



**Eno Memorial Hall**  
 754 Hopmeadow Street  
 Simsbury, CT 06070  
[www.simsbury-ct.gov](http://www.simsbury-ct.gov)  
 Mailing Address:  
 933 Hopmeadow Street

**Hours:** Mondays: 8:30 a.m.—7:00 p.m.  
 Tuesdays—Thursdays: 8:30 a.m.—4:30 p.m.  
 Fridays: 8:30 a.m.—1:00 p.m.

**Contact Us:** Senior Center Phone: (860) 658-3273  
 Social Services Phone: (860) 658-3283  
 Fax: (860) 408-7046  
[www.simsburyseniors.com](http://www.simsburyseniors.com)  
[www.facebook.com/simscommunityandsocial](https://www.facebook.com/simscommunityandsocial)

## Intergenerational Magic Show & Dinner

**Monday, June 13**  
**5:00-7:00 p.m., Auditorium**  
 Free  
*\*Register by June 8.*

Join us for an evening of magic and fun! Paul Kilmer, magician and balloon artist, will perform from 5:30 to 6:30 p.m. Paul will also be available before and after the show to create fun balloon animals and sculptures for you to take home.  
*(Menu to be determined)*

## Wake up for Firehouse Pancake Breakfast

The **Simsbury Fire Department** will host a pancake breakfast for Simsbury Seniors from **9:30-11:00 a.m. on Thursday, May 26**, 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 at the Senior Center by May 19.*



## Intonations Concert

*With students from The Hartt School, University of Hartford*  
**Director Greg Babal**  
**Monday, May 2, 11:00 a.m.—12:00 p.m., Auditorium**  
 Free  
*\*Register by April 27.*

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

The mission of the Simsbury Senior Center is to provide a community focal point where older adults come together for programs that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence, and encourage their involvement in and with the Center and their community. The Simsbury Senior Center welcomes all members of the diverse and growing older adult population, (age 50 and over), their families and friends.

**Kathleen Marschall**  
 Senior Center Coordinator  
**Karen Haberlin**  
 Senior Center Assistant  
**Kristen Formanek**  
 Director of Community and Social Services  
**Rachael Loveland**  
 Community Social Worker  
**Lisa Sharp**  
 Coordinator of Elderly Outreach Services  
**Dana Olson**  
 Social Services Assistant

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

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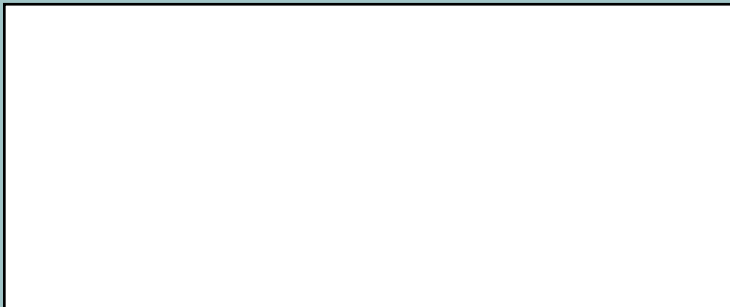


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## LIFELONG LEARNING

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).

### The History of White House Entertainment

Sunday, May 1, 2:00-3:00 p.m.  
Simsbury Library  
Tariffville Room

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

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



Cosponsored by the Simsbury Public Library & the Senior Center

### Betty White, Her Life & Times

Thursday, May 12  
1:30-2:30 p.m., Youth Room  
Free

\*Register by May 10.

Betty Marion White Ludden was an American Actress and comedian. White was noted for her vast work in the entertainment industry and being one of the first women to work both in front and behind the camera. Let's share a few moments in laughter. Remember *Password*, *The Mary Tyler Moore Show*, *The Golden Girls*, *Saturday Night Live*, *Hot in Cleveland* and many more very funny moments in our lifetimes.



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

### Sidney Poitier

Monday, June 20  
1:30-2:30 p.m., Youth Room  
Free

\*Register by June 16.

He was one of the last major stars from the Golden Age of Hollywood Cinema. Poitier was an actor, film director and diplomat who challenged the thinking of our generation and others and led the way to open dialogue between different racial insensitivities. We saw this in *Blackboard Jungle*, *Lilies of the Field*, *A Raisin in the Sun*, *To Sir with Love*, *Guess Who's Coming to Dinner* and other outstanding films. Join us to remember this outstanding individual and his contributions to the film industry and perhaps our own lives.

Presented by Joseph Ouellette

### American History

Fridays, May 13 - June 24  
10:30 a.m.-12:00 p.m.  
Auditorium

Instructor: Jerry Perkins,  
Retired History Professor  
Free

\*Register by the day before.

Jerry Perkins has a unique way of bringing history to life. Join this informative and fun view of events from Pre-Columbian times to the present. Class attendees will have the opportunity to request specific topics.

### Life's Chronicles

Thursdays, May 19 & June 23  
1:30-2:30 p.m., South Conference Room  
Free

\*Register by May 17 & June 21.



Starting in May, Lisa Sharp, Simsbury's Coordinator of Elderly Outreach Services, will host an interactive program where participants will have the opportunity to share with each other fond memories, life events, and more! Join us as we step back in time and share our Life's Chronicles. Participants are encouraged to bring personal items and share stories around our monthly theme. Let's get together, have some fun, and share our life's chronicles with others! Snacks and beverages will be provided.





## 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**

**IN-PERSON & ON ZOOM!**

May 10, 24 & June 7, 14, 21  
5 classes for \$35

### 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 6 to June 24  
8 classes for \$36

### 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 2 to June 30

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### Perfect Fit

Low-impact aerobics, strength training and Pilates.

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

### Mondays on Zoom

May 2 to June 20  
(No class 5/30)  
7 classes for \$31.50

### Wednesdays @ Eno & on Zoom

**Auditorium**

**IN-PERSON & ON ZOOM!**

May 11 to June 15  
6 classes for \$27

### 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 2 to June 20  
(No class 5/30)  
7 classes for \$49

### Wednesdays @ Eno & on Zoom

**Auditorium**

**IN-PERSON & ON ZOOM!**

May 11 to June 15  
6 classes for \$42

### 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**

**IN-PERSON!**

### Tuesdays @ Eno

May 3 to June 28  
**Intermediate** 9:00-9:45 a.m.  
**Beginner** 10:00-10:45 a.m.

9 classes for \$40.50  
Drop-In: \$6

### Thursdays @ Eno

May 5 to June 30  
**Beginner** 10:00-10:45 a.m.  
9 classes for \$40.50  
Drop-In: \$6



### Chair Massage with Bev Harris

Book an appointment for a 15-minute chair massage, and walk away feeling refreshed and relaxed. **Thursdays, May 5, 19 &**

**June 2, 16, 30; Cost:** \$10 for a 15-minute session, or \$20 for 30 minutes. Please call the Senior Center to make an appointment.

## EVENTS & PROGRAMS

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).

### Make Your Own Bath Salts

**Tuesday, May 10**  
**1:30-2:30 p.m., Old Court Room**  
Free  
*\*Register by May 5.*

After a long, busy day, there's nothing better than a hot bath—except, of course, a hot bath enriched with fragrant bath salts. **Tully Meyer, from McLean Home Care and Hospice**, will show you how to create your own custom bath salts to suit your needs.

### 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 11:** Tariffville Park

**Wednesday, May 25:** Wagner Woods

**Wednesday, June 8:** Tariffville Park

**Wednesday, June 22:** Point at Dorset Crossing Parking Lot



### Estate Planning

**Thursday, June 16, 10:30-11:30 a.m., Youth Room**  
Free

*\*Register by June 13.*

One of the most important things you can do to ensure your loved ones are cared for after you pass is to create a detailed estate plan. By planning in advance for how your assets will be managed after you pass away, you have the chance to make decisions regarding who will receive certain prized possessions, how tax burdens on your heirs can be minimized, and whether to place conditions on the distribution of assets through the use of a trust.

*Presented by Brian S. Karpe, Esq., LLM  
Law Office of Brian S. Karpe, Canton, CT*

### May Bingo

**Thursday, May 19**  
**10:00-11:00 a.m.**  
**Youth Room**  
\$2

### June Bingo

**Tuesday, June 21**  
**2:00-3:00 p.m.**  
**Auditorium**  
\$2



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

## DO YOU QUALIFY FOR TAX RELIEF?

### Tax Credit For Elderly or Totally Disabled Homeowners

**Local Option:** To be eligible (2021GL), residents must have a 2021 total income of \$56,400 or less. The tax credit ranges from \$650 to \$1,750. Credits vary by income. Residents must apply to the assessor's office February 1 to May 15. Applicants must re-apply every two (2) years.

**State Program:** To be eligible (2021GL), residents must have a total income of \$46,400 or less if married, \$38,100 or less if single. The tax credit ranges from \$150 to \$1,250. Credits vary by marital status and income. Residents must apply to the assessor's office February 1 to May 15. Applicants must re-apply every two (2) years.

For more information, including a Veteran's Exemption, and to learn how to fill out applications required and how to submit them along with your proof, contact the Assessor's office at 860-658-3251 or visit [www.simsbury-ct.gov/assessor](http://www.simsbury-ct.gov/assessor).

## HEALTH & WELLNESS

### Medicare Made Perfectly Clear

Thursday, June 2, 1:30-2:30 p.m.

South Conference Room

Free

\*Register by May 30.

Join Peggy Gorham of Roberson, Tierney & Associates for a guide through the Medicare maze as she provides a review of Medicare options and answers questions.



### Nutrition and Exercise

Friday, May 20, 11:00 a.m.-12:00 p.m.

Old Court Room

Free

\*Register by May 18.

Do you have aches and pains and wonder if there is anything that you can do to feel better? Pain commonly results from inflammatory conditions such as osteoarthritis, fibromyalgia, bursitis, and chronic lower back pain. There is considerable research that suggests nutritional choices and daily movement can decrease inflammation. Please join us for a discussion that will include how to select foods that stimulate the anti-inflammatory pathways in the body; modalities and movements used in physical therapy that decrease pain associated with inflammation; and how nutrition and physical therapy work together to help you live a healthier pain free life.

*Presented by Jennifer Ashman, PT DPT & Beth Saman, MS RDN CD-N MBA*

### Visit with Beau the Bassador!

Mondays, May 9 & June 13

1:30-2:30 p.m.

Blue Room

Free; Drop-In



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

### 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 3, 17, 24 & June 7, 21, 28**

Appointments are available between

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

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

### Simsbury Medical Loan Locker

The Loan Locker is a local source for durable medical equipment for those in the community who are experiencing a temporary or permanent disability. Items, such as wheelchairs, walkers, canes, knee scooters and bed rails, are available free of charge to those in need. Those interested in making a donation or borrowing equipment may call 860-658-3224 or email [SimsburyLoanLocker@gmail.com](mailto:SimsburyLoanLocker@gmail.com) for more information.



### HEARING CLINICS!

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings on **Mondays, May 23 & June 27.**

All services are FREE. Fifteen-minute appointments begin at **10:00 a.m. in the Old Court Room.**

Please call the Senior Center for an appointment at (860) 658-3273.

## CLUBS, CLASSES & GAMES

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

### Needlework Group

Thursdays, May 12, 26 & June 9, 23  
10:00 a.m.—12:00 p.m.  
(Drop-In) Old Court Room  
Free

Bring your needlework projects to work on in the company of other needlework enthusiasts!

### Charity Stitchers


Fridays, May 6, 20 & June 3, 17  
10:00 a.m.—12:00 p.m.  
South Conference Room  
Free

### Ladies of the Knockers

Tuesdays, May 10 & June 14  
2:30 p.m.—4:00 p.m. (Drop-In)  
Old Court Room  
Free 

This group knits hand-made breast prosthetics.

### Duplicate Bridge

Fridays, May 6 - June 24  
9:30 a.m.—12:30 p.m.  
Youth Room   
\$1



### Painting Club

Mondays, May 2—June 27  
(No Club 5/30)  
12:00 p.m.—3:00 p.m. (Drop-In)  
Craft Room  
Free

### Setback

Fridays, May 6—June 24  
10:00 a.m.-12:00 p.m.  
(Drop-In)  
Blue Room  
Free

### Cribbage

Tuesdays, May 3—June 28  
1:00 p.m.—3:00 p.m. (Drop-In)  
Blue Room  
Free

### Scrabble

Tuesdays, May 3-June 28  
1:00 p.m.—3:00 p.m. (Drop-In)  
Blue Room  
Free 




### Intonations

Wednesdays, April 6—May 25  
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  
8 Classes for \$20; \$4 drop-in

### Ceramics

Tuesdays, April 26—June 28  
10:00 a.m.—1:00 p.m.  
Craft Room  
**Instructor:** Gloria Cerniglia  
10 classes for \$25  
\$4 drop-in 

### Bocci's Back!

Tuesdays, May 3-June 27  
2:00 p.m.—3:30 p.m. (Drop-In)  
Bocci Court—South Lawn  
Free

### Jewelry Workshop



Mondays, May 9 & June 13, 10:00-3:00 p.m. Youth Room  
**Instructor:** Sandy Merrill

Learn to make earrings, bracelets and necklaces with many different types of beads: glass, plastic, metal and semi-precious. You can make as many items as time allows in this 5-hour workshop. The instructor will supply all tools.

**Cost:** \$5.00 payable to the instructor on the day of the workshop (plus cost of supplies)

### Senior Book Club

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

\*Register by May 23 & June 20.

**May 25:** *The Monk of Mokha* by David Eggers (Nonfiction)

**June 22:** *All Quiet on the Western Front* by Erich Maria Remarque (Fiction)



## EVENTS, PROGRAMS & TRIPS

### Nourishing Greatness-An Evening of Dance & Music

**Thursday, May 5, 7:00 p.m., Auditorium**

Free for Simsbury Seniors

*\*Register by April 28.*

Nourishing Greatness is a collaboration of Pre-Professional students from the Music Studio of Teri Einfeldt and the Dance Studio of Kym Nash. They will nourish the Simsbury Food Pantry while nourishing the greatness of this generation of artists. All proceeds will benefit the Simsbury Food Pantry.

Ticket Information: <https://www.eventbrite.com/e/nurturing-greatness-tickets-315832863597>

### Intergenerational Rhythm Class with



### Falcetti School of Music

**Wednesday, May 18, 2:00-3:00 p.m., Auditorium**

Free

*\*Register by May 16.*

Rhythm Circle: Our life is full of rhythm. Embrace it with us in a fun, physical and educational way. Improve rhythm and practice mindfulness. Adaptations are available so that each participant has the ability to join in on the beat!

Light refreshments will be served.

### Intergenerational Performance with Falcetti School of Music & Pizza Supper

**Monday, May 23, 5:00-6:30 p.m., Auditorium**

Free

*\*Register by May 18.*

**5:00 p.m.: Pizza Supper; 5:30 p.m.: Performance**

Come join Falcetti School of Music in an interactive performance featuring an array of musical styles and well-loved songs! Dance, sing along, or just enjoy the show!

### Happiness is Dance

**Thursday, June 9, 7:00-9:00 p.m., Auditorium**

Free

*\*Register by June 7.*

A Dance Recital featuring the Students of **Gloria Rossetti** and **Mary Root**  
Join us for this multi-generational performance!

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

**Monday, May 2:** Monday Supper at 5:00 p.m. at Eno Memorial Hall

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

**Monday, May 9:** Walmart & Lunch at the Cracker Barrel in East Windsor

(Depart: 10:00 a.m.; Return: 2:30 p.m.)

**Monday, May 16:** Simsbury Food Pantry Ribbon Cutting at Shepherd of the Hills Lutheran Church

(Depart: 5:00 p.m.; Return: 7:00 p.m.)

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

**Monday, June 13:** Magic Show/Dinner, 5:00 p.m. at Eno Memorial Hall

(Depart: 4:15 p.m.; Return: 7:00 p.m.)

**Monday, June 20:** Lunch at Chowder Pot, Hartford

(Depart: 11:15 a.m.; Return: 2:00 p.m.)

**Monday, June 27:** Buckland Hills Mall/Christmas Tree Shops, Manchester

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

*\*Residents can register for trips by calling the Senior Center up until a week before the trip date.*

### **Important Jump on Board Trip Reminders:**

- ◆ You must sign up for Dial-A-Ride to go on Jump on Board Trips. To purchase a Dial-A-Ride pass, contact Social Services at (860) 658-3283.
- ◆ Departure and return times are approximate.
- ◆ Space is limited.
- ◆ Minimum number of riders is required to run trips.

### Veterans Coffee Hour

**Tuesdays, May 10 and June 14 from 10:00 a.m.–11:00 a.m., Old Court Room**



Connect with other area veterans who share similar military experiences, learn about resources and talk about issues that concern veterans and their families.

Cosponsored by Simsbury Senior Center and Resilience Grows Here, a community-based initiative of the Farmington Valley Health District. Please register by calling (860) 658-3273 or emailing

[khaberlin@simsbury-ct.gov](mailto:khaberlin@simsbury-ct.gov).





## 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!

- May 3:** Pasta Fagioli Soup & Chicken Salad Sandwich
- May 10:** Beef Noodle Soup & Egg Salad Sandwich
- May 17:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- May 24:** Minestrone Soup & Oven Roasted Chicken Sandwich
- May 31:** Chicken Florentine Soup & Seafood Salad Sandwich
- June 7:** Pasta Fagioli Soup & Chicken Salad Sandwich
- June 14:** Beef Noodle Soup & Egg Salad Sandwich
- June 21:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- June 28:** Minestrone Soup & Oven Roasted Chicken Sandwich

## Monday Suppers!

**Mondays, May 2 & June 6 at 5:00 p.m., Youth Room**  
\$5

*\*Please register by April 21 & May 27.*

**May Menu:** Ham, baked beans, pineapple, rolls with butter & dessert

**June Menu:** Hot dogs, side salads, watermelon, chips & dessert

## Notable Notes

- **Aging & Disability Commission:** Meetings are at 7:00 p.m. (Locations to be determined.) Everyone is welcome. Upcoming meetings are scheduled on Tuesdays, **May 17** and **June 21**.
- **Handicapped Parking Applications:** Application and renewal forms are available at the Senior Center office.
- **Seniors Job Bank:** This nonprofit service seeks to match people looking for help at home or at work, with people looking for part-time work. Visit [www.seniorsjobbankct.org](http://www.seniorsjobbankct.org).
- **Privacy Policy:** The Senior Center does not give out personal information on any of its members, staff or instructors.

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

## 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 4:** Italian beef and pasta, vegetable blend, whole wheat roll
- May 11:** Tuscan-style turkey breast, cornbread stuffing, green beans
- May 18:** Chicken Cordon Bleu, baked sweet potato, peas
- May 25:** Meat loaf, mashed potatoes, zucchini
- June 1:** Chicken Cacciatore, rice, yellow squash
- June 8:** Italian beef and pasta, vegetable blend, whole wheat roll
- June 15:** Tuscan-style turkey breast, cornbread stuffing, green beans
- June 22:** Chicken Cordon Bleu, baked sweet potato, peas
- June 29:** Meat loaf, mashed potatoes, zucchini

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

# 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 new Food Pantry is at Shepherd of the Hills Lutheran Church, 7 Westcott Road in Simsbury. Cheese Day is our monthly food distribution day. Next Cheese Days: **May 10 & June 14**, by appointment only. For information, call (860) 658-3283.

**Renters Rebate** Social Services is gearing up to start our Renters Rebate for program year 2021. Please call Social Services for more details or to schedule and appointment.

**SNAP** (Supplemental Nutrition Assistance Program). Foodshare will be happy to assist you with the SNAP application. Please call Foodshare at (860) 856-4357. For questions about your current SNAP benefit, call the CT Department of Social Services at (855) 626-6632. \*NEW: SNAP Call Center hours are now available specifically for older adults Mon-Fri 8 a.m.-10 a.m. Please call (866) 974-7627 or email [SNAP@endhungerct.org](mailto:SNAP@endhungerct.org) and ask for an older adult appointment.

**Case Management** For more information please call Social Services at (860) 658-3283.

**Mobile Foodshare** Mobile Foodshare will be at the First Church of

Christ parking lot, 689 Hopmeadow St., 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 2 & 16**, and **June 13 & 27**. For information, or a schedule including Avon and Granby dates, visit [www.foodshare.org](http://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 & Eligibility Screening). For information on Medicare, contact NCAAA at (860) 724-6443 or (800) 994-9422 from 8:30 a.m.—4:30 p.m. M-F, or email [info@ncaaaact.org](mailto:info@ncaaaact.org), or by mail at: CHOICES, c/o North Central Area Agency on Aging, 151 New Park Ave, Box 75, Hartford, CT 06106.

## SENIOR CENTER

### PAYMENT POLICIES

#### IN-PERSON REGISTRATION:

We are able to accept cash, checks and Visa, MasterCard or Discover. (Please make checks payable to the "Town of Simsbury.")

**ONLINE REGISTRATION:** Payable by Visa, MasterCard or Discover.

### CANCELLATION POLICIES

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

**FITNESS CLASSES:** Registration fees are refundable (or your account can be credited) prior to the start of the first class of each session.

**FOR LUNCH@ENO:** In order to receive a credit or refund, please cancel by 10:00 a.m. on the Friday before.

**FOR OTHER PROGRAMS AND CLASSES:** Requests for credit should be made by the registration deadline. If there is no registration deadline, requests for credit should be made no later than 24 hours before the program.



AGE MY WAY: MAY 2022

For information on upcoming events, photos and stories, visit us at [www.facebook.com/simscommunityandsocial](https://www.facebook.com/simscommunityandsocial)



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# MORE FANTASTIC.

"I've never been big on cooking, but I've always been big on convenience. As you can imagine, my diet wasn't very diverse. Here at Duncaster, I'm eating healthier and tastier meals prepared by our chef every day. It's taken the burden of food shopping and cooking off my plate. Now, I enjoy eating with friends without spending time in the kitchen!"

- Cindy Abrams,  
Duncaster Resident since 2021

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An on-staff dietitian, five-star dining and LifeCare security—just some of the ways Duncaster makes aging easier and more fulfilling. Learn more by attending one of our upcoming **LifeCare 101 webinars**. Register today at [Duncaster.org/Move](https://Duncaster.org/Move). For more information call (860) 380-5006.

 **Duncaster**  
is where to *live*.

Duncaster's  
Registered  
Dietitian-Nutritionist,  
Tessa Mah helps  
ensure our residents  
enjoy healthy,  
balanced and  
delicious meals  
every day!



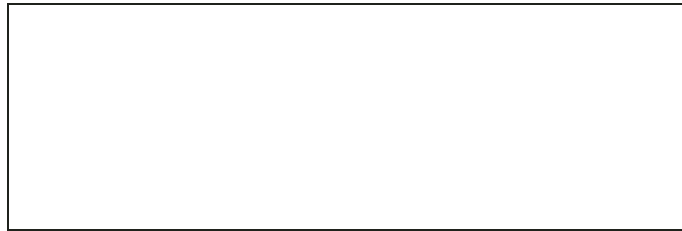
40 Loeffler Road, Bloomfield, CT 06002 • (860) 726-2000 • [Duncaster.org](https://Duncaster.org)





Simsbury Senior Center  
933 Hopmeadow Street  
Simsbury, CT 06070

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## Tech Tutor at the Senior Center!

**Wednesdays, May 11, 25 & June 8, 22**

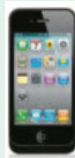
**1:00 p.m., 2:00 p.m. & 3:00 p.m. appointments**

Need help with your iPhone or iPad?

Our tutor, Chris Ryan, offers free one-on-one lessons.

These popular appointments last one hour.

To register, please call the Senior Center  
at (860) 658-3273.



## 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.



## AARP SMART DRIVER COURSE

**Monday, June 20, 1:00 to 5:00 p.m.**

**Simsbury Public Library**

The 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.

Payment can be made by check the day of the course.

*\*Register by May 27 at the Library or Senior Center.*

*Cosponsored by the Simsbury Public Library & Senior Center*

REMEMBER  
AND  
HONOR

### Upcoming Holiday:

The Senior Center will be closed on  
**Monday, May 30**, in observance of  
**Memorial Day.**