



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
(860) 658-3283 (Social Services) simsbury-ct.gov/social-services

The Senior Communicator

May—June, 2024

Intonations Spring Concert

With students from The Hartt School,

University of Hartford



Director Greg Babal

Thursday, May 2, 11:00 a.m.-12:00 p.m.

McLean Garmany Performing Arts Center

Goodrich Bldg., 50 Sarah Lane, Simsbury

Free; *Register by April 26*

Join us for a performance by the Intonations, the Senior Center choral group, along with Hartt School student vocalists.

Light refreshments will be served.

Firehouse

Pancake Breakfast



Thursday, May 16, 9:30-11:00 a.m.

Simsbury Fire Department

871 Hopmeadow Street

Free

The Simsbury Fire Department will host a pancake breakfast for Simsbury Seniors at their Main Firehouse, 871 Hopmeadow Street. Breakfast includes pancakes, sausage, juice and coffee. The breakfast is free, but reservations are required.

Register with the Senior Center by May 9.

Souper Thursday!

Thursday, May 9, 12:00-1:30 p.m.

Youth Room; Free; *Register by May 2

In honor of **Older Americans Month** the Aging and Disability Commission invites you to a free lunch! Guests will enjoy soup, sandwich and dessert, and the company of friends. *Thank you to Norcom Mortgage for generously sponsoring this luncheon.*



Dance Recital with Mary Root & Gloria Rossetti



Thursday, June 6

7:00 - 8:00 p.m., Auditorium


Free; *Register by June 5*

Enjoy a dance recital featuring the students of Gloria Rossetti and Mary Root. Join us for this multi-generational performance!

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 & Social Services
Rachael Loveland
Community 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, call (860) 658-3273, or email khaberlin@simsbury-ct.gov.

Lincoln: The Commander in Chief

Thursday, May 16
11:00 a.m.— 12:30 p.m.
Youth Room
Free; Register by May 14



Join us for this presentation on Abraham Lincoln, American statesman, lawyer, politician and the 16th President of the United States. Following the presentation will be a discussion period.

Presented by Jerry Perkins,
Retired History Professor

Recital Joanne Scattergood's Voice Studio

Wednesday, May 22
6:30-7:30 p.m.
Auditorium

Free; Register by May 20
Professional and college students from Joanne Scattergood's Voice Studio in Simsbury will perform a recital at Eno Memorial Hall! They will be singing selections from opera and musical theatre, including Puccini's *La Boheme*, Handel's *Messiah* and more.

Daughters of the American Revolution

Monday, June 24
1:30-2:30 p.m., DAR Room
Free; Register by June 20

Did you know the Abigail Phelps Chapter of the Daughters of the American Revolution has its own room and meets at Eno Memorial Hall? Come learn about the organization and what it does from Chapter Regent, Carolyn Stewart.



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.**



Tulips with Tully Craft Program

Monday, June 17
1:30-2:30 p.m.
Youth Room
Free

Register by June 13

Please join Tully Meyer from McLean Home Care & Hospice to make tulips by the bunch! It is amazing what you can do with a few simple items from home. Join us to be a part of the magic as it unfolds.



Lawyers in Libraries

Mondays, May 20 & June 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, 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.**



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.

Perfect Fit

Low-impact aerobics, strength training and Pilates.

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

Mondays on Zoom

May 6 - June 24
(No class 5/27 & 6/10)
6 classes for \$30

Wednesdays @ Eno & on Zoom

Auditorium
May 8 - June 26
8 classes for \$40
Drop-In: \$10

Yoga with Ease

Perfect for all levels, including beginners!

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

Mondays on Zoom

May 6 - June 24
(No class 5/27 & 6/10)
6 classes for \$45

Wednesdays @ Eno & on Zoom

Auditorium
May 8 - June 26
8 classes for \$60
Drop-In: \$10

Stronger with Strength

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

May 10 - June 28
(No class 5/24 & 6/7)
6 classes for \$30
(No Drop-In)

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.

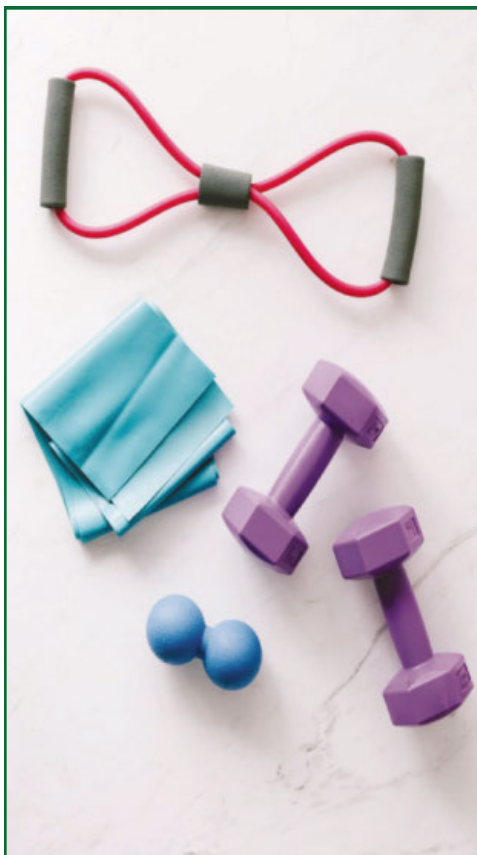
Instructor: Susan Rubenstein
11:00-11:50 a.m.

Tuesdays on Zoom

May 7 - June 25
8 classes for \$60
Drop-In: \$10

Thursdays @ Eno & Zoom

Old Court Room
May 9 - June 27
(No class 5/23 & 6/6)
6 classes for \$45
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

(5/7: Make-up for 3/12)
May 14 - June 25

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

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

7 classes for \$31.50; Drop-In: \$6

Thursdays @ Eno

(5/2: Make-up for 4/4)
May 9 - June 27

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

8 classes for \$36; Drop-In: \$6



FITNESS CLASSES & MORE



To register for programs please visit www.simsburyseniors.com, call (860) 658-3273, or email 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, May 7 - June 25

12:15-1:15 p.m.

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

Thursdays, May 9 - June 27

(5/2: Make-up Class for 2/29)

(5/9 @ Simsbury Public Library, Tariffville Room)

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, May 13 - June 24

(5/6: Make-up for 3/25; No class 5/27)

1:00-2:00 p.m.

6 classes for \$18; \$4.50 Drop-In

Line Dancing: Wednesdays, May 15 - June 26

(5/1: Make-up for 3/22; 5/8: Make-up for 3/27)

2:30-3:30 p.m.

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

A very **BIG** thank you to **Tom Meek** and his team of volunteer **AARP Tax-Aide preparers** for all of their hard work this tax season!

Elevator Replacement Project

The elevator at Eno Memorial Hall is being replaced! Work has begun and will last through approximately mid-May. The elevator will be out of service during this time. Ramps have been 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.

Intergenerational Thread Together



Wednesday, May 15, 1:00 to 2:30

Simsbury Public Library, Tariffville Room

Free; *Register by May 10*

Join us for a relaxing and calming threading activity while exploring ways threading can help you de-stress and reduce worry and anxiety.

Activities include: latch hooking, loom banding, crocheting and knitting. No previous experience required. Participants are welcome to bring their own threading projects or materials, or choose from project kits provided.

Sponsored by Simsbury Senior Center, Simsbury Youth Service Bureau & Greater Hartford Wellness

Scan here to register for programs:



Suggestion Box

Do you have an idea or suggestion that might improve your Senior Center? The Senior Center Office now has a suggestion box. Please share your thoughts with us!



HEALTH & WELLNESS



Veterans Outreach Assistance

Wednesdays, May 8 & 22 & June 12 & 26
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, May 14 & June 11, 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.**

Please call the Senior Center for an appointment.

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.

Visiting Nurse & Hospice of Litchfield County



Foot Care Clinics

Tuesdays, May 7, 21, 28 & June 4, 18, 25

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.

North of Forty:

Inspiring Stories of Older Athletes

Thursday, June 20, 1:30 to 2:30 pm, Youth Room

Free; Register by June 18

In her new book, *North of Forty: Inspiring Stories of Older Athletes*, Lauren Hurst and photographer Nick Cinea tell the stories of over 50 senior athletes ranging from ages 54 to 103, marathoners to martial artists to mountaineers, ordinary and extraordinary people. Come hear about their stories, which will inspire anyone who's made it "north of forty" and kept climbing.

Presented by Lauren Hurst, Senior Fitness Expert, Personal Trainer & Owner of North Forty Fitness, Concierge Personal Training



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, May 8: Tariffville Park (Main Street Ext.)

Wednesday, May 29: Great Pond State Park (Great Pond Road)

Wednesday, June 12: Wagner Woods (Great Pond Road)

Wednesday, June 26: Simsbury Performing Arts Center (Iron Horse Boulevard)

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, call (860) 658-3273, or email khaberlin@simsbury-ct.gov.

Intonations

Wednesdays, April 3 - May 8
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
6 Classes for \$15
\$4 drop-in

Charity Stitchers

Fridays, May 3, 17 &
June 7, 21
10:00 a.m.—12:00 p.m.
Old Court Room
Free

Ladies of the Knockers

Tuesdays, May 14 & June 11
10:00—11:30 a.m. (Drop-In)
Blue Room

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



Setback

Fridays, May 3 - June 28
10:00 a.m.-12:00 p.m. (Drop-In)
Blue Room
Free

Duplicate Bridge

Fridays, May 3 - June 28
9:30 a.m.—12:30 p.m.
Youth Room; Free



Scrabble

Tuesdays, May 7 - June 25
12:00-3:00 p.m. (Drop-In)
Blue Room; Free



Cribbage

Tuesdays, May 7 - June 25
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.

Old Court Room
Free

Register by May 20 & June 25
May 22: *The Book of Charlie: Wisdom from the Remarkable American Life of a 109-year-old Man* by David Von Drehle (NF)

June 26 *The Ride of Her Life* by Elizabeth Letts (NF)

Ceramics

Tuesdays, May 7 - June 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
May 6 - June 27

(No Painting on 5/27)
12:00—3:00 p.m. (Drop-In)
Craft Room

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



Jewelry Workshop

Mondays, May 13 & June 10, 10:00 a.m. - 3:00 p.m.
Old Court Room/Youth Room
Instructor: Sandy Merrill

Register by May 10 & June 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, May 9 & 23,
June 13 & 27
10:00 a.m.—12:00 p.m. (Drop-In)
Blue Room

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

PROGRAMS, EVENTS & TRIPS



May Pizza & Bingo!

Monday, May 6

4:30-6:00 p.m., Youth Room

\$2; Register by May 2



Join us for pizza and a fun game of BINGO at the Senior Center! Prizes for all winners.

Thank you to Residence at Brookside for generously sponsoring this program.



June Bingo!

Thursday, June 13

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

Free; Register by June 11.



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

Prizes for all winners.

Thank you to ARK Healthcare & Rehabilitation at Governor's House for generously sponsoring this program.



Intergenerational Hot Dog Cookout & Make-Your-Own Tie-Dye T-shirt

Thursday, June 27, 12:00 - 1:30 p.m.

(Rain date Thursday, July 11)

North Lawn at Eno

Free; Register by June 24

Lunch served from 12:00 to 12:30 p.m.

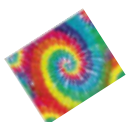
Tie-Dye from 12:30 to 1:30 p.m.



Come join us for a hot dog cookout and make your own tie-dye T-shirt.

(If you prefer bring your own t-shirt or other item to tie dye.)

No experience needed; supplies will be provided.



Dial-A-Ride Jump On Board Trips

Monday, May 6: West Farms Mall & Trader Joe's, West Hartford (Depart: 9:45 a.m.; Return: 2:00 p.m.)

Monday, May 13 : Lunch @ Lenny & Joe's Fish Tail, Westbrook (Depart: 9:45 a.m.; Return: 2:30 p.m.)

Monday, May 20 : Clinton Outlets, Clinton (Depart: 9:45 a.m.; Return: 3:00 p.m.)

Monday, June 3: Lunch @ Great Taste Chinese Restaurant, New Britain (Depart: 11:00 a.m.; Return: 2:00 p.m.)

Monday, June 10: Lunch @ Amici Italian Grill, Avon (Depart: 11:00 a.m.; Return: 2:00 p.m.)

Monday, June 17: Walmart & Lunch @ Cracker Barrel, E. Windsor (Depart: 9:45 a.m.; Return: 2:30 p.m.)

Monday, June 24: Lunch @ Bill's Seafood, Westbrook (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, May 6 & June 3

10:00-11:00 a.m., Old Court Room

Free; Register by May 2 & 30

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.

Lunch Café

The Senior Center serves a café-style lunch **Tuesdays** from **11:30 a.m. to 12:45 p.m. in the Youth Room.** 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!

May 7: Chicken Florentine Soup & Sliced Turkey Sandwich

May 14: Pasta Fagioli Soup & Chicken Salad Sandwich

May 21: Beef Noodle Soup & Egg Salad Sandwich

May 28: Turkey Wild Rice Soup & Tuna Salad Sandwich

June 4: Minestrone Soup & Ham Sandwich

June 11: Chicken Florentine Soup & Sliced Turkey Sandwich

June 18: Pasta Fagioli Soup & Chicken Salad Sandwich

June 25: Beef Noodle Soup & Egg Salad Sandwich



Monday Suppers!

Mondays, May 13 & June 3 at 5:00 p.m., Youth Room

\$6

**Register by May 8 & 29*

May Menu: Quiche, Cucumber Salad, Rolls with Butter & Dessert

June Menu: Kielbasa & Sauerkraut, Roasted Potatoes & Ice Cream Sandwich Cake

Notable Notes



■ **Aging & Disability Commission Meeting:** Upcoming meetings on May 21 & June 18 at 6:00 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 for more information.

■ **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 in the Youth Room**, include bread/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.

May 1: Baked cod with lemon butter sauce, wild rice, mixed vegetables

May 8: Italian Beef & Pasta, Vegetable Blend

May 15: Tuscan-style turkey breast, cornbread stuffing, green beans

May 22: Chicken Piccata, baked sweet potato, peas

May 29: Meat Loaf, mashed potatoes, zucchini

June 5: Baked cod with lemon butter sauce, wild rice, mixed vegetables

June 12: Italian Beef & Pasta, Vegetable Blend

June 19: Tuscan-style turkey breast, cornbread stuffing, green beans

June 26: Chicken Piccata, baked sweet potato, peas

Anja Smith

Café Coordinator

Mark Grabowski

Café Coordinator

Wendy LaMontagne

Substitute Café Coordinator

UPCOMING HOLIDAY

The Senior Center will be closed on

Monday, May 27

in observance of

Memorial Day.



Register for programs 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: **May 14 & June 11**, 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: **May 13 and June 10 & 24**. For information, or a schedule including Avon and Granby dates, visit www.foodshare.org, or call Social Services.

Renters' Rebate Social Services is gearing up to start our Renters' Rebate for Program Year 2023, and will begin taking application appointments on May 1. Please call Social Services for more details or to schedule an appointment.

Dial-A-Ride A Dial-A-Ride pass is available to Simsbury residents only, who are disabled or over the age of 60: \$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; 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 for information about upcoming events, photos and stories.

Up to
\$25,000
off the entrance fee
on select apartments!



Duncaster is where to
live, grow, create &
save.

You might be surprised to learn that life at Duncaster is easily within reach. And now, studio, one-bedroom and select two-bedroom apartments are even more affordable — with up to **\$25,000 off the entrance fee**. Regardless of which apartment you chose, our entire lush, 94-acre campus is where you'll play, thrive ... and save.



Duncaster
is where to *live.*

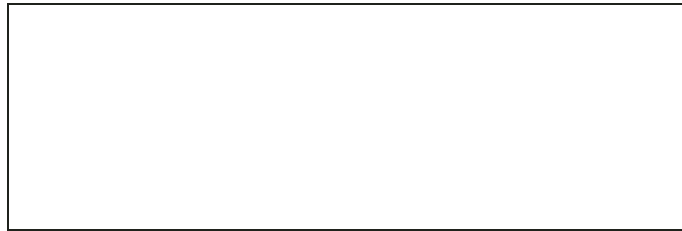


To learn how you can save up to \$25,000,
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Simsbury Senior Center
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- Nutrition counseling
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