



**Simsbury Senior Center**  
**Eno Memorial Hall**  
 754 Hopmeadow Street  
 Simsbury, CT 06070

**Contact Us:** Senior Center: (860) 658-3273  
 Social Services: (860) 658-3283  
 Fax: (860) 408-7046

[www.simsbury-ct.gov/senior-center](http://www.simsbury-ct.gov/senior-center)  
[www.facebook.com/simscommunityandsocial](https://www.facebook.com/simscommunityandsocial)  
**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.

# The Senior Communicator

May—June, 2023

## Intonations Spring Concert

*With students from The Hartt School,  
 University of Hartford*



**Director Greg Babal**

**Friday, May 5, 11:00 a.m.-12:00 p.m.**

**Auditorium; Free**

*\*Register by May 3.*

Join us for a performance by the Intonations, the Senior Center choral group, along with Hartt School student vocalists. *Light refreshments will be served.*

## Intergenerational Drag Queen Bingo & Pizza



**Thursday, June 1, 5:30-7:30 p.m.**

Auditorium

Free; *\*Register by May 29.*

Kick off Pride month with Drag Queen Bingo! The most fabulous Giganta Smalls will be our host for this fun family event. Join us for pizza, bingo, prizes, and fun! This quirky queen performs across the state using her quick wit and campy style to spread a message of joy and self-confidence. Local LGBTQ+ organizations will also be available to share information.

*Cosponsored by Simsbury Community & Social Services & Simsbury Public Library*

## Souper Thursday!

**Thursday, May 11, 12:00-1:30 p.m.**

**Youth Room; Free, \*Register by May 4.**

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.



## Intergenerational Hot Dog Cookout & Make-Your-Own Tie-Dye Pillow Case

**Thursday, June 22, 11:30 a.m.— 1:30 p.m.**

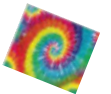
(Rain Date: Thursday, July 13)

**North Lawn at Eno**

Free

*\*Register by June 19.*

Come join us for a hot dog cookout and make your own tie-dye pillowcase. (If you prefer bring your own t-shirt or other item to tie dye.) No experience needed; supplies will be provided.



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
- Wendy LaMontagne**  
Temp. Coordinator Elderly Outreach
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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](http://www.simsburyseniors.com), call (860) 658-3273, or email [khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).

### How to Die Young as Old as You Can

**Wednesday, May 10  
6:30-7:30 p.m.**

**Simsbury Public Library  
Friends Program Room**  
Free

*\*Register by May 8.*

Does being older mean enduring a life of chronic disease and disability? Is this all we have to look forward to as we age? Author Doug Melody is challenging the script currently in place that directs us on how we're expected to live out the third and fourth quarters of our lives, arguing that adherence to this false narrative is the root cause of our age-old beliefs about old age itself.

*Presented by Doug Melody,  
Ph.D., CFT*

*Cosponsored by  
the Simsbury Senior Center &  
Simsbury Public Library*

### Babe Ruth



**Thursday, June 15**

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

Free, *\*Register by June 13.*

The Babe, he swung the heaviest bat, earned the most money, and incurred the biggest fines. He lived in a surreal world, surrounded by fans with enormous admiration, spurred on by his crucial partnership with Christy Walsh his business manager, spin doctor, damage control magician and surrogate father. Ruth drafted the blueprint for modern athletic stardom. All this, while hitting 60 home runs in 1927, a record that would hold until 1961.

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

### Music in the Afternoon:

**Simsbury Public Library  
Friends Program Room**

Free;

*Register by 5/4 & 6/8.*

#### Kala Farnham

**Sunday, May 7, 2:00-3:00 p.m.**

Kala's signature songwriting has been likened to a reinvention of the traditional folk with influences of pop, Broadway, and world music. Her work has garnered numerous awards and media attention.

#### The Sound Pipers

**Sunday, June 11, 2:00-3:30 p.m.**

The Sound Pipers band is a reggae fusion band that harmonizes and improvises with other musical genres like R&B, funk, Soca, pop and blues.

*Cosponsored by  
the Simsbury Senior Center &  
Simsbury Public Library*

### Lawyers in Libraries

**Mondays, May 22 & June 26, 6:00-8:00 p.m.**

**Simsbury Public Library, Business Conference Room 1**

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 required. Please call the Information Desk at **860-658-7663 x 2** to register for a 20-minute time slot.

*Generously sponsored by the Connecticut Bar Association.*

### Tech Tutor at the Senior Center!

**Wednesdays, May 10, 24 & June 14, 28, 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.*



### 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.**

## FITNESS CLASSES



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

### 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**  
May 2 - June 27  
9 classes for \$63  
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

May 12 - June 30  
(No class 6/2)  
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

May 1 - June 30  
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

May 1 - June 26  
(No class 5/29 & 6/5)  
7 classes for \$31.50

### Wednesdays @ Eno & on Zoom

**Auditorium**  
May 3 - June 28  
9 classes for \$40.50  
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

May 1 - June 26  
(No class 5/29 & 6/5)  
7 classes for \$49

### Wednesdays @ Eno & on Zoom

**Auditorium**  
May 3 - June 28  
9 classes for \$63  
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

May 16 - June 27  
**Intermediate** 9:00-9:45 a.m.  
**Beginner** 10:00-10:45 a.m.  
7 classes for \$31.50  
Drop-In: \$6

### Thursdays @ Eno

May 4 - June 29  
**Beginner** 10:00-10:45 a.m.  
9 classes for \$40.50  
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 & EVENTS

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

## 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 1 - June 26

(No class 5/29 & 6/12)

1:00-2:00 p.m.

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

### Line Dancing: Wednesdays, May 3 - June 28

(No class 5/31)

2:30-3:30 p.m.

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



### Evening Line Dancing: Mondays, May 1 - June 26

(No class 5/29 & 6/12)

5:00-6:00 p.m.

7 classes for \$21; \$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, May 16 - June 27

(No class 5/30)

12:15-1:15 p.m.

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

### Thursdays, May 4 - June 29

(No class 6/1)

12:00-1:00 p.m.

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

## BINGO!

**Monday, June 12, 1:30-2:30 p.m., Auditorium**

\$2

*\*Register by June 7.*

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

*Prizes generously provided by the Residence at Brookside*



## A Matter of Balance

**Mondays, May 1 - June 26**

**1:30-3:30 p.m., Old Court Room**

(No Class on 5/29); Free; *\*Register by April 24.*

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. In this 8-week program you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercises to increase strength and balance. Who should attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
  - Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

*Presented by the Farmington Valley Health District*

## Wake up for Firehouse Pancake Breakfast



**Thursday, May 18, 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.

*\*Please sign up with the Senior Center by May 12.*

## HEALTH & WELLNESS

### Farmington Valley Health District Community Health Assessment Findings

The Farmington Valley Health District (FVHD) recently completed a community health assessment. While residents of the Farmington Valley on average enjoy overall better health compared to Connecticut as a whole, the health assessment identified a number of areas for improvement. Falls among older adults, low seasonal flu vaccine uptake, high household radon levels, high proportions of overweight individuals, obesity, poor mental health and substance use were some of the most pressing issues the assessment identified. The report also includes a wealth of information on a variety of topics, including educational attainment, income and poverty, employment, housing, transportation, and access to care.

Community members are encouraged to review the findings and offer comments and suggestions through the feedback form linked on [fvhd.org](http://fvhd.org). Over the next few months, the health district will be sharing the data and developing working groups in each of the priority areas. Individuals and organizations with an interest or expertise in priority areas are encouraged to participate in the working groups and can either sign up at the [fvhd.org](http://fvhd.org) website or by calling the health district at **860-352-2333**.

### 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 10:** Great Pond State Park

**Wednesday, May 24:** Simsbury River Walk (Meet at SHS Boathouse Parking Lot)

**Wednesday, June 7:** Tariffville Park

**Wednesday, June 21:** Simsbury Wildlife Management Area (Ferry Lane)

### Medication Safe Storage Lunch & Learn

**Thursday, June 29, 12:30-1:30 p.m., Youth Room**

Free, *\*Register by June 26.*

Use of over-the-counter (OTC) and prescription medications is increasing among people of all ages. Increasing medication use also increases the potential for unintentional overdoses when small children gain access to unsecured medications and intentional prescription drug experimentation amongst teens and young adults, when they have easy access to prescription medications. Safe storage and disposal of medicine in the home is one way to help keep children and teens safe from accidental ingestion and medication misuse. Join us to learn more about how you can help to keep your family and our community safe – we all have a role to play!

Lunch will be served at 12:30 p.m.

*Presented by the Farmington Valley Health District & Simsbury Police Department*

### 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, May 2, 16, 23 & June 6, 20, 27**

Appointments are available between

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

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

### Simsbury Stories Memory Café

**Wednesday, June 21, 2:00-2:45 p.m.**

**Simsbury Public Library**

**Friends Program Room**

Free, *\*Register with the Senior Center by June 16.*

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](http://www.simsburyseniors.com), call (860) 658-3273, or email [khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).

## Intonations

Wednesdays through May 17  
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  
\$4 drop-in




## Charity Stitchers

Fridays, May 5 & 19,  
June 2 & 16  
10:00 a.m.—12:00 p.m.  
South Conference Room

Free  
*Yarn Donations Welcome!*

## Ladies of the Knockers

Tuesdays, May 9 & June 13  
2:30—4:00 p.m. (Drop-In)  
Old Court Room

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

## Duplicate Bridge

Fridays, May 5 - June 30  
9:30 a.m.—12:30 p.m.  
Youth Room



Free

## Scrabble

Tuesdays, May 2 - June 27  
12:00-3:00 p.m. (Drop-In)  
Blue Room



Free

## Setback

Fridays, May 5 - June 30  
10:00 a.m.-12:00 p.m.  
(Drop-In)  
Blue Room  
Free

## Cribbage

Tuesdays, May 2 - June 27  
1:00—3:00 p.m.  
(Drop-In)  
Blue Room  
Free

## “Needlers”

Thursdays, May 11 & 25,  
June 8 & 22  
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.

## Ceramics

Tuesdays, May 23 - June 27  
10:00 a.m.—1:00 p.m.  
Craft Room

Instructor: Gloria Cerniglia  
6 classes for \$15; \$4 drop-in  
(plus cost of supplies)



## Painting Club

Mondays & Thursdays  
May 1 - June 29  
(No Painting 5/29)  
12:00—3:00 p.m. (Drop-In)  
Craft Room  
Free



## Jewelry Workshop

Mondays, May 8 & June 12, 10:00 a.m. - 3:00 p.m.  
Youth Room

Instructor: Sandy Merrill

\*Register by May 5 & June 8.

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)



## Senior Book Club



Book Club meets at 2:00 p.m. one Wednesday a month.  
South Conference Room  
Free



\*Register by May 22 & June 26.

**May 24:** *Averno*  
by Lois Gluck (Poetry)

**June 28:** *The Book of Lost Friends*  
by Lisa Wingate (F)

## PROGRAMS, EVENTS & TRIPS

### Hot Dogs & Movie: *The Monuments Men*

 **Friday, May 19<sup>th</sup> 12:30-3:00 p.m.**   
**12:30 p.m.: Hot Dogs; 1:00 p.m.: Movie**  
**Simsbury Public Library, Friends Program Room**  
 Free, \*Register by May 16.

*The Monuments Men* is a 2014 war film with an ensemble cast including Director George Clooney, Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban, Hugh Bonneville, and Cate Blanchett.

It follows an Allied group from the Monuments, Fine Arts, and Archives program that is given the task of finding and saving pieces of art before Nazis destroy or steal them during World War II.  
 Rated PG-13, 1hr 58 m

*Cosponsored by the Simsbury Senior Center & Simsbury Public Library*

### 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

#### Essex Steam Train & Riverboat

**Thursday, August 3** (Sign up by 6/26)  
 \$132 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*

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

**Monday, May 15:** Christmas Tree Shop & Lunch @ Reins Deli, Vernon  
 (Depart: 10:00 a.m.; Return: 2:30 p.m.)

**Monday, May 22:** Bill's Seafood, Westbrook  
 (Depart: 10:30 a.m.; Return: 3:00 p.m.)

**Thursday, June 1:** Trip to Drag Queen Bingo, Senior Center (Depart: 5:00 p.m.; Return: 7:30)

**Saturday, June 10:** Wadsworth Atheneum \*Free Admission  
 (Depart: 11:30 a.m.; Return: 3:00 p.m.)

**Monday, June 19:** Walmart & Lunch @ Cracker Barrel, E. Windsor  
 (Depart: 9:45 a.m.; Return: 2:30 p.m.)

**Monday, June 26:** George's Pizza & Dollar Tree, Unionville  
 (Depart: 11:00 a.m.; Return: 2:00 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.

### Old Drake Hill Flower Bridge: Interactive Presentation, Tour & Boxed Lunch on the Bridge

**Monday, June 19**  
 (Rain date: Tuesday, June 20)  
**11:30 a.m.—1:00 p.m.**  
**Old Drake Hill Flower Bridge**  
 \$9.00

*\*Register by June 12.*

Boxed lunch from Fitzgerald's includes your choice of sandwich or wrap (choice of turkey, ham, tuna or veggie), chocolate chip cookie, potato chips, bottled water, mayo/mustard & napkin.







## Lunch Café

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!

- May 2:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- May 9:** Minestrone Soup & Oven Roasted Chicken Sandwich
- May 16:** Chicken Florentine Soup & Sliced Turkey Sandwich
- May 23:** Pasta Fagioli Soup & Chicken Salad Sandwich
- May 30:** Beef Noodle Soup & Egg Salad Sandwich
- June 6:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- June 13:** Minestrone Soup & Oven Roasted Chicken Sandwich
- June 20:** Chicken Florentine Soup & Sliced Turkey Sandwich
- June 27:** Pasta Fagioli Soup & Chicken Salad Sandwich



## Monday Suppers!

**Mondays, May 8 & June 5 at 5:00 p.m., Youth Room**  
\$6

*\*Please register by May 3 & May 31.*

### May Menu:

Quiche, Side Salads, Rolls with Butter & Dessert

### June Menu:

Chili, Salad & Cornbread with Butter & Dessert

## Notable Notes



- **Aging & Disability Commission Meetings:** May 16 & June 20, 7:00 p.m. at Eno Memorial Hall
- **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](mailto:SimsburyLoanLocker@gmail.com) for more information.
- **Privacy Policy:** The Senior Center does not give out personal information on any of its members, staff or instructors.

Visit us online at [www.simsburyseniors.com](http://www.simsburyseniors.com)

## 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.**

- May 3:** Chicken Cordon Bleu, baked sweet potato, peas
- May 10:** Meat loaf, mashed potatoes, zucchini
- May 17:** Baked cod with lemon butter sauce, wild rice, mixed vegetables
- May 24:** Italian beef and pasta, vegetable blend
- May 31:** Tuscan-style turkey breast, cornbread stuffing, green beans
- June 7:** Chicken Cordon Bleu, baked sweet potato, peas
- June 14:** Meat loaf, mashed potatoes, zucchini
- June 21:** Baked cod with lemon butter sauce, wild rice, mixed vegetables
- June 28:** Italian beef and pasta, vegetable blend

### Robin Batchelder

Café Coordinator

### Mark Grabowski

Café Coordinator

### Wendy LaMontagne

Substitute Café Coordinator



## 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.

# SOCIAL SERVICES PROGRAMS

Phone (860) 658-3283; Fax (860) 408-7046

[www.simsbury-ct.gov/social-services](http://www.simsbury-ct.gov/social-services)

## Food Distribution (Cheese Day)

Our Food Pantry is at Shepherd of the Hills Lutheran Church, 7 Wescott Road in Simsbury. Cheese Day is our monthly food distribution day. Next Cheese Days: **May 9 & June 13**, 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: **May 1 & 15** and **June 12 & 26**. For information, or a schedule including Avon and Granby dates, visit [www.foodshare.org](http://www.foodshare.org), or call Social Services.

**Renters' Rebate** Social Services is gearing up to start our Renters'

Rebate for Program Year 2022, 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](mailto:info@ncaaact.org); or mail them at CHOICES, c/o North Central Area Agency on Aging, 151 New Park Ave., Box 75, Hartford, CT 06106.

## 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.

## Spring Fling at Residence at Brookside

**Thursday, May 18, 2:00-3:30 p.m.**

We are excited to host our first Spring Fling to kick off the sunshine and good weather! Wear your dancing shoes because we will have live music, good food, and themed cocktails.

*RSVP by Thursday, May 11.*

Emma Doyle

[edoyle@residencebrookside.com](mailto:edoyle@residencebrookside.com)

**860-470-8267**



**The Senior Center will be closed on Monday, May 29, in observance of Memorial Day.**



# 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."*

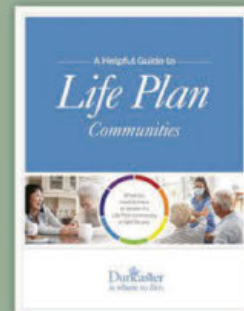
*"Duncaster is where I create."*

– 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.*



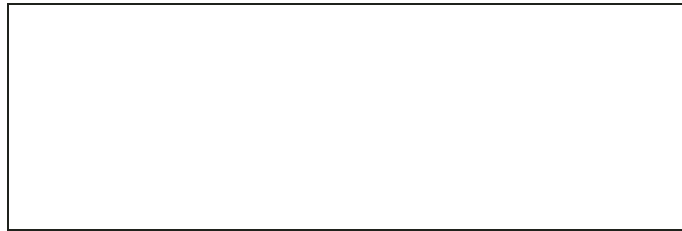
Keep informed of your options: go to **Duncaster.org/LifePlan** to receive your FREE Duncaster Life Plan Guide!

40 Loeffler Road, Bloomfield, CT 06002 • (860) 726-2000 • Duncaster.org



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

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