Goodbye Winter and Hello Spring!

Spring is almost here! I am looking forward to longer days and all the beautiful blooming flowers. We have a lot of exciting programs planned this spring.

We will kick things off with a trip to the movies to see The Call of the Wild. We will enjoy a trip to see Mamma Mia at the new Opera House Player’s theatre in Enfield. In April we will have a fun game of Bingo. In May we will keep the tradition going by visiting the Travelers Spring Chorale, and our annual trip to Hartford to see The Yard Goats.

Our exercise programs Get Fit and Line Dancing will continue throughout the spring. There’s more of course, so take a peek inside.

Additional information regarding programs is in the Calendar Highlights section of the newsletter. Call (860) 413-3334 or email me at kellyj@egtownhall.com to make your reservations. Also be sure to check Talk Turkey for updates!

Kelly Jacobs

DIAL-A-RIDE ON THE MINI BUS

- Grocery, Pharmacy & Banking
  Every Wednesday

- Doctor, Dentist, Hairdresser & Personal Care Appointments
  Every Tuesday and Thursday from 9:00 AM until 3:00 PM.
  Appointments should be scheduled no earlier than 9:00 AM and no later than 3:00 PM.

- Retail Shopping and various trips on Mondays & Fridays.

Check the calendars for the bus schedule and call (860) 413-3327 at least 24 hours in advance. Your reservation will be recorded on the voicemail system and a driver will call you to confirm. There is no charge to use the Mini Bus but an annual donation of $20 is greatly appreciated.

AARP Tax-Aide

FREE

AARP Tax-aide trained volunteer tax professionals will assist Seniors 60 years and over with Form 1040 and the standard schedules. Electronic filing is available. By appointment only Tuesdays and Wednesdays beginning mid February. Call (860) 844-5350 for an appointment. The tax preparation office is located in the Granby Senior Center.
Get Fit Exercise Class
For Men & Women!
Mondays and Wednesdays 10:00 AM—11:00 AM
East Granby Senior Center—$4.00 Walk-in
Improve fitness, balance, strength, flexibility, range of motion, and posture. This ALL LEVELS class uses hand weights, exercise bands, and loops done in or next to a chair for safety. Instructor: Paula Pirog

Pedi—Care for Your Feet
Professional foot care is provided by licensed nurses the 1st & 2nd Thursday of each month (may vary during vacation & holiday weeks)
8:30 AM—2:00 PM in the EAST GRANBY SENIOR CENTER.
Your visit includes: General assessment of your feet; trimming, filing, & cleaning nails; reduction of thickened toe nails; smoothing of corns and calluses; and, massaging, moisturizing lotion and powdering. Call (860)413-3334 for an appointment. Cost $29.00

SENIOR CAFÉ
HOW CAN YOU RESIST?
DELICIOUS FOOD & DOOR TO DOOR SERVICE!
Enjoy a hot meal every Tuesday and Thursday at the Granby Senior Center—a Connecticut Community Renewal Team Program. A donation of $2.00 is suggested.
Call (860)844-5352 on Friday for a reservation for the following week.
Call (860)413-3327—our mini bus will take care of getting you there and back!

LINE DANCING
Tuesdays 10:00 AM—11:30 AM
Parks & Recreation Center Cost—$5.00 Walk-in
Come on down and enjoy some great music and learn some fun line dances. You never need a partner but you can bring all your friends and have fun without realizing you are actually exercising! Studies have shown dancing to be a great help in areas of memory, balance, cardiovascular and vertigo. Most important, you get to have lots of fun! Cost $5.

MEN’S & WOMEN’S BREAKFAST
8:30 am at the GRANBY SENIOR CENTER
Men’s breakfast is the second Friday of the month (860)844-5352
Women’s breakfast is the First Wednesday of the month (860)653-9891

GRANDPARENTS SUPPORT GROUP
Thursday 12:00 PM—Granby Senior Center—Bring a bag lunch and join others like yourself to share friendships, ideas, and tips on being a parent again. Call 860-844-5355 for additional information.
**Social Services / Health & Wellness**

**Social Services**  
Director: Elise Cosker  
Phone: 860-413-3328 Email: elisc@egtownhall.com  
Office Hours:  
Monday-Wednesday: 12:00-3:00pm;  
Thursday: 9:00am-3:00pm or by appointment

**Emergency Assistance Fund** – The East Granby Emergency Assistance Fund is available to those income eligible residents who are in need of emergency financial assistance with fuel, housing, medical, electric and other critical needs. The fund is supported solely through donations and gifts from the community and 100% of the funds raised are given back to qualifying residents who are facing financial hardship. Donations can be made to the East Granby Emergency Assistance Fund and mailed to East Granby Social Services, P.O. Box 1858, East Granby, CT 06026.

**Energy Assistance** – Applications are being accepted at Social Services for the Connecticut Energy Assistance Program until March 15th for deliverable fuel, and May 1st for gas or electric. This program is designed to help lower income households offset the winter heating costs incurred after September 1st. Please remember that proof of income from the previous four weeks is required for the application. The income guidelines for the program are $36,171 for a household of one, $47,300 for a household of two, $58,430 for a household of three, $69,559 for a household of four, $80,688 for a household of five and $91,818 for a household of six.

**Food Pantry** – The Friend to Friend Food Pantry was established to supplement the weekly grocery needs of residents who have been identified by East Granby Social Services as needing assistance. Weekly rides to the Food Pantry are provided by the East Granby Mini Bus for residents in need of transportation. To volunteer or donate please call (860) 651-3328 or email friendtofriendeg@gmail.com. Food donations may be dropped off at East Granby Senior/Community Center, East Granby Public Library and the East Granby Congregational Church and monetary donations can be mailed to Friend to Friend Food Pantry, P.O. Box 631, East Granby, CT 06026.

**Renters Rebate** – The Elderly/Totally Disabled Renters Rebate Program will be reopening in April 2020. State law provides a reimbursement program for CT Renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Application may be made at Social Services between April 1st and October 1st. Please call Social Services in April for income and eligibility requirements and to schedule an appointment.

**CALLING ALL KNITTERS & CROCHETERS**  
Join us from 1:00—3:00 PM the first and third Wednesdays of each month. Come and socialize, work on your own project, meet other knitters and crocheters, or make items to donate to area hospitals, shelters, or schools. Suggested items to make are as follows.  
* Preemie Hats—Chemo Caps  
* Baby Blankets for area hospitals  
* Hats, mittens, & scarves for shelters  
* Prayer shawls for McLean Home  

**DONATIONS OF YARN ARE APPRECIATED**

**Alzheimer’s Support Group**  
Caring for a loved one who has been diagnosed with Alzheimer’s can be overwhelming. Learning to cope with the changes in their behavior, changes in your relationship with them and understanding how to handle it all is sometimes best explained by those who are dealing with a similar situation.

Led by Peggy Coburn of McLean Home Care & Hospice  
Second Tuesday of the month at 10:00am.  
at the Granby Senior Center.  
(860) 844-5352

**Blood Pressure/Sugar Clinic**  
Free Blood Pressure & Blood Sugar Screenings at the East Granby Senior Center  
~No appointment necessary~  
- Monday March 2nd  
- Monday April 6th  
- Monday May 4th  
11:00am-11:30pm  
Provided by  
The Farmington Valley VNA

**SENIOR CELEBRATION**  
The Commission on Aging is hosting a special lunch to honor East Granby Residents 85 years old and older in 2020. Invitations will be mailed out soon so please let us know by April 1st if you are 85 or older. Please contact Senior Services at (860) 413-3334 or kellyj@egtownhall.com.

**HOMEOWNER’S TAX RELIEF**  
The Town of East Granby and the State of Connecticut have programs for tax credit to provide relief to certain homeowners on their real estate taxes. These programs are age and income based. The filing period is February 1—May 15, 2020

**MILITARY EXEMPTIONS**  
There are tax assessment exemptions possible for CT residents who have been honorably discharged from any branch of the U.S. Armed Forces. Such veterans should, if they have not done so already, file discharge papers with the Town Clerk in the Town where they reside. Also, honorably discharged veterans who have a disability rating of at least 10% from the VA can bring their rating document from the VA to the Assessor for an additional exemption. Please call Mary Ellen Brown in the Assessor’s Office (860) 653-2852 for more information.
The East Granby Senior Club has scheduled great activities for the Spring of 2020! Remember, we are a “MEMBERS ONLY” club and receive no funding from the Town of East Granby. We have some great programs and lunches planned, so join us for lunch at 12 Noon. Yearly dues are $10.00 and are payable at our meeting. If you plan to pay by check, please write it payable to East Granby Senior Club. Please be aware that you do not have to reside in East Granby to be a member and anyone over 55 is eligible. If your friends would like to join, please bring them along. Please join us every month for good food, fun, fellowship and interesting programs. Meetings are held the second Friday of each month. You MUST make a reservation by the Tuesday before each meeting. Please call Lorie Orzechowski at (860) 658-6040.

If you need a ride, please call the mini bus at (860) 413-3327. Please make sure you also call Lorie for reservations. We hope to see you each month!

MARCH 13th AT NOON: Program: Coyotes in CT presented by the CT Historical Society. LUNCH will be corned beef, cabbage, carrots, potatoes, rolls & dessert. COST is $10.00 for members. Come join us!

APRIL 24th—at 12 noon—NOTICE THAT THIS IS A CHANGE FROM OUR REGULARLY SCHEDULED DATE! – Program: We will be going to the East Granby High School for our wonderful annual program. A delicious lunch, musical entertainment and a tour of the high school will be provided by friendly and talented students. This is FREE for members thanks to the generosity of the EGHS! You will be receiving an invitation in the mail from the high school and will need to RSVP directly to the high school.

MAY 8th AT NOON: Program : TBD
JUNE 12th AT NOON: Program: TBD

**Afternoon at The Movies**

**Wednesdays at 1:00pm**

Movies are screened in the East Granby Library and Mini Bus transportation is available. Call 860-413-3327 for a ride! Call the Library at (860) 653-3002 for additional movie schedule.

**Granby Senior Day**

**Wednesday April 29th 10am-12:30pm**

Don’t miss this great event at the Granby Senior Center offering fun activities, games and door prizes! Local companies will be there to offer resources and information on everything from health screenings, Biosway balance testing and memory screening to housing options, travel & more. All participants who pre-register will be sent home with a complimentary bagged lunch (at end of event after door prizes are announced) Call (860) 844-5352 to register by April 22nd

**On Grief & Loss**

Through discussion this group will help you in understanding and coping with grief. You will find support, information, and strategies for helping you with the grieving process. Led by Jane Johnson. Located at the Granby Senior Center.

Please call (860)844-5352 for more information
**Friday, March 6th**—**The Call of The Wild**, Manchester, CT—Come and enjoy an afternoon at the movies at the state of the art Cinemark theatres. Relax in the luxury loungers that offer oversize, plush comfortable seating including features such as cup holders and reclining. Adapted from the beloved literary classic, The Call of the Wild vividly brings to the screen the story of Buck, a big-hearted dog whose blissful domestic life gets turned upside down when he is suddenly uprooted from his California home and transplanted to the exotic wilds of the Alaskan Yukon in the 1890s. As the newest rookie on a mail-delivery dog sled team, Buck experiences the adventure of a lifetime as he ultimately finds his true place in the world. Starring Harrison Ford. There is nothing like seeing a movie on the big screen! **Depart the Senior Center early afternoon (Time TBD).** Cost of admission is $10. Reservation and payment due by February 28th.

**Friday, March 27th**—**Lunch Bunch**—**Piccolo Arancio**—Farmington, CT—Piccolo Arancio opened in 1994 and offers modern interpretations of the flavorful and soulful food of all the regions of Italy. Chef Salvatore Cialfi was trained in Rome Italy and creates a menu that showcases the freshest ingredients that result in bursting, vivid flavors. Diners are encouraged to eat as if they were in Italy: leisurely, sensuously and with gusto! **Depart the Senior Center at 11:30 AM. Reservation by March 19th.**

**Friday, April 3rd**—**Bingo**—Come and try your luck! Spend an afternoon with friends and neighbors playing Bingo. It will be lots of fun and if luck is on your side you can win some fun prizes! **11:00 am at the East Granby Senior Center. There is no charge and light refreshments will be served. Reservation due by March 26th.**

**Friday, April 17th**—**Lunch Bunch**—**Red Heat Tavern**—South Windsor, CT—At Red Heat Tavern, their passion for great food is fueled by fire, flavor & friends. Every dish is treated as a labor of love. Their unique Josper oven is the heart and soul of the kitchen. Cooking in this style gets the food seared and infused with smoke to create bold flavors that pair perfectly. Their hospitality makes every dining experience memorable and every guest their friend! **Depart the Senior Center at 11:30 AM. Reservation by April 9th.**

_{Call (860)413-3334 or email kellyj@egtownhall.com to make your reservations. Also be sure to check Talk Turkey for updates!}_
Checks should be made out to the COA and dropped off at the Senior Services office in the Senior Center or mailed to East Granby Senior Services, P.O. Box 1858, East Granby, CT 06026

Saturday, May 2nd—85+ Celebration—The Commission on Aging would like to celebrate all East Granby residents age 85 and over with a wonderful luncheon celebration. This event is by invitation only. Please contact the Senior Center by April 1st if you are or will be 85 years old or older in 2020 to be sure you are on the mailing list.

Thursday, May 7th—The Travelers Chorale Spring Concert—Hartford, CT—The Travelers Chorale was founded in 1924 and is the oldest company-affiliated, eight-part choral group in America. Please join us for a night of exciting and moving music by the 100-voice chorale. This Annual Spring Concert will be held in the Mortensen Hall at the Bushnell. Depart the Senior Center at 6:15pm. There is no charge for this event but please consider bringing a non-perishable food donation to benefit Hartford families in need. Reservation due by April 30th.

Sunday, May 17th—Mamma Mia!, Enfield, CT—On a small Greek island, Sophie dreams of a perfect wedding—one which includes her father giving her away. The problem? Sophie doesn’t know who he is! Her mother Donna, the former lead singer of the 1970’s pop group Donna and the Dynamos, refuses to talk about the past, so Sophie decides to take matters into her own hands. Sneaking a peak into her mother’s old diaries, she discovers three possible fathers: Sam, Bill and Harry. She secretly invites all three to the wedding, convinced that she’ll know her father when she sees him. But when all three turn up, it may not be as clear as she thought! Enjoy this wonderful theatrical production at the new home of the Opera House Players in Enfield, CT. Depart the Senior Center at 1:00pm for the 2:00pm show. Cost of admission is $20. Reservation and payment due by May 4th.

Friday, May 22nd—Lunch Bunch—Ocho Cafe—West Hartford, CT—Ocho Cafe is where Mexican food is crafted with love! Enjoy the wonderful hospitality while you dine on Mexican favorites such as Tacos, Enchiladas, Fajitas or Quesadillas and of course don’t forget the guacamole made fresh at your tableside! Depart the Senior Center at 11:30AM. Reservation by May 14th.

Thursday, May 28th—Hartford Yard Goats—Hartford, CT—Take me out to the ball game, take me out to the park! Come check out the beautiful baseball stadium from the Sam Adams Deck while you cheer on the Hartford Yard Goats as they take on the Bowie Baysox (the AA affiliate of the Baltimore Orioles). An all you can eat buffet is included. Depart the Senior Center at 9:30 AM. Cost is $38 (includes game ticket and all you can eat buffet). Reservation and payment due by May 8th.

Call (860)413-3334 or email kellyj@egtownhall.com to make your reservations. Also be sure to check Talk Turkey for updates!
EAST GRANBY PARKS & RECREATION

New York City on Your Own – Saturday, May 9th.  See China Town, visit Little Italy, go to a show, visit a museum, shop - use your imagination. Depart from the East Granby Community Center at 7:15AM & depart NYC at 6:00PM. Cost: $46pp– Limited seats and all trips require advance registration!

Yoga Slow Flow Vinyasa– While connecting breath to movement, we will start with a warm up then flow through a series of yoga poses (asanas) building heat slowly and gently and ending in a relaxing Savasana. Modifications will be given for all levels. Blocks, straps and knee pads will be available to assist your practice. This class is great for those newer to yoga or those wanting to slow it down in a basic flow class. Bring your own mat. Classes are held at the East Granby Recreation Center. Fee: $8/class

Adult Tap & Jazz Dance Program – This fun class is geared toward adult students, who are either returning to dance or are starting dance for the first time. The moves you will be learning will help gain sharpened reflexes as well as balance, mobility and strength. Dates: Thursdays beginning in March Where: East Granby Farms Recreation Area Cost: $125 for the entire session.

To register for any of these programs, go to eastgranbyrec.com or mail registration form to: PO Box 1858, East Granby, CT. 06026. In addition there is a white drop-off box outside the building for your convenience 24/7. Call the Parks & Recreation department at (860) 653-7660 for more information