



**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

September—October, 2023



## Wellness Fair & Flu Clinic

**Monday, October 23, 1:00-4:00 p.m.**  
**Simsbury Public Library**

The Simsbury Senior Center and Simsbury Public Library are cosponsoring a Wellness Fair which will include flu shots, blood pressure, blood sugar and memory screenings. Participants include: Alzheimer's Association, For All Ages, Knitted Knockers, Farmington Valley Health District, Simsbury Housing Authority, Arden Courts, Simsbury Volunteer Fire Company, Farmington Valley Visiting Nurse Association, Simsbury Community & Social Services, McLean, Simsbury Public Library, Karyn Cordner & Therapy Dog Rambler, Simsbury Aging & Disability Commission, North Central Area Agency on Aging, Simsbury Police Department & Simsbury Lions Club. Appointments for flu shots are necessary, and can be made by calling the **Farmington Valley VNA at 860 651-3539**. *There is no need to register for this free event.*

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.

## Fashion Show & Luncheon

**Thursday, October 19**  
**12:00-2:00 p.m.**  
**Youth Room & Auditorium**

Free

*\*Register by October 12.*

Eno Memorial Hall runway will be the stage for men's and women's sartorial splendor on Thursday, October 19, during our annual Fashion Show and Luncheon.

A soup and sandwich lunch will be served at noon on the lower level, followed by the fashion show at 1:00 p.m. in the Auditorium. This annual favorite will feature apparel supplied by the thrift shop of The Arc of the Farmington Valley, Inc., more commonly known as Favarh. This free annual event is popular, so we recommend you register well before the deadline.



*Sponsored by  
The Arc of Farmington Valley Thrift Store,  
the Aging & Disability Commission  
& the Senior Center*

**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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## 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  
860-651-3539 - farmingtonvalleyvna.org

*Serving the Greater Farmington Valley for over 110 years*

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- Rehabilitation Therapies
- Parkinson's Movement Specialists
- Blood Pressure/ Blood Sugar Screenings
- Flu Shot Clinics Sept- Dec

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# LIFELONG LEARNING & 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).



## Leonardo De Vinci

**Monday, September 18**  
**1:30-2:30 p.m., Youth Room**  
Free; *Register by Sept. 14.*

Leonardo De Vinci was an Italian polymath of the Renaissance whose areas of interest included invention, drawing, painting, sculpting, architecture, science, music, mathematics, engineering, literature, anatomy, geology, astronomy, botany, writing, history and cartography. He is widely considered one of the greatest painters of all time. Sometimes credited with the inventions of the parachute, helicopter, and tank, he epitomized the Renaissance humanist ideal.

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

## Share Your Light, Simsbury!

**Thursday, September 21**  
**1:30-2:30 p.m., Youth Room**  
Free; *Register by Sept. 19.*

Be a part of the 2023 Unite by Light luminary event! Bring a friend or family member and join fellow Simsbury residents for casual conversation while decorating one or more of the 1,200 luminary bags that will line Hopmeadow Street on December 3. Hosted by local non-profit For All Ages, this one-hour event will include cheerful conversation starters to help you get to know your neighbors in a whole new light while you create your masterpiece for this year's community luminary event. No artistic experience is required! *Light refreshments will be served.*



## Keep Calm & Downsize: Tips from a Professional Organizer

**Thursday, Oct 12, 2023**  
**7:00-8:15 p.m.**

**Simsbury Public Library**  
**Friends Program Room**  
Free; *Register by Oct. 10.*

Is moving in your future? Whether you've moving next month or in two years, it's never too soon to start downsizing. Don't wait until the last minute to start packing and figuring out what you want to take; it's an overwhelming process! Please join Leslie Raycraft, owner of POSH Organizing, a Certified Professional Organizer and Move Manager, as she will discuss the process of moving and the best ways to go about it.

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



## Lawyers in Libraries

**Mondays, Sept. 25 & Oct. 30, 6:00-8:00 p.m.**

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

Are you looking for legal advice concerning your case? If your case involves Landlord/Tenant, Immigration Law, Family Law, Employment, Consumer Rights, Personal Injury or other areas, meet with a volunteer attorney for 20 minutes regarding your case. Please bring any case-related materials you have to the meeting so that the attorney can provide their best assistance. Registration is required.

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

*Generously sponsored by the Connecticut Bar Association*

## iPhone/iPad Tutoring

**Wednesdays, Sept. 13, 27 & Oct. 11, 25**

**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.*





## 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](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).

### Perfect Fit

Low-impact aerobics, strength training and Pilates.

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

### Mondays on Zoom

Sept. 11 - Oct. 30  
(No class 9/25 & 10/16)  
6 classes for \$30

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Sept. 6 - Oct. 25  
(No class 9/20 & 10/18)  
\*Zoom only 10/11  
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

Sept. 11 - Oct. 30  
(No class 9/25 & 10/16)  
6 classes for \$45

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Sept. 6 - Oct. 25  
(No class 9/20 & 10/18)  
\*Zoom only 10/11  
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

Sept. 5 - Oct. 31  
**Intermediate** 9:00-9:45 a.m.  
**Beginner** 10:00-10:45 a.m.  
9 classes for \$40.50  
Drop-In: \$6

### Thursdays @ Eno

Sept. 7 - Oct. 26  
**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

Sept. 8 - Oct. 27  
(No class 9/22, 10/13 & 10/20)  
5 classes for \$22.50

### 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**  
Sept. 5 - Oct. 31  
(No class 10/17)  
8 classes for \$60  
Drop-In: \$10

**Coming in November:  
Chair Yoga  
on Thursdays too!**

### 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, Sept. 6:** Simsbury River Walk (meet at SHS boat-house)

**Wednesday, Sept. 20:** Tariffville Park (Main Street Ext.)

**Wednesday, Oct. 4:** Wagner Woods (Great Pond Road)

**Wednesday, Oct. 18:** Great Pond State Park (Great Pond Road)

## FITNESS CLASSES & MORE



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).

### 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, Sept. 5 - Oct. 31**

12:15-1:15 p.m.

9 classes for \$27; \$4.50 Drop-In

**Thursdays, Sept. 14 - Oct. 19**

12:00-1:00 p.m.

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, Sept. 18 - Oct. 30**

1:00-2:00 p.m.

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

**Line Dancing: Wednesdays, Sept. 6 - Oct. 25**

2:30-3:30 p.m.

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



### Intergenerational

#### Korean Lotus Lantern Craft Class

**Saturday, Oct. 14, 1:00-2:15 p.m.**

**Simsbury Public Library, Friends Program Room**

Free; *Register by Sept. 29.*

The Korean Spirit and Culture Promotion Project (KSCPP) will present a lotus lantern craft class, which involves making a traditional Korean lotus lantern, a presentation about the Lotus & Lantern Festival, followed by the showing of a documentary film.

KSCPP is a 501 (c) 3 non-profit organization dedicated to the promotion of greater awareness and understanding of Korean history and culture.

### Nutrition Jeopardy

#### Pump Up Your Heart Health!

**Tuesday, Sept. 12, 1:30-2:30 p.m.**

**Old Court Room**

Free; *Register by Sept. 8.*

Whether you're trying to prevent future heart problems; are already living with high blood pressure or high cholesterol; or have a problem like atrial fibrillation, making simple tweaks to your eating plan could have big benefits. Learn how to boost your heart health by changing what's on your plate in this fun and interactive program.

*Presented by Natalie A. Webb, MS, RDN, LDN, FAND  
Consulting Dietitian for Big Y*

### Senior Center Month

Celebrated every year in September, National Senior Center Month is a time to shine a light on senior centers, showing the entire nation how vital they are to the health and well-being of a community. The 10,000+ senior centers in communities and neighborhoods across the country provide access to information, opportunities, and support to improve the lives of people in their communities as they age. Senior centers have evolved since their beginning in the 1940s, through their inclusion in the Older American's Act in 1973, and up to today. But the mission has remained: to be the local, trusted place in the community that connects people to the programs, services, and opportunities they need to age well.

## HEALTH & WELLNESS

### Mind Over Matter:

#### Healthy Bowels, Healthy Bladder

Thursdays, September 14, 28 and October 12

1:00-3:00 p.m., Old Court Room

Free; Register by Sept. 12.

Mind Over Matter is a program designed to help older women build the skills and confidence they need to prevent or improve incontinence symptoms. This workshop consists of three 2-hour sessions that meet every other week. It provides information and group activities along with simple exercises and dietary changes to practice at home. Learn information about bladder and bowel control, at-home techniques and exercises to help prevent or improve symptoms.

*Presented by Carley Taft, MSW, Community Health Educator, North Central Area Agency on Aging*

### Hearing Clinics

Mondays, Sept. 25 & Oct. 30, 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, Sept. 5, 19, 26 & Oct. 3, 17, 24

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.*

### A Matter of Balance

Mondays, Oct. 16–Dec. 4

1:00-3:00 p.m., Old Court Room

Free; \*Register by Oct. 9.

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*

### Simsbury Stories Memory Café

Wednesday, Sept. 20 & Monday, Oct. 16

2:00-2:45 p.m.

Simsbury Public Library

Friends Program Room

Free

\*Register by Sept. 18 & Oct. 12.

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.

**September:** Therapy Putty with Tully from McLean Home Care and Hospice

**October:** Acoustic Guitar with Dan Reilert

*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, Sept. 6 - Dec. 6**

(No rehearsal on 11/22)

**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 Stitches

**Fridays, Sept. 1, 15 &**

**Oct. 6, 20**

**10:00 a.m.—12:00 p.m.**

**South Conference Room**

Free

## Ladies of the Knockers

**Tuesdays, Sept. 12 & Oct. 10**

**2:30—4:00 p.m. (Drop-In)**

**Old Court/So. Conference Rms.**

Free

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



## Duplicate Bridge

**Fridays, Sept. 1 - Oct. 27**

**9:30 a.m.—12:30 p.m.**

**Youth Room**

Free



## Scrabble

**Tuesdays, Sept. 5 - Oct. 31**

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

**Blue Room**

Free



## Setback

**Fridays, Sept. 1 - Oct. 27**

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

**(Drop-In)**

**Blue Room**

Free

## Cribbage

**Tuesdays, Sept. 5 - Oct. 31**

**1:00—3:00 p.m.**

**(Drop-In)**

**Blue Room**

Free

## Senior Book Club



Book Club meets at **2:00 p.m.** one Wednesday a month.

**South Conference Room**

Free

*\*Register by Sept. 26*

*& Oct. 24.*

**Sept. 27:** *Olive Kitteridge* by Elizabeth Strout (F)

**Oct. 25:** *Mountains Beyond Mountains* by Tracy Kidder (F)

## Ceramics



**Tuesdays, Sept. 5 - Oct. 31**

**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 & Thursdays**

**Sept. 7 - Oct. 30**

**12:00—3:00 p.m. (Drop-In)**

**Craft Room**

Free; Bring your own supplies

& project (no instructor)

## Jewelry Workshop



**Mondays, Sept. 11 & Oct. 9, 10:00 a.m. - 3:00 p.m.**

**Youth Room**

**Instructor:** Sandy Merrill

*\*Register by Sept. 8 & Oct. 6.*

Learn to make earrings, bracelets and necklaces with many different types of beads: glass, plastic, metal and semi-precious. You can make as many items as time allows in this 5-hour workshop. The instructor will supply all tools. **Cost:** \$5.00 payable to the instructor on the day of the workshop (plus cost of supplies)

## “Needlers”

**Thursdays, Sept. 14, 28**

**& Oct. 12, 26**

**10:00 a.m.—12:00 p.m. (Drop-In)**

**Old Court Room**

Free

Bring your own needlework project & supplies (no instructor)



## PROGRAMS, EVENTS & TRIPS



### AARP SMART DRIVER COURSE

**Tuesday, Sept. 12, 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 (payable to AARP) the day of the course. Cosponsored by the Simsbury Public Library & Senior Center

*\*Register by Sept. 5 with the Library or Senior Center.*



### Halloween Bingo!

**Thursday, Oct. 26, 2:00-3:00 p.m.**

**Auditorium**

\$2



*\*Register by Oct. 23.*

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

### 2023 TRAVEL OPPORTUNITIES WITH FRIENDSHIP TOURS TRIPS

**The Turkey Train, Winnepesaukee Railroad**

**Thursday, September 28** (Sign up by 8/21)

\$141 per person

**Made in Vermont: Country Shopping in  
Southern Vermont**

**Thursday, October 12** (Sign up by 10/5)

\$119 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*

***Trips are non-refundable.***

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

**Monday, Sept. 11:** Rein's Deli, Vernon  
(Depart: 11:00 a.m.; Return: 2:15 p.m.)

**Monday, Sept. 18:** Corbin's Corner Shopping & Lunch  
@ Olive Garden, West Hartford  
(Depart: 9:45 a.m.; Return: 2:00 p.m.)

**Monday, Sept. 25:** Lyman Orchards, Middlefield  
(Depart: 10:00 a.m.; Return: 2:00 p.m.)

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

**Monday, Oct. 16:** Walmart & Lunch @ Cracker Barrel,  
E. Windsor  
(Depart: 10:00 a.m.; Return: 2:30 p.m.)

**Monday, Oct. 30:** Target, Big Lots & Lunch @  
Applebee's, Torrington  
(Depart: 9:45 a.m.; Return: 2:30 p.m.)

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

- ◆ Residents can register for trips by calling the Senior Center up until a week before the trip date. You must sign up for Dial-A-Ride to go on Jump on Board Trips. To purchase a Dial-A-Ride pass, contact Social Services at (860) 658-3283.
- ◆ Departure and return times are approximate.
- ◆ Minimum number of riders is required to run trips.

### Intergenerational Pizza & Make-Your-Own Tie-Dye

**Monday, September 25, 12:00-1:30 p.m.**

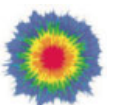
**North Lawn at Eno Memorial Hall**

Free

*\*Register by September 21.*

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

Pizza will be served from 12:00 to 12:30 p.m.; tie-dye from 12:30 to 1:30 p.m.





## 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!

**Sept. 5:** Chicken Florentine Soup & Sliced Turkey Sandwich

**Sept. 12:** Pasta Fagioli Soup & Chicken Salad Sandwich

**Sept. 19:** Beef Noodle Soup & Egg Salad Sandwich

**Sept. 26:** Turkey Wild Rice Soup & Tuna Salad Sandwich

**Oct. 3:** Minestrone Soup & Oven Roasted Chicken Sandwich

**Oct 10:** Chicken Florentine Soup & Sliced Turkey Sandwich

**Oct. 17:** Pasta Fagioli Soup & Chicken Salad Sandwich

**Oct. 24:** Beef Noodle Soup & Egg Salad Sandwich

**Oct. 31:** Turkey Wild Rice Soup & Tuna Salad Sandwich

## 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.**

**Sept. 6:** Italian beef and pasta, vegetable blend

**Sept. 13:** Tuscan-style turkey breast, cornbread stuffing, green beans

**Sept. 20:** Chicken Cordon Bleu, baked sweet potato, peas

**Sept. 27:** Meat loaf, mashed potatoes, zucchini

**Oct. 4:** Baked cod with lemon butter sauce, wild rice, mixed vegetables

**Oct. 11:** Italian beef and pasta, vegetable blend

**Oct. 18:** Tuscan-style turkey breast, cornbread stuffing, green beans

**Oct. 25:** Chicken Cordon Bleu, baked sweet potato, peas



## Monday Suppers!

**Mondays, Sept. 18 & Oct. 2 at 5:00 p.m., Youth Room**

\$6

*\*Register by Sept. 14 & 28.*

**September Menu:** Kielbasa, Mashed Potatoes, Sauerkraut, Buttered Carrots & Dessert

**October Menu:** Sloppy Joes on a Brioche Roll, Coleslaw, Dill Spear, Potato Chips & Dessert

## Notable Notes



■ **Aging & Disability Commission Meetings:** Upcoming meetings on September 19 & October 17 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](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.

**Mark Grabowski**  
Café Coordinator

**Wendy LaMontagne**  
Substitute Café Coordinator

## Simsbury Police Picnic!

**Wednesday, September 6**

**12:00-2:00 p.m.**

**Simsbury Farms Ice Rink**

Free

*(This event is for Simsbury residents only.)*

*\*Register with the Senior Center by August 30.*



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 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: **Sept. 12 & Oct. 10**, 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: **Sept. 18** and **Oct. 2 & 16**. 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 taking application appointments until October 1 for Renters' Rebate for Program Year 2022. Please call Social Services for more details or to schedule an appointment.

**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 deliv-

bles, 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](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.

Visit us at [www.facebook.com/simscommunityandsocial](https://www.facebook.com/simscommunityandsocial) for information about upcoming events, photos and stories.

**The Senior Center will be closed on Monday, September 4, in observance of Labor Day.**



## 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.

# 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."*

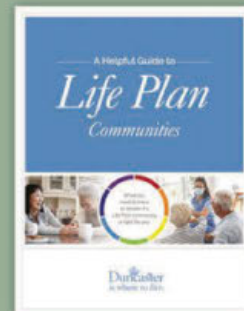
*"Duncaster is where I create."*

– 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!

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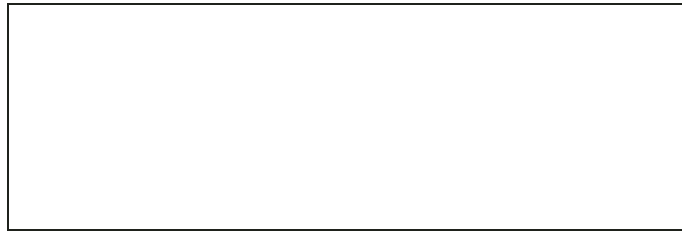






**Simsbury Senior Center**  
**754 Hopmeadow Street**  
**Simsbury, CT 06070**

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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](http://h.uconn.edu/request-an-appointment), or call 1-84-GET-UCONN (1-844-388-2666).

