notice.

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, March 9 and April 13. Details on distribution are still being determined. 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 assist you in the 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, March 8 & 22, and April 5 & 19**. 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.

Energy Assistance

KEEP WARM THIS WINTER! Social Services is taking applications for the CT Energy Assistance Program. This program 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. All applications are being done virtually this year. Clients will need to forward their documents to CRT. Please call Social Services for information or to schedule a virtual 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.

THIS SCHEDULE IS SUBJECT TO CHANGE.

ALL ABOUT THE CT HUMANE SOCIETY Via Zoom

Friday, April 16 at 1:00 p.m.

Love pets? Learn about the Connecticut Humane Society's life-changing work with pets and the people who love them in this interactive and educational virtual program.

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



Meditation Series

March 15, 22 & 29 from 1:00 p.m. – 1:50 p.m.

The practice of meditation is well demonstrated to reduce the physical effects of stress on the body. In this free, three-week series, learn tips and techniques to create a meditation practice. This practice is designed to help reduce stress, anxiety and helps to promote a better night's sleep. Instructor: Susan Rubenstein

This program is co-sponsored by the Simsbury Public Library and the Senior Center.



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



AARP Tax assistance is being offered this year at the Simsbury Library with precautionary measures, including social distancing, required face masks, and cleaning between appointments. Due to COVID-19 restrictions, appointments are limited to the following:

**You must be a Simsbury resident*

**You must have had your taxes prepared by the Simsbury AARP preparers within the past 2 years*

Those who do not meet those AARP requirements cannot make an appointment.

To make an appointment, please call the Senior Center at (860) 658-3273.



As precautions against the COVID-19 coronavirus pandemic continue, AARP has extended their cancellation of all in-person events and activities until March 31, 2021.

The Smart Driver course is being offered online with a 25% discount.

Register at:

www.aarpdriversafety.org

Promo Code for 25% discount: DRIVINGSKILLS

For more information, please call
1-800-569-1658

What does Duncaster *safety & security* mean to us?



**More time with friends,
doing what we love.**

Irma Vallecillo Keller

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Carol Barry

Duncaster resident since 2016
Floral designer since 1950

Feeling confident about the road ahead means living a more fulfilling life today. Here's why more and more proactive seniors are turning to Duncaster for a future they can rely on:

- **Assurance of health care and personal services** at predictable costs safeguards you.
- **Estate and asset protection** safeguards your family's future.
- **An active, engaged community and staff** lets you live your way with renewed energy, friendship and purpose.



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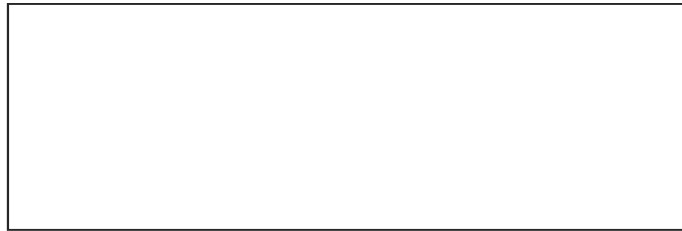


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Simsbury Senior Center
933 Hopmeadow Street
Simsbury, CT 06070

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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.

Can we reach you by email?

During the time the Senior Center is closed to the public, 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 **Friday, April 2**, in observance of Good Friday.

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