



Eno Memorial Hall
754 Hopmeadow Street
www.simsbury-ct.gov

Mailing Address:
933 Hopmeadow Street
Simsbury, CT 06070

Temporary Monday through Friday
Hours: 8:30 a.m. to 4:30 p.m.

Contact Us: Senior Center Phone: (860) 658-3273
Social Services Phone: (860) 658-3283
Fax: (860) 408-7046
www.facebook.com/simscommunityandsocial

The Senior Communicator

January – February 2021

The Senior Center is Still HERE FOR YOU

Our doors are closed, but we're open for business

With Gov. Ned Lamont advising people 65 and older and people with underlying medical conditions to continue to stay home, and following the recommendations of the Farmington Valley Health District, the Senior Center will be closed to the public until further notice.

This status is subject to change as phasing in for re-opening allows.

Staff continues to work on a daily basis inside Eno Memorial Hall.

You can reach us by phone at (860) 658-3273 or email Senior Center Coordinator Kathleen Marschall at kmarschall@simsbury-ct.gov.

If you are not receiving emails from us, please add your email address to our contact list by emailing or calling us.

Please check our Web site, www.simsbury-seniors.com for a list of virtual programs, including live programs via Zoom.

We recognize that this is a unique and very uncertain time for everyone, and we thank you for your patience and understanding.

We look forward to the day we can welcome you back to our building, and we miss you all.

Please stay safe and well and know that we are here for you.

With warmest regards,
Senior Center Staff



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
Social Services Assistant

VIRTUAL TOURS NOW AVAILABLE!



EXPLORE

The New Standard in Senior Living.

MONTH-TO-MONTH RENTAL OPTIONS. CALL 860-317-0032!
ANTHOLOGY OF SIMSBURY / 142 Cooper Ave / Simsbury, CT 06089 / AnthologySeniorLiving.com

REAL ESTATE READY Estate Services

Sales | Clean-Outs
Moving Services
POD Packing
Home Improvements

RALPH FOLINO - 860-614-1604



BOUVIER[®] INSURANCE

binsurance.com

Call Simsbury's Local Insurance Advisor
Curt Johnson at 860-651-0271 x180
or visit us at 14 Station Street, Suite 1



Fitzgerald's home delivery service is convenient and easy, and just a phone call away!

Step 1: Call our service desk @ 860-658-2271 by 9:30 am for same day service
Step 2: Enjoy your timely grocery delivery for just \$14.95 no minimum order required

SENIORS: Take advantage of our Monday home delivery special. Every Monday the same great service is only **\$4.95**



HOLIDAYS AND INCLEMENT WEATHER MAY EFFECT DELIVERY SCHEDULES

With Fitzgerald's, there really is no reason to even call anyone else for all of your grocery needs!



Farmington Valley Visiting Nurse Association


*Skilled Nursing - Hospice - Home Health Aides - Rehabilitation Therapies
Parkinson's Movement Specialists - Blood Pressure/Blood Sugar Screenings - Flu Shot Clinics Sep-Dec
Serving the Greater Farmington Valley for over 110 years*

8 Old Mill Lane Simsbury CT 06070 • 860-651-3539 • www.farmingtonvalleyvna.org


710 Hopmeadow St. • Drake Hill Mall
Simsbury, CT, Phone: 860-658-2271 Double Manufacturer's Coupons
See Store for details.
Fax: 860-658-2273 • Pizza: 860-658-1210 STORE HOURS: 8AM-9PM, 7 DAYS/WEEK

GIFT CARDS ALWAYS AVAILABLE





GEORGE B. BICKFORD



ELDER LAW ATTORNEY

LAW OFFICES OF GEORGE B. BICKFORD, LLC



12 Church Road Tel. (860) 653-5670
P.O. Box 410 www.BickfordLawOffice.com
East Granby, CT 06026 Fax (860) 653-6176

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Looking forward TO BLUE SKIES AHEAD

860.993.6788

TRANSPORTATION PACKAGES AVAILABLE

We are a non-medical homecare service dedicated to providing our clients with exceptional service so they can live on their *own terms*.

We are proud to offer Non-emergency medical transportation packages for:

- Doctors appointments
- Physical Therapy
- Dialysis treatment
- Outpatient Surgeries
- Discharges & other outings

www.CareForYouLLC.com

In these extraordinary times when the world seems to be constantly changing, the genuine warmth and caring of our close-knit Village at McLean provide unwavering support and peace of mind that come from being part of a Life Plan Community.

We invite you to join us for the opportunity to explore, grow and live well as we expand our campus to include beautiful new apartments with golf course views on our nature-filled campus. Here you will have access to all-new amenities, including exceptional dining venues; a state-of-the-art wellness annex; secure underground parking; an abundance of educational, recreational and cultural programs; and a Performing Arts Center.

Independent Living at McLean includes access to our award-winning health care, so you can enjoy today, knowing that tomorrow is taken care of.

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



75 Great Pond Road
Simsbury, CT 06070



Senior Book Club

Book Club meets at 2:30 p.m. on the 4th Wednesday of each month. All meetings will be held via Zoom until further notice.



Jan. 27: *The Sounds of a Wild Snail Eating*
by Elisabeth Tova Bailey (Non Fiction)
Please register by Jan. 25.

Feb. 24: *Isaac's Storm: A Man, A Time, and the Deadliest Hurricane in History* by Eric Larson (Non Fiction)
Please register by Feb. 22.

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

New to Zoom?

We understand that this new video meeting technology may be unfamiliar to you, and may not come easily to everyone.

To help you gain confidence in using Zoom, we've included a link to a video tutorial on how to use it. Please visit this website to see the video:

www.youtube.com/watch?v=kh50kValdAY&feature=youtu.be

Stressed? Calm your mind

Meditation workshop could ease anxiety



Feb. 16 and 23, from 1 to 2 p.m.

Cost: \$13 for each two-part workshop.

Meditation is often used to reduce anxiety, depression, and pain, and increase well-being. A person meditating focuses their mind on a thought or activity to achieve a clear, calm mental state.

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

Senior Center Fitness Instructor Susan Rubenstein is holding two of her two-part Meditation Workshops on the tools and techniques on how to build the practice of meditation into your daily life.

The first workshop will take place **Tuesdays, Jan. 19 and 26, from 1 to 2 p.m.**; and the second workshop will be on **Tuesdays,**

For information on upcoming events, photos and stories, visit us at www.facebook.com/simscommunityandsocial

Don't forget to "Like" us!



AARP TAX-AIDE

AARP Tax assistance is scheduled to be available this year and will primarily be done remotely.

Appointments are being made on a very limited basis due to COVID restrictions.

To make an appointment, please call the Senior Center at (860) 658-3273.

**This information is subject to change.*

Free fabric masks are available

The Simsbury Senior Center and Department of Community and Social Services are giving away hand made face masks.

Anyone who wants a mask can get one for free.

Just call us at (860) 658-3273, or email us at kmarschall@simsbury-ct.gov to arrange to pick up your mask.

Our volunteers have sewn more than 5,000 masks so far!



Thank you to our dedicated team of volunteer mask sewers!

All participants are required to complete a yearly liability waiver before starting a fitness class. We advise that each participant have a complete physical examination before participating in any physical activity.

All classes are held via Zoom, a popular video meeting app. If you haven't tried Zoom before, call us at (860) 658-3273 and ask us to email you a link to a free how-to video.



Perfect Fit Zoom

Low-impact aerobics, strength training and Pilates.

Instructor: Susan Rubenstein
9:15 to 10:15 a.m.

Mondays Jan. 4 to Feb. 22
6 classes for \$24
(no class Jan. 18 & Feb. 15)

Wednesdays Jan. 6 to Feb. 24
8 classes for \$32

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 a.m. to noon
Jan. 5 to Feb. 23
8 classes for \$52

Tai Chi Zoom

Gentle and beneficial for gaining flexibility and improving balance.

Instructor: Ken Zaborowski

Intermediate 9 to 9:45 a.m.
Beginner 10 to 10:45 a.m.

Tuesdays, Jan. 5 to Feb. 23
8 classes for \$36

Thursdays, Jan. 7 to Feb. 25
8 classes for \$36

Straight Up Strength Zoom

Using your own body weight and household objects, this class offers an effective combination of strength training, core work, balance and a complete stretch.

Instructor: Susan Rubenstein

Fridays, 9 a.m. to 10 a.m.
Jan. 8 to Feb. 26
8 classes for \$32



Yoga Core Flow (Evening)

After a long day distress with an hour of self care with yoga core flow. We will explore poses to help stretch what is tight and strengthen what's weak. Class will end with a 10 Minute mindful meditation. Perfect for all levels.

Instructor: Susan Rubenstein

Tuesdays 5 to 6 p.m.
Jan. 5 to Feb. 23
8 classes for \$56

Yoga (Morning) Zoom

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

Instructor: Susan Rubenstein
10:30 to 11:30 a.m.

Mondays Jan. 4 to Feb. 22
6 classes for \$39
(no class Jan. 18 & Feb. 15)

Wednesdays Jan. 6 to Feb. 24
8 classes for \$52

Cardio Fit Zoom

A low-impact, heart-healthy aerobics class that boosts energy.

Instructor: Nancy Pandolfo

Tuesdays and Thursdays,
9:10 to 9:55 a.m.
Jan. 5 to Feb. 25

Cost: Free with SilverSneakers® & Renew Active™

Cardio Core & More (Evening)

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

Instructor: Susan Rubenstein
Mondays 5 to 6 p.m.

Jan. 4 to Feb. 22
6 classes for \$42
(no class Jan. 18 & Feb. 15)

◆ Call the Senior Center at (860) 658-3273 for information about any of these activities! ◆



Meet Karen Haberlin

We are pleased to welcome Karen Haberlin as our new Senior Center Assistant.

Karen has worked for the Town as a Commission Clerk since May of 2017. Karen has a Bachelor's Degree in International Relations/Political Science with a Minor in French and a Master's Degree in Communications Management.

Her past work experiences include marketing and events management and being a substitute teacher in Avon.

Please join us in welcoming her to our team!



Free Virtual Resource List

Virtual Tours

<https://www.tasteofhome.com/article/free-virtual-tours/>

Virtual Travel

<https://www.thrillist.com/news/nation/google-earth-virtual-tours-world-heritage-sites>

<https://www.forbes.com/sites/laurabegleybloom/2020/04/27/ranked-worlds-15-best-virtual-tours-coronavirus/?sh=54a78ce96709>

Virtual Educational sites

<https://www.lifehack.org/articles/money/25-killer-sites-for-free-online-education.html>

Virtual Exercise

<https://www.silversneakers.com/learn/classes/>

<https://www.cbc.ca/life/wellness/online-workouts-for-seniors-and-how-to-pick-the-right-one-for-you-1.5508773>

<https://living.medicareful.com/5-great-youtube-fitness-channels>

AARP Driver Safety

As precautions against the COVID-19 coronavirus pandemic continue, AARP has extended their cancellation of all in-person events and activities until March 1, 2021.

The Smart Driver course is being offered online with a special 25% discount through February 28, 2020.

Register online at:

Website: www.aarpdriversafety.org

**Promo Code for 25% discount:
DRIVINGSKILLS**

For more information, please call
1-800-569-1658



VALENTINE'S VIRTUAL BINGO

Thursday, Feb. 11 at 1:30 p.m.

Celebrate Valentine's Day in the comfort of your own home during our Valentine's Virtual Bingo!

Prizes for all winners.

Please register by Feb. 9. online @

www.simsburyseniors.com, by

calling the Senior Center at (860) 658-3273, or by email at

kmarschall@simsbury-ct.gov



Thank you to Arden Courts of Avon for sponsoring this program.



The ABC's of ZOOM



If you haven't already received an email inviting you to a Zoom meeting, you probably will soon. In this age of social distancing, many groups are choosing to meet virtually, and Zoom is one of the most popular ways to do this. It might be your book club, your volunteer group, or in your Sunday school class, but chances are you're going to be part of a Zoom meeting.

Zoom is a computer program used to hold online virtual meetings. You can use Zoom on a smartphone, a tablet, a laptop, or a desktop computer (as long as you have a camera, speakers, and a microphone). It uses your computer's or phone's camera to show live video of all attendees (if you don't want to be on camera, that's fine, too. You can just display your name). Zoom uses your computer's or phone's microphone to let you talk to other meeting participants.

If you do not have access to a computer, tablet, or smartphone, you can use a phone to dial into a meeting.

DOWNLOADING ZOOM

Zoom is a program that runs on your computer, phone, or tablet. You must download this program from the Zoom website. The free version of Zoom should meet all of your needs.

If you've received an email invitation to a Zoom meeting, click the link that says, "Join Zoom Meeting." If this is the first time you've used Zoom, this link will take you to a website where you can download the Zoom program or app, depending on what device you're using.

On an iPhone or iPad: Go to the Apple App Store and search for "ZOOM Cloud Meetings." Click "Get" to download and install the Zoom app.

On an Android phone or tablet: Go to the Google Play App Store and search for "Zoom Cloud Meetings." Click "Install."

On a computer: On the Download Center website (<https://zoom.us/download>), click "Download" in the "Zoom Client for Meetings" section.

After Zoom is downloaded, you must install it onto your computer.

If you have an Apple computer, like a MacBook: Double-click the file called Zoom.pkg, which is typically saved to your Downloads folder. The installer program opens and guides you through the process.

If you have a PC: Double-click ZoomInstaller.exe to install Zoom on your PC.

JOINING A ZOOM MEETING

After you install Zoom, there are a few different ways to join a Zoom meeting. You can click the link in your invitation email, or go to the Zoom website and enter the meeting ID, or dial into the meeting on a phone.

Click the link in an invitation email: If you have an email invitation, click "Join Zoom Meeting" in that email. This takes you to the Zoom website.

Go to the Zoom website: Go to <https://zoom.us/join>, and enter the 9-digit meeting ID from your invitation email. If the meeting requires a password, that will be in your email, too. When you are on the Zoom website, if you are asked if you want to open Zoom, click "Open zoom.us." Zoom opens, showing you a preview of your camera image. Then click either "Join with Video" or "Join without Video." If you use video, other people in the meeting will see you. If not, they will just see your name. Next, Zoom asks about audio. Click "Join with Computer Audio" so you can hear and be heard in the meeting.

Dial into the meeting on a phone: If you don't have access to a computer, tablet, or smartphone, you can use a phone to dial into the meeting. The phone number to use will be in your invitation email, or you can find the number to use in the Zoom International Dial-in Numbers list ([online here](#)).

The Truth About Medicaid Rules & Long-Term Care Costs (Via Zoom)

Long-term care is necessary for a lot of people. But long-term care is very expensive in Connecticut. In fact, Connecticut's long-term care costs are the 2nd highest in the U.S.! You've likely heard horror stories of people losing their houses to pay for care. Or about nursing home costs being over \$13,000 per month. Come learn the truth from Simsbury resident Attorney Brendan Daly. You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs. Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be discussed. You'll also learn about strategies to protect your money if an unforeseen crisis arises.

Thursday, February 18 from 1:00 to 2:00 pm

Please register by February 16 online @ www.simsburyseniors.com, by calling the Senior Center at (860) 658-3273, or by email at kmarschall@simsbury-ct.gov

Presented by Simsbury resident Attorney Brendan Daly. Brendan is the managing principal of the law firm Czepiga Daly Pope & Perri. Brendan's practice focuses on estate planning and elder law. He is one of only 10 Certified Elder Law Attorneys (CELA) in the State of Connecticut.

TRY OUR ZOOM CHATS



The Simsbury Senior Center will host Zoom Chats starting at 11 a.m. on **Friday, Jan. 22 and Friday, Feb. 26.**

Senior Center members have an opportunity to see each other, to reconnect with friends and to make new ones, from the comfort of your own home, using this popular video meeting application. Sign up online @ simsburyseniors.com, by calling the Senior Center at (860) 658-3273, or by email at kmarschall@simsbury-ct.gov

The day before the Chat, we will email you a link that you will use to install the application if it's your first time, and to join the meeting. Just follow the step-by-step prompts to install.

Feel free to click the link and install the app early, so you're ready when the Chat starts.

NEW TO ZOOM? See the box on page 3 of this newsletter.

Lunch Menu

Our weekly "grab and go" meals include bread or rolls, and dessert. Please register by 10 a.m. on the Friday before and make your payment at that time.

Meals are distributed Wednesdays from noon to 12:30 p.m. via drive-through in the Commuter parking lot, behind True Value Hardware.

Cost: \$3.50 for Simsbury residents 50 and older; \$4.50 for nonresidents, and Simsbury residents under 50.

Jan. 6: Chicken Parmesan with ziti and broccoli

Jan. 13: Cider glazed ham, sweet potato, and green beans

Jan. 20: Meatloaf, mashed potatoes and California vegetable blend

Jan. 27: Roast pork loin, rice pilaf and carrots

Feb. 3: Chicken Parmesan with ziti and broccoli

Feb. 10: Cider glazed ham, sweet potato and green beans

Feb. 17: Meatloaf, mashed potatoes and California vegetable blend

Feb. 24: Roast pork loin, rice pilaf and carrots



The Town of Simsbury is still **HERE FOR YOU**



Adults over 65 and people with underlying medical conditions such as diabetes, or heart or lung disease, should continue to stay safe by staying home. Face masks should continue to be worn in public at all times, even while maintaining physical distance.

COMMUNITY AND SOCIAL SERVICES AND SENIOR CENTER

The Department of Community and Social Services continues its food programs. Applications for Energy Assistance are currently being accepted; all applications will be taken virtually by phone, email, and mail.

Please be advised that staff continues to reevaluate reopening plans in connection with the latest public health data and guidance from the Farmington Valley Health District and the State of Connecticut. Thank you for your cooperation and patience as we continue to address the emerging issues related to COVID-19.

The Senior Center continues to offer daily virtual programs and weekly "grab and go" meals.

TOWN MEETINGS

Public meetings are currently being held virtually. Meetings will remain closed to the public until further notice. Meetings will be held over Zoom and broadcasted on SCTV. Agenda items that are being discussed at a meeting will be posted online for public view.

Members of the public may email

statements to the Town Clerk's Office at ebutler@simsbury-ct.gov by 4:30 p.m. the day before the meeting to have their comments read into the record during public audience your submission and your selected time slot. They will pull items based on availability and you should not arrive outside of your selected time slot.

TRANSFER STATION

The Transfer Station is open with full services and modified practices.

RECREATION

Playgrounds at Rotary Park, Simsbury Farms, Weatogue Park, Meadow Pond Park, West Mountain Park, Memorial Park and Tariffville Park are open for public use. Outdoor basketball courts at Simsbury Farms, Town Forest Park and West Mountain Park are reopened. These facilities will not be sanitized by the Town.

Residents are asked to not use these facilities if they are not feeling well or have traveled from a state listed on the [Governor's Travel Advisory List](#) in the past 14 days.

TOWN HALL

Open Monday, Wednesday and Friday from 8:30am-12:00pm

- o 8:30am-9:30am will be reserved for senior citizens
- o Visitors will be checked in at the central reception desk and screened for their health status and recent travel prior to being admitted to the relevant

department for service

- o When authorized for an appointment, only one patron will be permitted per department at any time. Reasonable accommodations will be made as required by law for disabled persons on a case by case basis.
- o If there is paperwork required for the service you are seeking, visitors are encouraged to call ahead and complete as much as possible before coming to Town Hall.

o To minimize the need for quarantining of materials and to keep land records and building permit records readily available to the public, staff will continue to process records requests electronically.

During all other times, the building will remain closed to walk-in visitors; access will be by appointment only.

LIBRARY

Open Tuesday and Thursday from 10:00am-4:00pm

- o 10:00am-11:00am will be reserved for senior citizens
- o Open Saturday from 9:30am-3:30pm (no specific senior hours)
- o Patrons may browse and check-out materials; one hour of computer use per person, per day; one hour of workspace use in the Business & Career Center per person, per day.

During all other times, the building will remain closed to walk-in visitors; services are available

See **HERE FOR YOU** on page 10

SOCIAL SERVICES PROGRAMS

Phone (860) 658-3283

Fax (860) 408-7046

Food Distribution (Cheese Day)

Cheese Day will be Tuesday, Jan. 12, and Tuesday, Feb. 9. Details on distribution are still being determined. Please call (860) 658-3283 with any questions.

SNAP

(Formerly Food Stamps)

FoodShare will be happy to assist you in the SNAP application. Please call Foodshare at (860) 286-9999, Ext. 104. If you have questions about your current SNAP benefit, call the CT Department of Social Services at (855) 626-6632.

Mobile Foodshare Truck

Mobile Foodshare Mobile Foodshare will be at the First Church of Christ parking lot, 689 Hopmeadow St., from 1:00 to 1:30 p.m. on alternating Mondays. 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 upcoming dates, visit www.foodshare.org, or call us at (860) 658-3283.

FoodShare Distribution

FoodShare will distribute food every Tuesday, Wednesday, and Thursday from 8:30 a.m. to 12:00 p.m. at Rentschler Field, 615 Silver Lane, East Hartford. For information, call (860) 286-9999 or visit www.foodshare.org

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. Donations are always welcome and help us keep the shelves stocked.

Energy Assistance

KEEP WARM THIS WINTER! Social Services is taking applications for the Energy Assistance Program. This program helps households pay for primary heating bills. Benefits are also available for those who have heat included in their rent. Income guidelines depend upon number in household. Asset limits apply. Documentation is required. All applications are being done virtually this year. Clients will need to forward their documents to CRT. Please call for information or to schedule a virtual 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. Residents can use the Dial-A-Ride buses around town, in Granby and Avon. In addition, two out-of-town medical rides can be requested. Passes can be obtained in Social Services. Remember: If there is no school due to inclement weather, for your safety Dial-A-Ride does not run.

CHOICES

Connecticut's program for Health Insurance, Outreach, Information and Eligibility Screening. Carolyn Krystiniak in Social Services is a certified CHOICES counselor who is available for virtual appointments.

Case Management

is available.

Please call 860-658-3283 for more information.

THIS SCHEDULE IS SUBJECT TO CHANGE.

Make Your Own Orange Pomanders

(Via Zoom)

The Senior Center and McLean Home Care and Hospice are cosponsoring a Make Your Own Orange Pomanders workshop via Zoom on

Friday, January 15 from 1:30 to 2:30 p.m.

Pomanders are wonderfully fragrant, natural room and closet fresheners and also make great gifts.

We will contact you with information on how to pick up your supplies before the workshop.

Please register by Tuesday, January 12 online @ www.simsburyseniors.com, by calling the Senior Center at (860) 658-3273, or by email at

kmarschall@simsbury-ct.gov



SMART COOKING FROM THE PANTRY

(Via Zoom)

THURSDAY, Jan. 21 from 1:30 to 2:30 p.m.

We've all been there...standing in front of your pantry wondering what to cook, tired of the same meals week after week.

Join our interactive program where Chef Nancy from the Arden Courts Memory Care Communities in Avon and Farmington will use her years of experience to share practical, time-saving, nutritious meal ideas. Chef Nancy will also share useful shopping and organizing tips. She will guide you through cooking more regularly, using what ingredients you have on hand to prepare creative meals. Please register by Tuesday, January 19 online @ www.simsburyseniors.com, by calling the Senior Center at (860) 658-3273, or by email at

kmarschall@simsbury-ct.gov



HERE FOR YOU:

Continued from page 8

through [curbside pickup](#) for those uncomfortable coming into the building and reference librarians are available by phone Monday-Friday, from 10:00 am to 5:00 pm to answer questions.

Individuals that have been diagnosed with COVID-19, are awaiting the results of a COVID-19 test, are currently ill, or have recently traveled to a location for which the [travel advisory](#) is in effect should refrain from visiting the Town Hall and Library in person.

Access to all other Town buildings is by appointment only until further notice. Town employees are reporting to duty at all locations, and are available to

schedule in-person appointments for services that cannot be completed by phone, mail, email, or virtually. Town departments will not be accepting cash transactions through January 1, 2021. Payments can be made by check, debit card, or credit card. Checks may be mailed to the Town at 933 Hopmeadow Street, Simsbury, CT 06070 or left at our secure drop box at Town Hall.



Can we reach you by email?

During the time the Senior Center is closed to the public, email is our best way to communicate with you regarding new programs and important information.

If we don't have your current email address, please call us at (860) 658-3273 or email us at kmarschall@simsbury-ct.gov

What does Duncaster *safety & security* mean to us?



**More time with friends,
doing what we love.**

Irma Vallecillo Keller

Duncaster resident since 2017
International Concert Pianist since 1958

Carol Barry

Duncaster resident since 2016
Floral designer since 1950

Feeling confident about the road ahead means living a more fulfilling life today. Here's why more and more proactive seniors are turning to Duncaster for a future they can rely on:

- **Assurance of health care and personal services** at predictable costs safeguards you.
- **Estate and asset protection** safeguards your family's future.
- **An active, engaged community and staff** lets you live your way with renewed energy, friendship and purpose.



**Highly desirable residences
are currently available!**
Take a virtual tour:
Duncaster.org/virtualltour

1-bedrooms with LifeCare start at just \$138,000!

Call **(860) 735-4503** or visit **Duncaster.org**
to schedule your FREE consultation.

 **Duncaster**
is where to *live*.



40 Loeffler Road, Bloomfield, CT 06002 • (860) 380-5006 • Duncaster.org



Simsbury Senior Center
933 Hopmeadow Street
Simsbury, CT 06070

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- The Senior Communicator -



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.



Holiday Closings

The Center will be closed on
the following dates:



- Fri. Jan. 1 in observance of New Year's Day
- Mon. Jan. 18 in observance of Martin Luther King, Jr. Day
- Mon. Feb. 15 in observance of Presidents' Day

Simsbury Community TV

Watch SCTV live on Comcast Xfinity and Frontier cable. To see a schedule, visit www.simsburytv.org and click on Schedule at the top of the page. For information, call (860) 658-1720.

Public Channel: Comcast Xfinity channels 5 and 1084, and Frontier channel 6069.

Education Channel: Comcast Xfinity channels 95 and 1070, and Frontier channel 6070.

Government Channel: Comcast Xfinity channels 96 and 1090, and Frontier channel 6071.