



Eno Memorial Hall
754 Hopmeadow Street
Simsbury, CT 06070

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.simsbury-ct.gov/senior-center

www.facebook.com/simscommunityandsocial

Simsbury Social Services Department ♦ Simsbury Senior Center



The Senior Communicator

November—December, 2022

St. Mary's Thanksgiving Luncheon

Wednesday, November 16

12:00-1:30 p.m., St. Mary Parish Hall

Free

**Reservations necessary with the Senior Center by Nov. 9.*

The St. Mary's Parish Hall will come alive for a seasonal favorite on Wednesday, November 16, 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.

(No Wednesday Lunch @ Eno on 11/16)

Holiday Party & Concert

Thursday, December 8

11:00 a.m.- 12:00 p.m., Auditorium

Free

**Register by Dec. 1.*

Join your Senior Center friends at our annual Holiday Party & Concert from

11:00 a.m. to 12:00 p.m. on Thursday, Dec. 9, at Eno Memorial Hall.

The Intonations Choral Group will begin the festivities at 11 a.m. with a performance and will lead a sing-along of seasonal music.

Light refreshments will be served immediately following the concert.



Veterans Luncheon

Monday, November 7, 12:00-2:00 p.m., Simsbury Library Program Room

Free

**Register with the Library or the Senior Center by November 2.*

The Simsbury Public Library and Simsbury Senior Center are proud to recognize all veterans for their service, bravery and love of country. Join us as we honor them with lunch and songs of America by musician and singer Dan Reilert.



Food generously provided by River Ridge at Avon

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

Lisa Sharp

Coordinator of Elderly Outreach Services

Dana Olson

Social Services Assistant

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

Harry Truman

Friday, November 18
11:00 a.m.-12:30 p.m.
Auditorium

Free

**Register by Nov. 16.*

Harry S. Truman, the 33rd U.S. president, assumed office following the death of President Franklin Roosevelt. In the White House from 1945 to 1953, Truman made the decision to use the atomic bomb against Japan, helped rebuild postwar Europe, worked to contain communism and led the United States into the Korean War (1950-1953). A Missouri native, Truman assisted in running his family farm after high school and served in World War I.

Presented by Jerry Perkins

Remembering Christmas

Thursday, December 15
1:30-2:30 p.m.
Youth Room

Free

**Register by Dec. 13.*

Christmas, as we know it today, is a Victorian invention of the 1860's; probably the most celebrated holiday in the world.

Our modern Christmas is a product of hundreds of years of both secular and religious traditions from around the globe. Discover the origins of this great time of the year.

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



What the Library for the Blind & Physically Handicapped Can Do for You

Thursday, November 3
1:00-2:00 p.m.

Simsbury Library Tariffville Rm.
Free

**Register with the Senior Center or Library by Oct. 31.*

The Connecticut State Library for the Blind and Physically Handicapped (LBPH) is a network library of the National Library Service for the Blind and Print Disabled (NLS). LBPH lends books and magazines in audio and braille formats, for free, to any Connecticut resident who is unable to read regular print due to a visual, reading, or physical disability. During this one-hour presentation, LBPH Director, Matt Geeza, will share information about LBPH resources, how to apply for service, and will demonstrate the use of equipment available to LBPH patrons.

Life's Chronicles

Thursdays, Nov. 17 & Dec. 15, 1:30-2:30, Blue Room
Free; **Register by Nov. 15 & Dec. 13.*

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! 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!



Tech Tutor at the Senior Center!

Wednesdays, Nov. 9, 23 & Dec. 14, 28, South Conference Room
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.*



Senior Book Club

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

Free

**Register by Dec. 5.*

December 7:

Cry the Beloved Country
Alan Paton (F)



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.

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

Nov. 1 - Dec. 20
8 classes for \$56
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

Nov. 4 - Dec. 16
(No class 11/11 & 11/25)
5 classes for \$22.50



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

Nov. 1 - Dec. 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

Nov. 7 - Dec. 19
7 classes for \$31.50

Wednesdays @ Eno & on Zoom

Auditorium
Nov. 9 - Dec. 21
(No class 11/23)
6 classes for \$27
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. 7 - Dec. 19
7 classes for \$49

Wednesdays @ Eno & on Zoom

Auditorium
Nov. 9 - Dec. 21
(No class 11/23)
6 classes for \$42
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. 1 - Dec. 27
(No class 12/20)

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

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

Thursdays @ Eno

Nov. 10 - Dec. 29
(No class 11/24 & 12/8)
Beginner 10:00-10:45 a.m.
6 classes for \$27
Drop-In: \$6

FITNESS CLASSES & PROGRAMS

To register for programs please visit www.simsburyseniors.com, call (860) 658-3273, or email 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, Nov. 7 - Dec. 12

1:00-2:00 p.m.

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

Line Dancing: Wednesdays, Nov. 9 - Dec. 28

(No class 12/7 & 12/21)

2:30-3:30 p.m.

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

Evening Line Dancing: Mondays, Nov. 7 - Dec. 12

5:00-6:00 p.m.

6 classes for \$18; \$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, Nov. 8 - Dec. 27

(No class 12/20)

12:15-1:15 p.m.

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

Thursdays, Nov. 3 - Dec. 29

(No class 11/24, 12/8 & 12/22)

12:00-1:00 p.m.

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

Lawyers in Libraries

Monday, Nov. 28

6:00-8:00 p.m.



Simsbury Public Library, Friends Program Room

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 Simsbury Free Public Library Information Desk at **860-658-7663, Ext. 2** to register for a 20-minute time slot.

*Generously sponsored by
the Connecticut Bar Association*



AARP SMART DRIVER COURSE

Dec. 7, 1:00-5:00 p.m.

Simsbury Public Library, Friends Program Room

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. Free with AARP Medicare Supplement Plan insured by UnitedHealthcare. (Attendees must have their Medicare Supplement insurance card with them to get the free class. It does not apply to the HMO or PPO plans.)

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

HEALTH & WELLNESS

Tai Ji Quan®:

Moving for Better Balance

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.

Instructor: Ken Zaborowski

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 January 10 through June 22, 2023 on**

Tuesdays from 11:00 a.m. to 12:00 p.m. and Thursdays 1:30 to 2:30 p.m. in the Auditorium.

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 Agency on Aging.

***Register with the Senior Center.**

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, Nov. 1, 15, 22 & Dec. 6, 20

Appointments are available between

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

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

The A's & B's of Homecare Lunch & Learn

Monday, November 21, 11:30 a.m. - 12:30 p.m.

Youth Room; Free; *Register by Nov. 14.

Join Kimberly Quinn from Fox Rehab, Sandra Cook from Home Helpers and Tully Meyer from McLean Home Care and Hospice as they help you navigate the how and why of home care. Learn what your insurance covers and why. These questions and more will be covered as you enjoy a delicious lunch.

**Lunch generously provided by
McLean Home Care and Hospice**

Medicare Workshop

Wednesday, November 9

1:00-2:30 p.m., Old Court Room

Free

**Register by Nov. 7.*

Coordinator of Elderly Outreach Services Lisa Sharp, a Certified CHOICES counselor, will lead a Medicare discussion and answer your questions.

Over-the-Counter Hearing Aids

Nov. 28, 11:00 a.m.—12:00 p.m., Old Court Room

Free; **Register by Nov. 24.*

Jack Felix of CT Hearing Care Center will talk about over-the-counter (OTC) hearing aids, Fixed Distribution System regulation on hearing aids and the difference between OTC and prescription hearing aids. He will discuss maintenance and programming of hearing aids, and touch upon untreated hearing loss and falls.



HEARING CLINICS! Connecticut

Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings on **Monday, Nov. 28 & Friday, Dec. 16.**

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

Intonations

Wednesdays, Sept. 7–Dec. 7

(No rehearsal on 11/23)

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

13 Classes for \$32.50;

\$4 drop-in



Charity Stitchers

Fridays, Nov. 4 & 18,

Dec. 2 & 16

10:00 a.m.—12:00 p.m.

South Conference Room

Free



Ladies of the Knockers

Tuesdays, Nov. 8 & Dec. 13

2:30 p.m.—4:00 p.m. (Drop-In)

Old Court Room

Free



This group knits hand-made breast prosthetics.

Duplicate Bridge

Fridays, Nov. 4 - Dec. 30

(No Bridge 11/11, 11/25 & 12/23)

9:30 a.m.—12:30 p.m.

Youth Room

Free

Dominoes

Wednesdays, Nov. 2 - Dec. 28

1:00 p.m.—3:00 p.m. (Drop-In)

NEW MEMBERS WELCOME!

Youth Room

Free

Setback

Fridays, Nov. 4 - Dec. 30

(No Setback 11/11, 11/25 & 12/23)

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

(Drop-In)

Blue Room

Free



Cribbage

Tuesdays, Nov. 1 - Dec. 27

1:00 p.m.—3:00 p.m.

(Drop-In)

Blue Room

Free

Scrabble

Tuesdays, Nov. 1 - Dec. 27

12:00 p.m.—3:00 p.m. (Drop-In)

Blue Room

Free



Ceramics

Tuesdays, Nov. 1 - Dec. 27

10:00 a.m.—1:00 p.m.

Craft Room

Instructor: Gloria Cerniglia

9 classes for \$22.50; \$4 drop-in

(plus cost of supplies)



Painting Club

Mondays, Nov. 7 - Dec. 19

(No Painting 12/26)

12:00—3:00 p.m. (Drop-In)

Craft Room

Free



Canasta

Thursdays, Nov. 3 - Dec. 29

(No Canasta 11/24)

1:00 p.m.—3:00 p.m. (Drop-In)

NEW MEMBERS WELCOME!

Blue Room

Free

Jewelry Workshop

Mondays, Nov. 14 & Dec. 12, 10:00-3:00 p.m.

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



Needlework Group

Thursdays, Nov. 10, Dec. 8 & 22

10:00 a.m.—12:00 p.m.

(Drop-In)

Old Court Room

Free

Bring your own project to work on in the company of others.

NEWS, EVENTS & TRIPS

Please join us in welcoming **Erika Cleveland**, the Town's new Family and Youth Social Worker. This was one of the new positions authorized in the FY 22/23 budget. She has a Bachelor's degree from Central Connecticut State University in Social Work and a Master's degree from Springfield College in Social Work. Erika has experience working as a Rehabilitation Counselor, Assessment Counselor and other related positions. We are excited to have her join our team and our community!

Wine Bottle Painting

Thursday, December 1

1:30-2:30 p.m., Old Court Room

Free; *Register by November 23.



Please join Tully Meyer from McLean to allow your creative spirit to soar...we will be painting wine bottles to make beautiful vases or decanters to match your décor. Instruction is provided but individuality is welcomed! All materials will be provided but certainly bring empty bottles (of any sort) if you have them!

Holiday Piano Concert with Paul Bisaccia

Sunday, Dec. 18, 2:00-3:00 p.m.

Simsbury Free Public Library Program Room

Free

*Register by Dec. 14.

Get in the holiday spirit with a piano concert featuring Paul Bisaccia at the Library's Music in the Afternoon Concert Series.

(This is also a Jump-on-Board Trip.)

New Year's Eve Pizza & Bingo!

Thursday, December 29, 12:00-1:30 p.m.

\$4

Auditorium

*Register by Dec. 27.

Join us for a fun game of BINGO at the Senior Center! Pizza and salad lunch will be served.

Prizes for all winners

Happy
New Year!

BINGO



Dial-A-Ride Jump On Board Trips

Monday, November 14: George's Pizza, Unionville

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

Monday, November 21: West Farms Mall

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

Monday, November 28: Walmart & Lunch at

Cracker Barrel, E. Windsor

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

Monday, December 12: Buckland Hills Mall &

Christmas Tree Shops

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

Sunday, December 18: Holiday Piano Concert with

Paul Bisaccia at the Simsbury Free Public Library from 2:00-3:00 p.m. in the Friends Program Room

(Depart: 1:30 p.m.; Return: 3:00 p.m.)

Monday, December 19: Target, Dollar Store & Lunch at Chili's, Windsor

(Depart: 10:00 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



Tuesdays, Nov. 8 & Dec. 13, 10:00-11:00 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 & the Farmington Valley Health District.

Please register by calling (860) 658-3273 or emailing 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!

- Nov. 1:** Beef Noodle Soup & Egg Salad Sandwich
- Nov. 8:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Nov. 15:** Minestrone Soup & Oven Roasted Chicken Sandwich
- Nov. 22:** Chicken Florentine Soup & Sliced Turkey Sandwich
- Nov. 29:** Pasta Fagioli Soup & Chicken Salad Sandwich
- Dec. 6:** Beef Noodle Soup & Egg Salad Sandwich
- Dec. 13:** Turkey Wild Rice Soup & Tuna Salad Sandwich
- Dec. 20:** Minestrone Soup & Oven Roasted Chicken Sandwich
- Dec. 27:** Chicken Florentine Soup & Sliced Turkey Sandwich



Monday Suppers!

Mondays, Nov. 7 & Dec. 5 at 5:00 p.m., Youth Room
\$5

**Please register by Nov. 3 & Dec. 1.*

November Menu: Baked ziti, tossed salad, garlic bread & dessert

December Menu: Chicken & dumpling stew, salad, rolls with butter & dessert

Notable Notes



- **Holiday Closures:** Please note the Senior Center will be closed on Nov. 11, 24 & 25 and Dec. 23 & 26.
- **Aging & Disability Commission Meeting:** Nov. 15
- **Stamps for Sale:** Forever postage stamps are available for purchase at the Senior Center for 60 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. 2: Tuscan-style turkey breast, cornbread stuffing, green beans

Nov. 9: Chicken Cordon Bleu, baked sweet potato, peas

Nov. 16: No Lunch @ Eno (St. Mary's Thanksgiving Luncheon)

Nov. 23: Chicken Cacciatore, rice, yellow squash

Nov. 30: Italian beef and pasta, vegetable blend, whole wheat roll

Dec. 7: Tuscan-style turkey breast, cornbread stuffing, green beans

Dec. 14: Chicken Cordon Bleu, baked sweet potato, peas

Dec. 21: Meat loaf, mashed potatoes, zucchini

Dec. 28: Chicken Cacciatore, rice, yellow squash

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.

SOCIAL SERVICES PROGRAMS

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

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: **November 8 & December 13**, by appointment only. For information, call (860) 658-3283.

Energy Assistance KEEP WARM THIS WINTER! Social Services is taking Energy Assistance Program applications. 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.

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.

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: **November 14 & 28** and **December 12**. For information, or a schedule including Avon and Granby dates, visit 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, Counseling & Eligibility Screening) Lisa Sharp is a certified CHOICES counselor who is available for appointments.

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.

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

The Center will be closed on the following dates:

Friday, **November 11**, in observance of Veterans Day
Thursday & Friday, **November 24 & 25**, in observance of Thanksgiving
Friday, **December 23** and Monday, **December 26**, in observance of Christmas



Volunteer Opportunity

The AARP Tax-Aide Program in Simsbury is looking for volunteer tax preparers for the next tax season beginning in January 2023. AARP Foundation Tax-Aide provides free tax-filing help to those who need it most. Training is provided. Interested candidates should contact: tom.meek@comcast.net



LESS "I KNOW I SHOULD."



MORE "I FEEL SO GOOD."

"I try to do my best to eat right and exercise, but keeping myself motivated can be a chore. At Duncaster, it's easy to make my well-being a focus with chef-prepared healthy dining options, an on-site dietitian and a large selection of fitness programming that actively supports my goals. I have so much more energy and I've never felt better!"

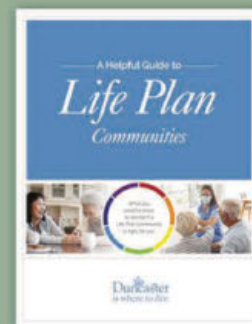
– Mary Sargent, Duncaster resident since 2013

"That's why I *made my move* to Duncaster."

A health and wellness focus 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**

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is where to *live*.



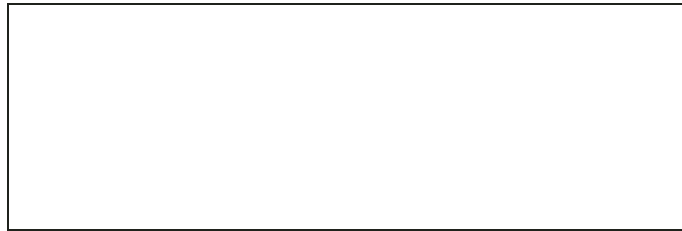
Keep informed of your options: go to **Duncaster.org/LifePlan** to receive your FREE Duncaster Life Plan Guide!

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