



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

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

**Contact Us:** Senior Center Phone: (860) 658-3273  
 Social Services Phone: (860) 658-3283  
 Fax: (860) 408-7046

[www.simsburyseniors.com](http://www.simsburyseniors.com)  
[www.facebook.com/simscommunityandsocial](https://www.facebook.com/simscommunityandsocial)

# The Senior Communicator

September—October, 2021



## A Matter of Balance

**Mondays, Sept. 13 - Nov. 1**

**1:30 p.m. - 3:30 p.m., Old Court Room, Free**

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

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

*\*Please call the Senior Center to register by Sept. 9.*



**Face Coverings Required in Town Facilities:** In accordance with updated recommendations from the CDC and the Farmington Valley Health District, all visitors to Town buildings, **regardless of vaccination status**, will be required to wear a face covering at all times while indoors. All staff and visitors to Town buildings are required to properly wear face coverings, including attendees of public meetings. Individuals that have been diagnosed with COVID-19, are awaiting the results of a COVID-19 test, or are currently ill should refrain from visiting the Town facilities in person. Exercise classes will continue to be held virtually. Masks must be worn in the Dial-A-Ride vehicle. Indoor meals are still permitted; masks may be removed only when seated and consuming food and beverages. Individuals should wash their hands prior to eating, drinking, or touching common equipment and supplies.

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  
**Carolyn Krystiniak**  
Senior Outreach Coordinator  
**Dana Olson**  
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*Parkinson's Movement Specialists - Blood Pressure/ Blood Sugar Screenings - Flu Shot Clinics Sep- Dec*  
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www.CareForYouLLC.com

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Learn more about our exciting expansion by calling **860-658-3786** or visit **ExploreMcLean.org**.



75 Great Pond Road  
 Simsbury, CT 06070



# LIFELONG LEARNING

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

## The Golden Years of Television Comedy

Monday, Sept. 20 at 2:00 p.m.  
South Conference Room  
Free

**\*Register by Sept. 16**

If you have fond memories of "Lucy and the Chocolate Factory," Carol Burnett and her amazing cast, Jonathan Winters, Foster Brooks, and Abbott and Costello's "Who's on First," this program is for you.

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



## Child Actors—Then & Now

Monday, Oct. 18 at 2:00 p.m.  
South Conference Room  
Free

**\*Register by Oct. 14**

The story begins with the first child actor in films and traces a few interesting "stopping off points" in his very interesting life. You will be surprised. Next, you will be taken through a series of both child and adult pictures. Joseph will engage the audience in "who's that?" to see how adept you are at recognizing slightly out of sync stars of yesterday. How did they end-up?

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

## Hauntings in Connecticut

Thursday, Oct. 28 at 2:00 p.m.  
South Conference Room  
Free

**\*Register by Oct. 26**

A touch of the paranormal where we will find "other worldly" things happening. Moving objects, random noises, poltergeists and apparitions, perhaps of a time lost long ago. Our state has long claimed to have more hauntings than any other. If you are brave enough, join me...we'll explore some of the locations and the influences upon each of their stories.

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

## AARP Smart Driver Course

Thursday, October 14<sup>th</sup> from 1:00 to 5:00 pm at the **Simsbury Public Library**  
\$20 for AARP Members; \$25 for non-members

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.

**\*Please register at the Library or Senior Center.**

## Lending Library

Check out the Senior Center's free lending library, now located on the second floor, with a wide selection of genres, including large print. You don't need to check out a book — just grab one and go! We also love donations...

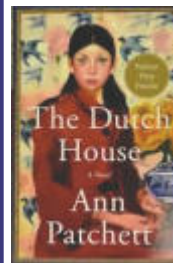


## Senior Book Club

Book Club meets at 2:00 p.m. on the 4th Wednesday of each month on the **North Lawn**.

**\*Bring a chair**

**\*Rain/Heat Location:**  
South Conference Room



**September 22: *The Dutch House: A Novel* by Ann Patchett (Fiction)**

**October 27: *Following the Water: A Hydro-mancer's Notebook* by David Carroll (Nonfiction)**



## FITNESS CLASSES

Fitness classes will remain virtual through October 29. 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 [kmarschall@simsbury-ct.gov](mailto:kmarschall@simsbury-ct.gov).

### Chair Yoga Zoom

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

**Tuesdays**, 11:00-11:50 a.m.  
Sept. 7 to Oct. 26  
8 classes for \$56

### 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

**Monday-Friday**, 10:30-11:15 a.m.  
Sept. 1 to Oct. 29

Free with SilverSneakers® & Renew Active™, \$3 without

### Full Body Workout (Evening) Zoom

This class combines cardio's high/low moves, strength training, core, balance & more.

**Instructor:** Susan Rubenstein

**Tuesdays**, 5:00-6:00 p.m.  
Sept. 14 to Oct. 26  
7 classes for \$49

### Yoga (Morning) Zoom

A great class to help de-stress before your busy day.

**Instructor:** Susan Rubenstein  
10:30-11:30 a.m.

**Mondays**  
Sept. 13 to Oct. 25  
(no class Oct. 11)  
6 classes for \$42

**Wednesdays**  
Sept. 8 to Oct. 27  
8 classes for \$56



### Tai Chi Zoom

Gentle and beneficial for gaining flexibility and improving balance.

**Instructor:** Ken Zaborowski  
**Intermediate** 9:00 to 9:45 a.m.  
**Beginner** 10:00 to 10:45 a.m.

**Tuesdays**, Sept. 7 to Oct. 26  
8 classes for \$36

**Thursdays**, Sept. 9 to Oct. 28  
8 classes for \$36

### Stronger with Strength Zoom

This class offers an effective combination of strength training, core work, balance and a complete stretch.

**Instructor:** Susan Rubenstein

**Fridays**, 9:00-10:00 a.m.  
Sept. 17 to Oct. 29  
(no class 10/8)  
6 classes for \$24

### Yoga Core Flow (Evening) Zoom

A perfect class to help you de-stress after a busy day!

**Instructor:** Susan Rubenstein

**Wednesdays**, 5:00-6:00 p.m.  
Sept. 15 to Oct. 27  
7 classes for \$49

### Perfect Fit Zoom

Low-impact aerobics, strength training and Pilates.

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

**Mondays**  
Sept. 13 to Oct. 25  
(no class Oct. 11)  
6 classes for \$24

**Wednesdays**  
Sept. 8 to Oct. 27  
8 classes for \$32

# HEALTH & WELLNESS

## Flu Clinic

**Tuesday, October 19 from 2:00–5:00 p.m.**  
**Eno Auditorium**  
Provided by Farmington Valley VNA  
Please call for the VNA for an appointment:  
860-651-3539

## Blood Pressure & Sugar Screenings

The Farmington Valley Visiting Nurse Association will perform blood pressure and blood sugar screenings **beginning Sept. 8, each Wednesday from 11:30 a.m. to 1:30 p.m. in the Lower Rotunda.** Appointments are not required.



## Chair Massage with Bev Harris

Book an appointment for a 15-minute chair massage, and walk away feeling refreshed and relaxed. Appointments **start at 10:00 a.m. on Thursdays, Sept. 2 & 16, 30 & Oct. 7 & 21** in the **Old Court Room.** **Cost:** \$10 for a 15-minute session, or \$20 for 30 minutes. Please call the Senior Center to make an appointment.

## 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. 7, 21, 28 & Oct. 5, 19 & 26** Appointments are available between **8:30 a.m. and 2:00 p.m.** **Cost:** \$35 cash or check payable to PediCare.

The Simsbury Senior is always looking for new classes and programs to meet the interest and needs of older adults. We currently offer a wide variety of fitness classes, lifelong learning, and health/wellness programs. If you are interested in offering something new or have a suggestion, please give us a call at (860) 658-3272!

## Notable Notes

- **Labor Day Holiday:** Please note that the Senior Center will be closed on Monday, September 6 in observance of Labor Day.
- **Mask Policy:** Face coverings are required in Town buildings, regardless of vaccination status. *\*Please see full policy on Page 1 of this newsletter.*
- **Agging & Disability Commission:** Meetings are at 7:00 p.m. (Locations are to be determined.) Everyone is welcome. Upcoming meetings are scheduled for Tuesdays, **September 21 and October 19.**
- **Handicapped Parking Applications:** Application and renewal forms are available at the Senior Center office.
- **Seniors Job Bank:** Free service seeks to match people looking for help at home or at work, with people looking for part-time work. Visit [www.seniorsjobbankct.org](http://www.seniorsjobbankct.org).
- **Privacy Policy:** The Senior Center does not give out personal information on any of its members, staff or instructors.
- **Desktop Electronic Magnifier:** The Senior Center has a Merlin Electronic Magnifier available for anyone who would like to use it. This device allows people with low vision, macular degeneration, retinitis pigmentosa, glaucoma and cataracts to read books and magazines, read and write letters, manage financial records, view color photos, do crossword puzzles and more.

## 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.

## HEALTH & WELLNESS



### Reminiscence Group

**Tuesdays, Sept. 28 & Oct. 26 from 1:00-2:00 p.m.**

**South Conference Room**

Join us as we reminisce about fond memories from the past. Elderly Outreach Coordinator, Carolyn Krystiniak, will lead the discussion.

Jot down some ideas, come share, or just listen!

**September topic:** Labor Day Memories

**October topic:** October Adventures

*\*Please register by Sept. 23 & Oct. 22.*

### Medicare Workshop with Carolyn Krystiniak

**Thursday, October 7, 2:00-3:00 pm**

**South Conference Room**

Free

Carolyn Krystiniak, CHOICES counselor, will lead a discussion on Medicare open enrollment, which runs from Oct. 15–Dec. 7. Topics to be discussed include: Original Medicare versus Medicare Advantage, HMO, PPO, Medigap & Medicare Savings Program.

*\*Please register by Sept. 30.*

*Note: An additional workshop will be held on Nov. 9 at 10:30 a.m.*

### Medicare Made Clear!

**With Physical Therapist Jennifer Neri, DPT &  
Medicare Insurance Professional, Peggy Gorham**

**Friday, October 22 at 2:30 p.m.**

**South Conference Room**

Free

Join Physical Therapist, Jennifer Neri, DPT, and Medicare Insurance Professional, Peggy Gorham, to learn about upcoming Medicare plans, your options, and how physical therapy plays into insurance for joint replacements and other orthopedic injuries.

*\*Please register by Oct. 20.*

### Knitted Knockers:

**Cute Name—Serious Subject**

**Tuesday, October 5 from 1:00-2:00 p.m.**

**South Conference Room**

Did you know that there is a group of 25 local women who knit and crochet beautiful alternatives to traditional breast prosthetics for breast cancer survivors? The knockers are delivered to 10 hospitals and clinics in the surrounding area and are distributed FREE to any women who request them. The story of Knitted Knockers is fascinating. Started by a breast cancer survivor in Washington state, within 10 years Knitted Knockers has become a world-wide movement of women helping women. Come hear how it all started, what your local group is doing, how to get involved or perhaps how to get some knockers for yourself or a loved one.

### Do You Have Trouble Hearing on the Phone?

**Thursday, September 23, 2:00 to 3:00 pm**

**South Conference Room**

Free



Learn about CaptionCall, an easy to use telephone captioning service for individuals with hearing loss. The unit uses voice-to-text technology, assisted by captioning agents, to transcribe your conversation so that other speakers' words appear on your CaptionCall screen. CaptionCall is federally funded as part of Title IV of the Americans with Disabilities Act (ADA), so there's no cost for qualifying individuals.

*\*Please register by September 16.*



### HEARING CLINICS!

Connecticut Hearing Center will be at the Senior Center to clean and service hearing aids and perform general screenings on **Mondays, Sept. 27 & Oct. 25.**

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



### Bridge

**Mondays (Contract)**

1:00 p.m.—3:30 p.m., Youth Room

Sept. 13—Oct. 25

\$1

**Fridays (Duplicate)**

9:30 a.m.—12:30 p.m., Youth Room

Sept. 3—Oct. 29

\$1

### Charity Stitchers

**Fridays, Sept. 17, Oct. 1 & 15**

10:00 a.m.—12:00 p.m.

South Conference Room

Free

### Cribbage

**Tuesdays, Sept. 7—Oct. 26**

1:00 p.m.—3:00 p.m. (Drop-In)

Blue Room

Free

### Dominoes

**Wednesdays, Sept. 1—Oct. 27**

1:00 p.m.—3:00 p.m.

Blue Room

Free



### Setback/Pitch

**Fridays, Sept. 3—Oct. 29**

10:00 a.m.—12:00 p.m. (Drop-In)

Blue Room

Free

### Canasta

**Thursdays, Sept. 2—Oct. 28**

1:00 p.m.—3:00 p.m.

Blue Room

Free

## HALLOWEEN PIZZA & BINGO!

**Monday, October 25**

**4:30 p.m.—6:30 p.m.**

**Eno Auditorium**

Join us for a fun game of BINGO and a Pizza Supper at the Senior Center!

*Prizes for all winners*

\$4

*\*Register by October 21*

*Thank you to Governor's House for providing the pizza.*



### Intonations

**Wednesdays, Sept. 8—Dec. 1**

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

\$36; \$4 drop-in

**Are you interested in playing Bocci?** There is a Bocci court



on the south lawn of Eno Hall and the Senior Center

has a Bocci set. Give us a call if you are interested in joining others to form a new group!

### Scrabble

**Tuesdays, Sept. 7—Oct. 26**

1:00 p.m.—4:00 p.m. (Drop-In)

Blue Room

Free

### Painting Club



**Mondays, Sept. 13—Oct. 25**

12:00 p.m.—3:00 p.m.

Craft Room

Free

### Make Your Own Water Color Luminary

**Tuesday, September 14, 1:30 p.m.—2:30 p.m.**

Tully Meyer from McLean Home Care & Hospice will be here to show you how to turn an empty glass jar into a fall-themed watercolor luminary. It's easy to do and a great recycling project.



*\*Please register by September 10.*



### Ceramics

**Tuesdays, Sept. 7—Oct. 26**

10:00 a.m.—1:00 p.m.

Craft Room

\$10; \$4 drop-in

## SPECIAL EVENTS

### Jump On Board! Trips



**Monday, Sept. 13:** Monday Supper at 5 p.m. at Eno Memorial Hall

**Monday, Sept. 20:** West Farms Mall in Farmington

**Saturday, Sept. 25:** Friends of the Library Book Sale at Simsbury High School. (Arrive at SHS approx., 2:00 pm, spend 1 ½ hours)

**Monday, Sept. 27:** Chowder Pot, Hartford

**Monday, Oct. 4:** Monday Supper at 5 p.m. at Eno Memorial Hall

**Monday, Oct. 18:** Lyman Orchards in Middlefield

**Monday, Oct. 25:** Buckland Hills Mall in Manchester

### GOOD TO KNOW:

- ◆ Dial-A-Ride passes are necessary to go on Jump on Board Trips!
- ◆ Departure and return times are approximate.
- ◆ Please tell us if you need any special accommodation.
- ◆ To purchase a Dial-A-Ride pass, contact Social Services at (860) 658-3283.

### For All Ages Tea @ 3

Tea is comforting—and so is connecting with others. Share a weekly cuppa and conversation over the phone with a Tea-Mate of another generation, and join us for 3 virtual community-wide events. The next session runs from September through November. Participants are matched with a Tea-Mate of another generation who has similar interests for a weekly telephone conversation. In addition, participants are provided with a month's supply of tea, a handsome mug cozy, conversation starters and weekly emails introducing you to all sorts of interesting ideas. Three virtual community-wide events will also take place. Register by Sept. 9 at <https://forallages.org/tea-at-3> For All Ages is a 501©(3) non-profit connecting the generations and inspiring action to end loneliness, reduce ageism and improve health and well-being.



### Mohegan Sun Casino

A coach bus will travel to Mohegan Sun Casino on **Monday, September 20**. It will leave at 8:30 a.m. from Iron Horse Parking Lot behind Bank of America drive-thru, off Wilcox Street, and return to Simsbury around 5:00 p.m. Registration is \$27.

*\*Please register no later than Sept. 16.* After Thursday, registration is \$32. Fee includes round-trip transportation via deluxe motor coach. (There is no bonus included in this trip.)

- ◆ Participants must carry an emergency medical card. (Available from the trip leader.)
- ◆ Refunds, credits or transfers cannot be issued unless a replacement is found from a waiting list.

### 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. 8:** Tariffville Park off Main Street Extension

**Wednesday, Sept. 22:** Great Pond parking lot

**Wednesday, Oct. 6:** Band Shell at Simsbury Meadows on Iron Horse Boulevard

**Wednesday, Oct. 20:** Pointe at Dorset Crossing parking lot

### The Probate Process in CT

**Thursday, Sept. 30, Old Court Room**

Not sure what probate is? You're not alone! The probate court oversees an orderly transfer of title of a deceased person's assets from the decedent's name to his or her beneficiaries. Come learn how Connecticut's probate process works. You'll learn the important steps you need to take in order to administer an estate. You'll also learn about living trusts and how these tools can help avoid probate.

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

*\*Please register by Sept. 28.*



## Café lunch served on Tuesdays

The Senior Center will be serving 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. 7:** Navy bean soup & tuna salad sandwich

**Sept. 14:** Beef barley soup & egg salad sandwich

**Sept. 21:** Chicken orzo soup & sliced turkey sandwich

**Sept. 28:** Oven roasted plum tomato soup & sliced ham sandwich

**Oct. 5:** Split pea with ham soup & oven roasted chicken sandwich

**Oct. 12:** Navy bean soup & tuna salad sandwich

**Oct. 19:** Beef barley soup & egg salad sandwich

**Oct. 26:** Chicken orzo soup & sliced turkey sandwich



## Monday Suppers!

**Mondays, Sept. 13 & Oct. 4 at 5:00 p.m.**

**Youth Room**

\$5

*\*Please register by Sept. 9 & 30.*

**September Menu:** Mac & Cheese, tossed salad, rolls with butter & blueberry pie a la mode

**October Menu:** Sloppy Joes, cucumber salad, sweet potato chips & applesauce cake

## Lunch @ Eno

All meals, served **Wednesday at noon**, include bread or rolls, and hot and cold beverages, and dessert. Please register by noon on the Friday before and make your payment at that time.

**Note:** Our last “Grab & Go” lunch will be distributed on Sept. 1. Beginning September 8, Wednesday lunches will be held at Eno Hall in the Youth Room.

**Cost:** \$3.50 for Simsbury residents 50 and older; \$4.50 for non-residents and Simsbury residents under 50

### Sept. 1: (Last Grab & Go)

Italian beef and pasta, vegetable blend, whole wheat roll



### Sept. 8: (Lunches at Eno resume)

Tuscan-style turkey breast, cornbread stuffing, green beans

**Sept. 15:** Chicken parmesan, linguini, Brussels sprouts

**Sept. 22:** Meat loaf, mashed potatoes, zucchini

**Sept. 29:** Corn Flake crusted chicken breast, sweet potato, broccoli

**Oct. 6:** Italian beef and pasta, vegetable blend, whole wheat roll

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

**Oct. 20:** Chicken parmesan, linguini, Brussels sprouts

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



## Veterans Coffee Hour

Veterans are invited to Eno Memorial Hall on **Tuesdays, September 14 and October 12 from**

**10:00 a.m.—11:00 a.m. in the Old Court Room** to connect with other area veterans who share similar military experiences, learn about resources and talk about issues that concern veterans and their families. This event is co-sponsored by Simsbury Senior Center and Resilience Grows Here, a community-based initiative of the Farmington Valley Health District. Please register by calling (860) 658-3273 or emailing [kmarschall@simsbury-ct.gov](mailto:kmarschall@simsbury-ct.gov).

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)

## Renter's Rebate Program

Social Services is processing applications for our Renters Rebate Program Year 2020. Appointments can be made virtually or in person. Please call Social Services for more details or to schedule an appointment.

## Food Distribution (Cheese Day)

Cheese Day will be **Thursdays, Sept. 9 and Oct. 14.** This is subject to change. Please call (860) 658-3283.

## Food Closet

The Food Closet is not open at this time due to COVID-19. All food items are distributed at Cheese Day. Please call Social Services at (860) 658-3283 if you need assistance with food. Monetary and non-perishable food donations, as well as toiletries and cleaning products are always appreciated.

## SNAP

(Supplemental Nutrition Assistance Program). Foodshare will be happy to assist you with the SNAP application. Please call Foodshare at (860) 286-9999, Ext. 104. If you have any questions about your current SNAP benefit, call the CT Department of Social Services at (860) 626-6632.

## Case Management

For more information please call Social Services.

## Mobile Foodshare Truck

Mobile Foodshare will be at the First Church of Christ parking lot, 689 Hopmeadow St., from **1 to 1:30 p.m. on Mondays, Sept. 20 and Oct. 4 & 18.** There are no eligibility requirements and residents can pick up perishable and nonperishable food items. A schedule, including Avon and Granby dates, can be obtained at the Social Services Office. For information, 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 around town, in Granby and Avon, as well as Jump On Board Senior Center trips. In addition, two out-of-town medical rides per month can be requested. Passes can be obtained at the Social Services office.

## CHOICES

Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening. Carolyn Krystiniak is a certified CHOICES counselor, and is available for appointments Tuesday through Thursday.

## SENIOR CENTER

### PAYMENT POLICIES

#### IN-PERSON REGISTRATION:

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

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

### CANCELLATION POLICIES

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

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

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

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

### PRIVACY POLICY

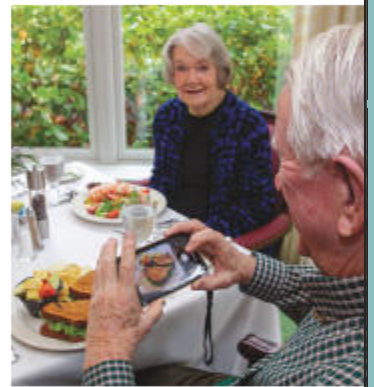
The Senior Center does not give out personal information on any of its members, staff or instructors.

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



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