



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



Simsbury Social Services Department ♦ Simsbury Senior Center

# The Senior Communicator

September—October, 2022

## Fashion & Food

**Thursday, October 20**

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

Free

*\*Register by October 13.*

Eno Memorial Hall runway will be the stage for men's and women's sartorial splendor on Thursday, October 20, during our annual Luncheon and Fashion Show.

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 (Route 44, Canton), the Aging and Disability Commission & the Senior Center*

## A Matter of Balance

**Mondays, September 12 – October 31**

**1:00-3:30 p.m.**

**Old Court Room**

Free

*\*Register by Sept. 2.*

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 Justine Ginsberg, BSN, RN, Community Health Coordinator for the Farmington Valley Health District*

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**  
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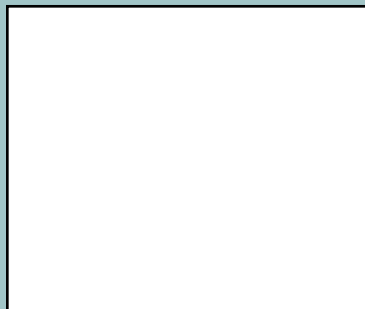
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INSURANCE PROFESSIONAL




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  - ☒ Over the age of 65
  - ☒ Retiring
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## THE SIMSBURY CEMETERY ASSOCIATION



[www.simsburycemetery.com](http://www.simsburycemetery.com)  
 Email: [office@simsburycemetery.com](mailto: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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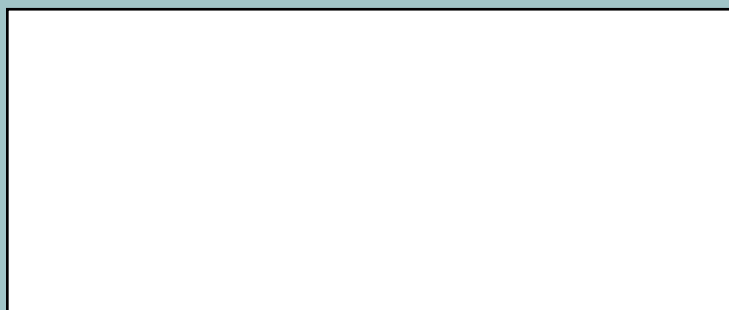
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## LIFELONG LEARNING

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).

### We Are Very Likely To Die: The Incredible True Story of the Sinking of the R/V Sea Surveyor Thursday, September 8 1:30-2:30 p.m., Youth Room

Free

*\*Register by September 6.*

On January 6th, 1969, a 118 ft. research vessel named the R/V Sea Surveyor departed Groton, CT on a testing mission for the United States Navy. She never



made it to her destination and never returned to port. Learn about

the R/V Sea Surveyor, her mission, and the incredible experience twelve crewmen had after her sinking.

*Presented by Walter Banzhaf, one of the twelve survivors of the Sea Surveyor*

### The Wright Brothers

Thursday, September 29  
1:30-2:30 p.m., Youth Room

Free

*\*Register by September 27.*

The Wright brothers, Orville Wright (August 19, 1871 – January 30, 1948) and Wilbur Wright (April 16, 1867 – May 30, 1912), were

American aviation pioneers

generally credited with inventing, building, and flying the world's first successful motor-operated airplane. Join the rest of the "History for Fun Gang" for a true adventure in early flight.



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

### Movie Monsters

Monday, October 24  
1:30-2:30 p.m., Youth Room

Free

*\*Register by October 20.*

Yes, they are back and ready for Halloween. Are you ready for Boris Karloff and Bella Lugosi this month? Get ready to explore the lives and times of these spooky icons. What were they really like? Come join us for another History for Fun adventure



into both their private and public lives. After all, it is

October, make the most it and bring a friend....

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

### Lawyers in Libraries

Monday, September 26 & Monday, October 24  
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 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*



### Senior Book Club

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

**North Lawn**

*\*Rain Location:*

*South Conference Room*

*\*Register by Sept. 23 & Oct. 21.*

**Sept. 28:** *The Strange Story of Dr. Jekyll and Mr. Hyde* by Robert Louis Stevenson (F)

**Oct. 26:** *The Virginian: A Horseman of the Plains* by Owen Wister (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.simsbury seniors.com](http://www.simsbury seniors.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**  
Oct. 4 - 25  
4 classes for \$28  
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

Sept. 9 - Oct. 28  
(No class 9/30)  
7 classes for \$31.50



### Cardio & Strength Zoom

This is a fitness class that combines a variety of exercises to help increase cardio endurance while strengthening muscle. Class can be done sitting in a chair or standing.

**Instructor:** Nancy Pandolfo  
10:30-11:15 a.m.

### Monday-Friday on Zoom

Sept. 1 - Oct. 31  
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

Sept. 12 - Oct. 31  
8 classes for \$36

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Sept. 7 - Oct. 26  
(No class 9/21 & 9/28)  
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

Sept. 12 - Oct. 31  
8 classes for \$56

### Wednesdays @ Eno & on Zoom

**Auditorium**  
Sept. 7 - Oct. 26  
(No class 9/21 & 9/28)  
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

Sept. 6 - Oct. 25  
**Intermediate** 9:00-9:45 a.m.  
**Beginner** 10:00-10:45 a.m.  
8 classes for \$36  
Drop-In: \$6

### Thursdays @ Eno

Sept. 1 - Oct. 27  
(No class 10/20)  
**Beginner** 10:00-10:45 a.m.  
8 classes for \$36  
Drop-In: \$6

## FITNESS CLASSES & 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).

### 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

#### Beginner Line Dancing: Mondays, Sept. 12–Oct. 31

(No class 10/10)

1:00-2:00 p.m.

Auditorium

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

#### Line Dancing: Wednesdays, Sept. 7–Oct. 26

2:30-3:30 p.m.

Auditorium

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

#### Evening Line Dancing: Mondays, Sept. 12–Oct. 17

(No class 10/10)

5:00-6:00 p.m.

Auditorium

5 classes for \$15; \$4.50 Drop-In

### Every Body's Exercise

This 60-minute class combines strength training, cardio and balance exercises for a complete work out. Class can be done either seated or standing.

**Instructor:** Mary Root

#### Tuesdays, September 6–October 25

(No class 10/18)

12:15-1:15 p.m.

Auditorium

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

#### Thursdays, September 1–October 27

(No class 10/20)

12:00-1:00 p.m.

Auditorium

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

### Big Changes to Connecticut Trust Law: The Uniform Trust Code

**Thursday, October 6, 1:30-2:30 pm, Youth Room**

Free

*\*Register by October 3.*

Trust laws in Connecticut saw massive changes in 2020. You may have heard about these changes and may be wondering how these changes affect you. And if you don't have a trust, maybe now is the right time to finally create one. Join Simsbury resident, Attorney Brendan Daly, who will give an easy-to-understand overview of the new Uniform Trust Code. You'll learn how the changes may or may not affect your existing trust and estate plans. Brendan will also give a general overview of trusts in Connecticut for those who may be thinking about creating a trust. You'll walk away understanding if a trust is something you actually need.

*Presented by Attorney Brendan F. Daly, Certified Elder Law Attorney, Czepiga Daly Pope & Perri*



### BINGO!



**Friday, Sept. 23, 11:00 a.m.–12:00 p.m.**

**Halloween Bingo: Thursday, Oct. 27, 1:30-2:30 p.m.**

**Auditorium**

\$2

*\*Register by Sept. 21 & Oct. 24.*

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

*Prizes for all winners*

### 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. 7:** Great Pond

**Wednesday, Sept. 21:** Meadowood (Hoskins Rd.)

**Wednesday, Oct. 5:** Tariffville Park

**Wednesday, Oct. 19:** Dorset Crossing

## HEALTH & WELLNESS

### Flu Clinic

**Tuesday, October 18, 2:00–5:00 p.m.**

**Auditorium**



**Vaccines Available:** Regular (for ages 9 & older)  
& High Dose (for adults over 65)

Please bring your medical insurance card.  
Insurances **not** accepted: CIGNA, Care Partners  
of CT or Health New England

*Provided by Farmington Valley Visiting Nurse  
Association (VNA)*

Please call the VNA for an appointment:

**860-651-3539**

*\*Walk-ins welcome*

### Assistive Listening in Town Buildings

**Monday, September 19, 11:00 a.m.–12:00 p.m.**

**Auditorium**

Free



*\*Register by September 15.*

Mark Orenstein will describe and demonstrate the two types of assistive listening systems that have been installed in Eno Memorial Hall and in the Library's Friends and Tariffville Program Rooms. The two types are (1) town-owned assistive listening receivers that must be signed out and (2) smartphone-based assistive listening where the person's own smartphone is the receiver. For those participants who have been using their smartphones with headphones, earbuds or hearing aids for phone conversations, Mark will assist the participants in installing the assistive listening app (Listen Everywhere) into their smartphone and configuring the app for use in the above rooms.

*Presented by Mark Orenstein, Board Member,  
Simsbury Community Media & Simsbury Public  
Library, Public Servant of the Year*

### Chair Massage with Bev Harris

Book an appointment for a 15-minute chair massage,  
and walk away feeling refreshed and relaxed.

**Thursdays, Sept. 1, 15, 29 & Oct. 6, 20; Cost:** \$10  
for a 15-minute session, or \$20 for 30 minutes.

Please call the Senior Center to make an  
appointment.

### 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, Sept. 6, 20, 27 & Oct. 4, 18, 25**

Appointments are available between

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

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

### Medicare Workshop

**Wednesday, October 19**

**1:30-3:00 pm, Old Court Room**

Free

*\*Register by October 14.*

Coordinator of Elderly Outreach Services Lisa Sharp,  
a Certified CHOICES counselor, and Peggy Gorham,  
Certified Insurance Professional with Roberson  
Tierney & Assoc., LLC, will lead the discussion and  
answer your questions.



### HEARING CLINICS!

Connecticut  
Hearing Center will be at the Senior Center to clean  
and service hearing aids and perform general  
screenings on **Mondays, Sept. 26 & Oct. 24.**

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).



### 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, Sept. 2, 16 &**

**Oct. 7, 21**

**10:00 a.m.—12:00 p.m.**

**South Conference Room**

Free

### Ladies of the Knockers

**Tuesday, Oct. 11**

**2:30 p.m.—4:00 p.m. (Drop-In)**

**Old Court Room**

Free

This group knits hand-made breast prosthetics.



### Duplicate Bridge

**Fridays, Sept. 2—Oct. 28**

**9:30 a.m.—12:30 p.m.**

**Youth Room**

Free

### Dominoes

**Wednesdays, Sept. 7—Oct. 26**

**9:30 a.m.—12:30 p.m.**

**NEW MEMBERS WELCOME!**

**Youth Room**

Free

### Setback



**Fridays, Sept. 2—Oct. 28**

**10:00 a.m.—12:00 p.m.**

**(Drop-In)**

**Blue Room**

Free

### Cribbage

**Tuesdays, Sept. 6—Oct. 25**

**1:00 p.m.—3:00 p.m. (Drop-In)**

**Blue Room**

Free

### Scrabble

**Tuesdays, Sept. 6—Oct. 25**

**12:00 p.m.—3:00 p.m.**

**(Drop-In)**

**Blue Room**

Free



### Ceramics

**Tuesdays, Sept. 6—Oct. 25**

**10:00 a.m.—1:00 p.m.**

**Craft Room**

**Instructor:** Gloria Cerniglia

8 classes for \$20

\$4 drop-in



### Painting Club

**Mondays, Sept. 12—Oct. 31**

**12:00—3:00 p.m. (Drop-In)**

**Craft Room**

Free

### Canasta

**Thursdays, Sept. 1—Oct. 27**

**1:00 p.m.—3:00 p.m.**

**NEW MEMBERS WELCOME!**

**Blue Room**

Free

### Jewelry Workshop

**Monday, Oct. 10, 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)



### Needlework Group

**Thursdays, Oct. 13 & 27**

**10:00 a.m.—12:00 p.m.**

**(Drop-In)**

**Old Court Room**

Free



## EVENTS, PROGRAMS & TRIPS

### Tech Tutor at the Senior Center!



**Wednesdays, Sept. 14, 28 & Oct. 12, 26**

**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.*



### AARP SMART DRIVER COURSE

**Monday, September 19, 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. (Please bring your membership card.)

*\*Register by September 12 with the Library or Senior Center.*

*Cosponsored by the Simsbury Public Library  
& Senior Center*

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

**Saturday, September 17:** New Britain Museum of American Art & Museum Café Lunch  
(Depart: 10:30 a.m.; Return: 2:00 p.m.)

**Monday, September 19:** Lunch at Red Lobster, Wethersfield  
(Depart: 10:00 a.m.; Return: 2:00 p.m.)

**Sunday, September 25:** An Afternoon of Cello with Gwen Krosnick, Simsbury Public Library  
(Depart: 1:30 p.m.; Return: 3:30 p.m.)

**Monday, September 26:** West Farms Mall  
(Depart: 10:00 a.m.; Return: 2:00 p.m.)

**Monday, October 17:** Lunch at Rein's New York Style Deli, Vernon  
(Depart: 10:00 a.m.; Return: 2:00 p.m.)

**Monday, October 31:** Buckland Hills Mall  
(Depart: 10:00 a.m.; Return: 2:00 p.m.)

### Important Jump on Board Trip Reminders:

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

### Fraud Presentation

**Thursday, September 15  
1:30-2:30 p.m., Youth Room  
Free**

*\*Register by September 14.*

Northwest Community Bank and the Simsbury Police Department are offering a seminar to spread awareness about Elder Fraud. Elder Fraud is defined as a financial fraud scheme that targets senior citizens. Our seminar will go over the most common types of Elder Fraud and more importantly, how to protect yourself against them. If you or a loved one is interested in learning more, please sign up with the Senior Center!



### Visit with Beau the Bassador!

**Mondays, Sept. 12 & Oct. 10, 1:30-2:30 p.m.  
Blue Room  
Free; Drop-In**

Marilyn Douglas, a long-time Simsbury resident and her therapy dog, Beau the Bassador, visit the Senior Center monthly.

### Simsbury Police Picnic!



**Wednesday, September 7, 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.*





## 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!

**Sept. 6:** Minestrone Soup & Oven Roasted Chicken Sandwich

**Sept. 13:** Chicken Florentine Soup & Sliced Turkey Sandwich

**Sept. 20:** Pasta Fagioli Soup & Chicken Salad Sandwich

**Sept. 27:** Beef Noodle Soup & Egg Salad Sandwich

**Oct. 4:** Turkey Wild Rice Soup & Tuna Salad Sandwich

**Oct 11:** Minestrone Soup & Oven Roasted Chicken Sandwich

**Oct. 18:** Chicken Florentine Soup & Sliced Turkey Sandwich

**Oct. 25:** Pasta Fagioli Soup & Chicken Salad Sandwich



## Monday Suppers!

**Mondays, Sept. 12 & Oct. 3 at 5:00 p.m., Youth Room**  
\$5

*\*Please register by Sept. 7 & Sept. 28.*

**September Menu:** Chili, corn bread, tossed salad & dessert

**October Menu:** Meat loaf, mashed potatoes, glazed carrots, rolls with butter & dessert

## Notable Notes



■ **Holiday Closure:** Please note the Senior Center will be closed on Monday, September 5, in observance of Labor Day.

■ **Aging & Disability Commission Meetings:** Sept. 20 & Oct. 18

■ **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](mailto:SimsburyLoanLocker@gmail.com) for more information.

■ **Privacy Policy:** The Senior Center does not give out personal information on any of its members, staff or instructors.

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

## LUNCH @ ENO



All meals, served **Wednesdays** at noon, include bread or rolls, hot and cold beverages, and dessert.

*Please register by 10:00 a.m. on the Friday before and make your payment at that time.*

**Cost: \$4 for Simsbury residents 50 and older; \$5 for non-residents or Simsbury residents under 50.**

**Sept. 7:** *No Lunch due to Police Picnic*

**Sept. 14:** Chicken Cacciatore, rice, yellow squash

**Sept. 21:** Italian beef and pasta, vegetable blend, whole wheat roll

**Sept. 28:** Tuscan-style turkey breast, cornbread stuffing, green beans

**Oct. 5:** Chicken Cordon Bleu, baked sweet potato, peas

**Oct. 12:** Meat loaf, mashed potatoes, zucchini

**Oct. 19:** Chicken Cacciatore, rice, yellow squash

**Oct. 26:** Italian beef and pasta, vegetable blend, whole wheat roll

Celebrated every year in September, **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. Senior centers provide countless hours of support and encouragement to older adults, and have become integral to health care delivery in our communities by providing COVID-19 guidance and vaccinations. And they've played a role in addressing an issue that we all knew was important even before the pandemic: social isolation.

## 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: **September 13 & October 11**, by appointment only. For information, call (860) 658-3283.

**Renters Rebate** Social Services is taking applications for Renters Rebate for program year 2021. Please call Social Services for more details or to schedule 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.

**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 alternat-

ing Mondays. There are no eligibility requirements and residents can pick up perishable and nonperishable food items. Next dates: **September 19** and **October 3, 17 & 31**. 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) Lisa Sharp in Social Services is a certified CHOICES counselor who is available for virtual 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 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.



## At the Simsbury Public Library

Our new **Book Bike** is making the rounds! We loved attending the Tie Dye event earlier this summer and look forward to more events at Eno. With the bike, we bring books, movies and games to you to check out on the spot! Our **Age-Well Collection** offers resources for caregivers, books about aging-related health issues as well as books, games and puzzles designed for people with cognitive impairments.

## Veterans Coffee Hour

**Tuesdays, Sept. 13 & Oct. 11, 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](mailto:khaberlin@simsbury-ct.gov).





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[health.uconn.edu](https://health.uconn.edu)



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