



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
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

November—December, 2023

St. Mary's Thanksgiving Luncheon



Wednesday, November 15
12:00-1:30 p.m.

St. Mary's Parish Hall
St. Mary's Church
942 Hopmeadow Street, Simsbury
 Free

**Reservations necessary with the Senior Center by Nov. 1*

The St. Mary's Parish Hall will come alive for a seasonal favorite on Wednesday, November 15, with the annual Thanksgiving Luncheon for local seniors. Festivities begin at noon with a meal that features traditional Thanksgiving fare, as well as beverages and dessert, served by students, faculty and volunteers from Saint Mary's School.

**This event is extremely popular, so we advise you to register well in advance.*

(No Wednesday Lunch @ Eno on 11/15)

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.

Holiday Concert

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

Director Greg Babal

Thursday, December 7
11:00 a.m. - 12:00 p.m.

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

Free

**Register with the Senior Center by Nov. 30.*

Join us at our annual Holiday Concert featuring the Senior Center's very own Intonations, a choral group that began in 1984 with a group of ten senior men and women from Simsbury getting together to sing. Students from the Hartt School will add to the entertainment! Following their performance they will lead a sing-along of seasonal music.



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
Dana Olson
 Social Services Assistant

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LIFELONG LEARNING & NEWS



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

The Mystery of the Mary Celeste

**Monday, November 20
1:30-2:30 p.m., Youth Room**

Free; *Register by Nov. 16.*

The Mary Celeste was an American merchant brigantine discovered adrift and deserted in the Atlantic Ocean off the Azores Islands on December 4, 1872. She was found in a disheveled but seaworthy condition with her lifeboat missing. She had left New York City for Genoa on November 7. None of those who had been on board were ever heard from again. Join us to explore this famous case and perhaps we'll discover a few "detectives" in our audience for an explanation to solve the mystery.

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

Lyndon B. Johnson's Presidency

**Thursday, November 30
1:30- 2:30 p.m.**

Youth Room

Free

Register by Nov. 27.

Lyndon B. Johnson's tenure as the 36th president of the United States began on November 22, 1963 following the assassination of President Kennedy and ended on January 20, 1969. He had been vice president for 1,036 days when he succeeded to the presidency.



*Presented by Jerry Perkins,
Retired History Professor*

Meet John Adams - A Lively and Revolutionary Conversation with America's Second President

**Sunday, December 3
2:00-3:00 p.m.**

**Simsbury Public Library
Friends Program Room**

Free; *Register by Nov. 28.*

John Adams talks about his life and times in a humorous and inspiring performance and discusses, among many incidents in Adams' life, the Boston Massacre Trial of 1770 where Adams defended 14 British soldiers charged with murder for firing into a mob of 500 Bostonians, killing six of them. This case was the first time in a Colonial court where the judge instructed the jury that you cannot convict unless you are convinced of the defendant's guilt "beyond a reasonable doubt."

Baker has performed throughout the country at venues including the Mystic Seaport Museum, the Dwight D. Eisenhower Presidential Library, the George H.W. Bush Presidential Library and the New York Historical Society.



NOTARY PUBLIC

We now have a Notary Public on staff!

You will need to bring two forms of ID: one a photo ID such as a driver's license, and another a signed item such as credit card, passport, permit, or work ID. (We cannot accept as ID birth certificates or Social Security cards.) The document that is 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.

Please call **860-658-3283** to make an appointment.

iPhone/iPad Tutoring

**Wednesdays, Nov. 8, 22 &
Dec. 13, 27**

**So. Conference or Old Court Rm.
1:00 p.m., 2:00 p.m. & 3:00 p.m.
appointments**

Need help with your iPhone or iPad?

Our tutor, Chris, offers free one-on-one lessons. These popular appointments last one hour.

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





FITNESS CLASSES & MORE



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

Nov. 6 - Dec. 18
7 classes for \$35

Wednesdays @ Eno & on Zoom

Auditorium
Nov. 1 - Dec. 13
(No class 11/22)
6 classes for \$30
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

Nov. 6 - Dec. 18
7 classes for \$52.50

Wednesdays @ Eno & on Zoom

Auditorium
Nov. 1 - Dec. 13
(No class 11/22)
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

Nov. 7 - Dec. 19
Intermediate 9:00-9:45 a.m.
Beginner 10:00-10:45 a.m.
7 classes for \$31.50; Drop-In: \$6

Thursdays @ Eno

Nov. 2 - Dec. 28
(No class 11/23)
Beginner 10:00-10:45 a.m.
8 classes for \$36; Drop-In: \$6

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

Nov. 3 - Dec. 15
(No class 11/10 & 11/24)
5 classes for \$25

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.

South Conference Room

Tuesdays @ Eno & Zoom

Nov. 7 - Dec. 19
(No class 11/21)
6 classes for \$45; Drop-In: \$10

Thursdays @ Eno & Zoom

Nov. 2 - Dec. 14
(No class 11/23)
6 classes for \$45; Drop-In: \$10

DON'T FORGET!

Zoom classes will still take place even if Simsbury schools are cancelled due to inclement weather.

Inclement Weather Policy

If Simsbury public **schools** are canceled, all in-person, day and evening classes and programs are canceled at the Senior Center. If school is delayed, classes and programs run on their regular schedule unless we contact you. If schools are on vacation, tune to WFSB, WTNH, NBC30 or check their web sites. Every effort is made to make up programs canceled due to weather. ❄️



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, Nov. 7 - Dec. 19

12:15-1:15 p.m.

*12/19 @ Simsbury Public Library, Tariffville Room

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



Thursdays, Nov. 2 - Dec. 21

12:00-1:00 p.m.

(No class 11/23 & 12/7)

*12/21 @ Simsbury Public Library, Tariffville Room

6 classes for \$18; \$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, Nov. 13 - Dec. 18

1:00-2:00 p.m.

*12/18 @ Simsbury Public Library, Tariffville Room

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

Line Dancing: Wednesdays, Nov. 1 - Dec. 20

2:30-3:30 p.m.

*12/20 @ Simsbury Public Library, Tariffville Room

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

Music in the Afternoon: Just Friends Quartet

Sunday, November 5, 2:00 - 3:00 p.m.

Simsbury Public Library, Friends Program Room

Free; *Register by Nov. 2.

Songs from the American Songbook selections from Tony Bennett, Frank Sinatra, Michael Buble, and others. Join us for a lively afternoon of music.

Estate Planning Workshop

Thursday, November 16

10:30 a.m. - 12:00 p.m., Old Court Room

Free; Register by Nov. 14.

Come discuss what is needed to create your own personal estate plan! Learn what estate planning is, what happens when you plan ahead, and what a will can and cannot do for you. Preparing for the future protects the people and the things that mean the most to you. In a personalized plan, you can ensure your desires for long-term care, guardianship of minor children, and distribution of valuables will be fulfilled. You can ensure that your loved ones are cared for and are left feeling secure.

*Presented by Attorney Kim Pisinski,
Legacy Counsellors PC*

Volunteer Opportunities with Community Renewal Team (CRT)

RSVP READs

The RSVP READs Program is operated as a school-based program where volunteers are partnered with students in local elementary schools, providing reading guidance for one hour per week from October through May. RSVP READs tutors make reading interesting, fun, and act as positive role models, inspiring their students to read. No prior educational experience is required, just a love of reading and enjoying working with students ages 5-11.

Volunteer Medical Transportation Program

Help transport seniors and/or veterans to medical appointments when Dial-a-Ride isn't available in their local communities. Volunteers must be willing to volunteer just a few hours per month by simply being on an email 'call-list' to help seniors and veterans get to their medical appointments when your calendar is 'free' - no pressure at all - just accept rides when it's convenient for YOU!

Areas served: Berlin, Bristol, Cromwell, East Hampton, East Windsor, Enfield, New Britain, Plainville, Plymouth, Southington, Suffield, Vernon, Willington, Windsor & Windsor Locks

Please contact **Theresa Strong, RSVP Manager**, to schedule a one-on-one meeting to learn more.

Email: strongt@crtct.org / **Cell:** (860) 519-3484



HEALTH & WELLNESS

Veterans Coffee Hour



Monday, Dec. 4

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

Free

Register by Dec. 2.

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.

Hearing Clinic

Monday, Nov. 27, 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.**



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

Tuesdays, Nov. 7, 21, 28 & Dec. 5 & 12

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.

Tai Ji Quan®:

Moving for Better Balance

Instructor: Ken Zaborowski

Auditorium

Tai Ji Quan: Moving for Better Balance® is a research-based falls prevention exercise program that uses Tai Ji Quan based movements to improve strength, mobility, balance and daily function to prevent falls. It is designed for older adults and people with balance difficulties. No prior experience with Tai Chi is needed. You will learn the movements over 24 weeks in classes held twice a week. Classes are taught by a trained instructor in a supportive environment. This program can accommodate individuals who need some assistance with walking, such as use of a cane.

This 24-week program will run twice a week from November 28 through May 23 on Tuesdays from 11:00 a.m. to 11:45 a.m. and Thursdays 1:30 p.m. to 2:15 p.m. *(No class 12/19, 21, 26 & 28)

*This program is offered at **no charge** in partnership with the CT Healthy Living Collective and funded in part by the Older Americans Act through the North Central Area on Aging. Visit www.cthealthyliving.org for more information.*

Simsbury Stories Memory Café

Wednesday, Nov. 8 & Dec. 13

2:00-2:45 p.m.

Simsbury Public Library

Friends Program Room

Free; **Register by Nov. 6 & Dec. 11.*

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. Join us for conversation, music, and light refreshments.

November: Curious Creatures

December: Holiday Cookie Decorating

Funding provided by a 2022 AARP Connecticut Livable Communities Grant.



CLUBS, CLASSES & GAMES



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

Intonations

Wednesdays, Sept. 6 - Dec. 6

(No rehearsal 11/22)

10:00 a.m.—12:00 p.m.

Old Court Room

**12/6 @ One West Street*

This choral group enjoys singing together and performing at local venues.

Director: Greg Babal

13 Classes for \$32.50

\$4 drop-in



Charity Stitchers

Fridays, Nov. 3, 17 &

Dec. 1, 15

10:00 a.m.—12:00 p.m.

South Conference Room

Free

Duplicate Bridge

Fridays, Nov. 3 - Dec. 29

(No Bridge 11/10 & 11/24)

9:30 a.m.—12:30 p.m.

Youth Room; Free



Ladies of the Knockers

Tuesdays, Nov. 14 & Dec. 12

2:30—4:00 p.m. (Drop-In)

Old Court or So. Conference Rm.

Free

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



Scrabble

Tuesdays, Nov. 7 - Dec. 19

12:00-3:00 p.m. (Drop-In)

Blue Room; Free



Setback

Fridays, Nov. 3 - Dec. 29

(No Setback 11/10 & 11/24)

10:00 a.m.-12:00 p.m.

(Drop-In)

Blue Room; Free

Cribbage

Tuesdays, Nov. 7 - Dec. 19

1:00—3:00 p.m. (Drop-In)

Blue Room; Free

Canasta

Thursdays, Nov. 2 - Dec. 28

1:00-3:00 p.m. (Drop-In)

Blue Room; Free



Ceramics

Tuesdays, Nov. 7 - Dec. 19

10:00 a.m.—1:00 p.m.

Craft Room

Instructor: Gloria Cerniglia

7 classes for \$17.50; \$4 drop-in

(plus cost of supplies)



Painting Club

Mondays & Thursdays

Nov. 6 - Dec. 28

(No Painting 11/23 & 12/25)

12:00—3:00 p.m. (Drop-In)

Craft Room

Free; Bring your own supplies

& project (no instructor)



“Needlers”

Thursdays, Nov. 9 & Dec. 14, 28

10:00 a.m.—12:00 p.m. (Drop-In)

Old Court Room

Free

Bring your own needlework project & supplies (no instructor)

Jewelry Workshop

Mondays, Nov. 13 & Dec. 11, 10:00 a.m. - 3:00 p.m.

Old Court Room/Youth Room

Instructor: Sandy Merrill

**Register by Nov. 10 & Dec. 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 Dec. 4.*

Combined Nov./Dec. Meeting:

Dec. 6: *Horse* by Geraldine Brooks (F)

PROGRAMS, EVENTS & TRIPS

November Bingo

Thursday, Nov. 9, 1:30-2:30 p.m.

Youth Room

\$2

**Register by Nov. 7.*



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

Intergenerational New Year's Eve Bingo!

Thursday, Dec. 28

Lunch: 12:00-12:30 p.m.

Bingo: 12:30-1:30 p.m.

Auditorium

Free

**Register by Dec. 22.*



Join us for lunch (Stuffed Shells, Meatballs & Marinara Sauce, Tossed Salad, Garlic Rolls & Dessert) and a fun game of BINGO at the Senior Center!

Intergenerational Drumming About You

Tuesday, November 7

5:00-6:00 p.m.

Auditorium

Free; **Register by Nov. 2.*

Simsbury is going to sparkle! **BOB BLOOM** is bringing a lovable and colorful cargo of drums for everyone to get their heart and hands around. Together with Bob, we'll launch legendary songs that have high-octane melodies and enticing beats. Bob's performances include the Bushnell, the New Haven International Festival of Arts & Ideas; and "First Night" celebrations throughout New England.



Dial-A-Ride Jump On Board Trips

Monday, Nov. 13: Buckland Hills Mall & Plaza @ Buckland Hills, Manchester
(Depart: 9:45 a.m.; Return: 2:00 p.m.)

Saturday, Nov. 18: New Britain Museum of American Art (7-Person Maximum)
(Depart: 10:00 a.m.; Return: 2:00 p.m.)

Monday, Nov. 27: Walmart & Lunch @ Cracker Barrel, E. Windsor
(Depart: 10:00 a.m.; Return: 2:30 p.m.)

Monday, Dec. 11: West Farms Mall & Trader Joe's
(Depart: 9:45 a.m.; Return: 2:00 p.m.)

Wednesday, Dec. 20: Travelers Chorale Concert @ Bushnell Center for the Performing Arts, Mortenson Hall, Hartford; 7:30 Concert (2 Hours) *Free admission; Tickets are not required. Audience members are encouraged to bring a non-perishable food item for donation to a local food bank.*
(Depart: 6:15 p.m.; Return: 10:15 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.

Holiday Movie with Eggnog and Cookies: *The Shop Around the Corner*

Friday, December 15

12:30 p.m.: Refreshments; 1:00 p.m.: Movie
Simsbury Public Library, Friends Program Room

Free; *Register by Dec. 12.*

Alfred Kralik (James Stewart) is a Budapest store clerk who finds himself feuding with his co-worker Klara Novak (Margaret Sullavan), only to unknowingly fall in love with her.
1 hour 37 minutes.



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!

- Nov. 7:** Minestrone Soup & Ham Sandwich
- Nov. 14:** Chicken Florentine Soup & Sliced Turkey Sandwich
- Nov. 21:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Nov. 28:** Beef Noodle Soup & Egg Salad Sandwich
- Dec. 5:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Dec. 12:** Minestrone Soup & Ham Sandwich
- Dec. 19:** Chicken Florentine Soup & Sliced Turkey Sandwich



Monday Suppers!

Mondays, Nov. 6 & Dec. 11 at 5:00 p.m., Youth Room
\$6

**Register by Nov. 2 & Dec. 7.*

November Menu: Baked Ziti with Meat Sauce, Tossed Salad & Dessert

December Menu: Baked Ham, Garlic Roasted Baby Potatoes, Green Beans & Dessert

Notable Notes



- **Aging & Disability Commission Meeting:** Upcoming meeting on November 21 at 7:00 p.m., Eno Memorial Hall
- **Stamps for Sale:** Forever postage stamps are available for purchase at the Senior Center for 66 cents.
- **Handicapped Parking Applications:** Application and renewal forms are available at the Senior Center office.
- **Medical Loan Locker:** Durable medical equipment (wheelchairs, walkers, canes, and more) to borrow or donate. Call 860-658-3224 or email SimsburyLoanLocker@gmail.com for more information.
- **Privacy Policy:** The Senior Center does not give out personal information on any of its members, staff or instructors.

Visit us online at 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.

- Nov. 1:** Meat loaf, mashed potatoes, zucchini
- Nov. 8:** Baked cod with lemon butter sauce, wild rice, mixed vegetables
- Nov. 15:** No Lunch @ Eno due to St. Mary's Thanksgiving Luncheon
- Nov. 22:** Tuscan-style turkey breast, cornbread stuffing, green beans
- Nov. 29:** Chicken Cordon Bleu, baked sweet potato, peas
- Dec. 6:** Meat loaf, mashed potatoes, zucchini
- Dec. 13:** Baked cod with lemon butter sauce, wild rice, mixed vegetables
- Dec. 20:** Italian Beef & Pasta, Vegetable Blend
- Dec. 27:** Tuscan-style turkey breast, cornbread stuffing, green beans

Mark Grabowski
Café Coordinator
Wendy LaMontagne
Substitute Café Coordinator

The Senior Center staff would like to wish everyone a joyous Holiday Season and a New Year filled with peace, health and happiness.



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: **Nov. 14 & Dec. 12**, 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: **Nov. 13 & 27** and **Dec. 11**. For information, or a schedule including Avon and Granby dates, visit www.foodshare.org, or call Social Services.

Energy Assistance KEEP WARM THIS WINTER! Social Services is taking Energy Assistance Program applications beginning Oct. 2 for residents who heat with oil or other deliverables, and Nov. 1 for those who heat with electricity or gas from CNG. This program helps households pay for primary heating bills. Benefits are also available for people who have heat included in their rent. Income

guidelines depend upon number in household. Asset limits apply. Documentation is required. Please call for information or 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.



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.

Visit us at www.facebook.com/simscommunityandsocial for information about upcoming events, photos and stories.

Senior Center Holiday Closures:
November 10, 23 & 24
December 25 & 26



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.

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.*

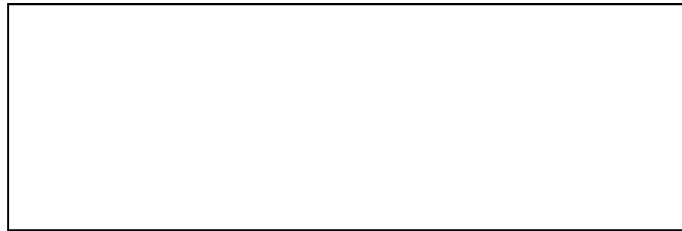


To learn how you can save up to \$25,000,
call **860-505-4784** today or visit **Duncaster.org.**



Simsbury Senior Center
754 Hopmeadow Street
Simsbury, CT 06070

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EXPANDED SERVICES IN SIMSBURY

UConn Health's new Simsbury location is now open! We have relocated to 836 Hopmeadow Street and added services so you can get the care you need close to home.

Services offered:

- Cardiology
- OB/GYN
- Orthopedics and Sports Medicine
- Podiatry
- Primary Care
- Pulmonary
- Urology
- Vascular
- Blood Draw Services
- X-ray

To make an appointment, visit h.uconn.edu/request-an-appointment, or call 1-84-GET-UCONN (1-844-388-2666).

