



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

SEPTEMBER—OCTOBER—NOVEMBER 2021

TRIPS . .

- * Sightseeing Cruise
- * The Big E
- * Jerram Vineyard
- * Yankee Candle



SHOPPING . . .

- * Target
- * Job Lots/Big Y/ Dunkin
- * Christmas Tree Shop
- * Walmart

THE NEWSLETTER IS BACK!

I am so excited to be working on a newsletter again! While things still seem a little uncertain, I feel hopeful that we may return to some semblance of "normal" again soon.

*The days are already getting a bit shorter and although I will miss the warm days of summer I'm looking forward to the cool crisp morning air and the beautiful changing leaves— There's nothing like fall in New England! We have some trips & programs planned for the upcoming months. In September we will check out the **CT River with a Sight-seeing Cruise** and take a trip to New England's great state fair, **The Big E**. In October we will take a leisurely drive to **Jerram Winery** for a wonderful wine tasting. In November we will take a trip to **Yankee Candle** to stock up on some of our Holiday favorites!*



Our exercise program Get Fit continues and we are offering a free class on September 13th so why not give it a try?

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



**Election day
November 2nd 2021**

Call the Mini Bus for a ride
to the polls
(860) 413-3327

FLU CLINIC

**Monday October 18th
3:30-5:30 PM**

East Granby Senior Center

Appointments can be made
by calling
(860) 651-3539



**Tuesday, November 9, 2021
9:00 AM—1:00 PM**

East Granby Senior Center

\$20 members/\$25 non-members

Completion of this course may result in a
savings on your car insurance.

Call 860-413-3334 by November 1st
To reserve your seat.

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.





CT INFO LINE—DIAL 211—
Vital resource to find available community services.

CHOICES: CALL 1-800-994-9422 for assistance with Medicare, Medigap and Medicare Part-D applications.

CONSUMER LAW PROJECT FOR ELDERS—Free legal assistance for seniors with consumer problems. Call 1-800-296-1467.

ELDER JUSTICE HOTLINE—Elder justice issues can range from age-based discrimination in the work place to scams and fraud, elder abuse, neglect and exploitation. If you have been the victim of a scam or exploited, neglected or abused, they are there to help! Call 1-860-808-5555



**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!



Pedi—Care for Your Feet

Professional foot care is provided by licensed nurses the **1st and 2nd Thursday of each month**

(may vary during vacation & holiday weeks)

8:30 AM—2:00 PM in the **EASTGRANBY 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 \$35



GET FIT EXERCISE CLASS FOR MEN & WOMEN!

Mondays and Wednesdays 10:00 —11:00 AM

East Granby Senior Center—\$4.00 Walk-in

Free class on
September 13th

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.

Blood Pressure & Blood Sugar Screening

Free monthly Blood Pressure and Blood Sugar Screenings

~No appointment necessary~

- **Monday September 13th**
- **Monday October 4th**
- **Monday November 8th**
11:00am-11:30am

at the East Granby Senior Center

Provided by the Farmington Valley VNA

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 Director: Elise Cosker
Phone: (860)413-3328
Email: elisec@egtownhall.com

Energy Assistance – Applications will be taken after October 1st from residents of East Granby who wish to apply for the *Connecticut Energy Assistance Program*. This program is designed to help offset the winter heating costs of Connecticut's lower income households. Please contact Social Services to schedule an appointment to apply.

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. To apply for the Food Pantry please call Social Services (860) 413-3328 or email elisec@egtownhall.com. To volunteer or donate please call (860) 651-1659 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

Renter's Rebate – The Elderly/Totally Disabled Renters rebate program is closing on **September 30th**. State law provides a reimbursement to Connecticut renters who are a senior age 65 and over (or under 65 and on permanent long term disability receiving Social Security benefits) that rented in 2020 and have an income under \$37,600 if single or \$45,800 if married. Please call Social Services for more information on this program or to schedule an appointment to apply.



EAST GRANBY CARES DAY

SATURDAY October 23rd (Rain Date TBD)

Our Annual **East Granby Cares Day** is a collaboration between the Commission on Aging and the East Granby High School students. This is a day where our students will have a chance to give back and get hands on with helping the community. They will work on landscaping, fall clean up, small repair jobs and assisting those in the community who are no longer able to keep up with their daily chores. If you are interested in receiving help on East Granby Cares Day please contact Senior Services (860) 413-3334 or Social Services (860) 413-3328



CALLING ALL KNITTERS & CROCHETERS

• Join us from 1:00—3:00 PM the first and third Wednesdays of each month at the East Granby Senior Center. 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:

- ♦ *Preemie Hats—Chemo Caps*
- ♦ *Baby Blankets for area hospitals*
- ♦ *Hats, mittens, & scarves for shelters*
- ♦ *Prayer shawls for McLean Home*

DONATIONS OF YARN ARE APPRECIATED

Message from the Assessor's Office

Veterans

There are tax exemptions possible on Real Estate or Motor Vehicles for honorably discharged veterans of all ages and branches of service. Their time of service needs to include a specific period of war or conflict, regardless of whether they served in combat or not. Discharge papers need to be filed in the Town Hall.

Additionally, a VA disability rating of 10% or more warrants a higher exemption. The rating document from the VA also needs to be filed.

There is also a Motor Vehicle exemption for persons in active service in all branches.

No veteran or person in active service should assume that he/she is not eligible. Call the Assessor's Office (860-653-2852) to learn more.

GREENWAY DAY

Saturday September 18th
9:30a.m.

The East Granby Commission on Aging and the East Granby Land Trust (EGLT) will host an easy, self-paced walk on the Farmington Valley Greenway from Copper Hill Road south ½ mile into EGLT's Great Marsh property.

(Meet at the Greenway entrance on Copper Hill Road at 9:30 am)

Alternatively, EGLT representatives will also be available at BOTH **Metacomet and Higley Villages** to lead short nature walks through the premises for any interested residents. (Meet outside the community room at 9:30 am)

Everyone goes at their own pace and all are welcome

Don't miss out on this fun opportunity!

In the event of inclement weather this event will be cancelled.

For more information call
 (860) 324-4709 or
 Email: president@eglt.org



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



FRIDAY, SEPTEMBER 10TH—CT River Sightseeing Cruise— Haddam, CT— Cruise with us on the lower Connecticut River and experience an area that has been labeled by The Nature Conservancy as “*One of the Last Great Places*”. This is a comfortable and relaxing cruise for all. See Gillette Castle, one of Connecticut’s main tourist attractions from the water, the Chester/Hadlyme Ferry, the second oldest operating ferry in Connecticut, Mount Saint John’s in Deep River and more. Pack a jacket, water & snack, and if you would like, a camera, and/or binoculars. We will stop and grab lunch on the way home. **Depart the Senior Center at 10:00am. Cost \$27 for the cruise (lunch on your own). Reservation/payment due August 29th. This event will be cancelled in the event of inclement weather. Masks required on the bus.**



FRIDAY, SEPTEMBER 17TH —Out of the Ashes-Finding the Lessons from Loss—2020 was a year that saw so many of us lose so much: loved ones, freedom, confidence, mobility and connection. Join us for this important discussion on loss, talk about how to process it, learn from it and find the small blessings amongst the pain. **Presented by the Farmington Valley Health District 1:00pm-2:30pm at the East Granby Senior Center. There is no charge for this program however pre-registration is REQUIRED. Reservation due by September 9th.**



FRIDAY, SEPTEMBER 24TH —The Big E— West Springfield, MA - Come and enjoy a day at New England’s Great State Fair. It’s the largest agricultural event on the eastern seaboard and the fifth largest fair in the nation! Take a stroll along the Avenue of the States featuring exhibits and vendors that best exemplify the heritage, food and traditions of each state; Take a look at the livestock and other farm animals; Stop in to the Better Living Center to visit the many vendors and of course enjoy the large variety of delicious foods. It’s sure to be a fun-filled day! **Depart the senior center at 9:30am. We will leave at 2:00pm to return home. Cost for admission is \$10. Reservation and payment due by September 16th. Masks required on the bus.**



FRIDAY, OCTOBER 1ST—Jerram Winery—New Hartford, CT, Come and enjoy a wonderful day as we go on a scenic ride, taking in the beautiful fall foliage, on our way to our destination. Once there we will relax at this lovely winery while enjoying a tasting of 6 different wines and you will also receive a complimentary wine glass to take home. We will have a light lunch on site and we will stop for ice cream at the Canton Creamery on the way home. You don’t want to miss this trip! **Depart the Senior Center at 11:30am. Cost \$20 for the tasting and lunch (ice cream on your own). Reservation and payment due by September 23rd. Masks required on the bus.**



FRIDAY, OCTOBER 15TH —Meet the Candidates—This is a fantastic opportunity for our seniors to meet the candidates running for First Selectperson this November. This will be a very casual setting and you will have time to mingle and ask questions about the issues that are important to you! **10:00am-11:00am at the East Granby Senior Center. There is no charge for this program however pre-registration is REQUIRED. Reservation due by October 7th.**



FRIDAY, OCTOBER 22ND—Electronic Banking—What is eBanking all about? Do you currently use electronic banking or have questions or concerns about using these services? Please join the eBanking team from Windsor Federal for an interactive Q&A. They will cover topics such as mobile banking, online banking, p2p, bill payments and debit cards. They will also provide some helpful do’s and don’ts to keep in mind when using these different banking options. You can’t afford to miss this important presentation! **10:00am-11:00am at the East Granby Senior Center. There is no charge for this program however pre-registration is REQUIRED. Reservation due by October 14th.**



FRIDAY, NOVEMBER 5TH—Painting Fun—Artist Sandy Poirier will instruct this lesson on how to paint a beautiful seascape with lighthouse. Come enjoy the fun of painting with acrylics on an 11x14 stretched canvas. You will create a one of a kind masterpiece to take home with you or maybe to gift to someone special for the holidays! **NO EXPERIENCE NECESSARY. All supplies will be included. 1:00-3:00pm at the East Granby Senior Center. Cost is \$15. Reservation and payment due by October 28th.**



FRIDAY, NOVEMBER 19TH —Yankee Candle— Deerfield, MA— Come and enjoy a fun day shopping at the Yankee Candle Flagship store. It will be a great opportunity to buy all your holiday essentials! **Depart the senior center at 9:30am. We will leave at 12:30pm to return home. There is no charge however pre-registration is REQUIRED. Reservation due by November 11th. Masks required on the bus.**

****Please note we will continue to follow the latest COVID guidance from our health district. Changes to our COVID policies may be necessary to continue our programming.
Thank you in advance for your understanding and patience****

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

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EAST GRANBY SENIOR NEWSLETTER

Town of East Granby, PO Box 1858
East Granby, CT 06026

Phone: (860) 413-3334
Email: kellyj@egtownhall.com

Kelly Jacobs,
Director of Senior Services
Office Hours: Monday, Wednesday
Friday—9 AM-1 PM

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Time Dated Material



CHECK US OUT ON THE WEB:
<http://eastgranbyct.org>

EAST GRANBY PARKS & RECREATION ACTIVITIES

LEARN TO MEDITATE—Learning to meditate will help reduce stress, experience better sleep, gain the ability to focus longer, develop a calmer mind, attain a better sense of well being. Join this popular group meditation taught by Josette Lumbruno, an experienced meditation instructor with over 40 years of practicing meditation. Dates: Thursdays -October 14th-November 18th Time: 6:30 pm-7:30 pm; Where: East Granby Farms; Cost: \$60.

SLOW FLOW VIYASA YOGA FOR ADULTS —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. Bring your own yoga mat. This class is great for those newer to yoga or those wanting to slow it down in a basic flow class. Dates: Ongoing Mondays Time: 6:30 pm-7:30 pm; Where: East Granby Farms; Cost: \$8 per class (punch cards also available).

ADULT BEGINNER TAP DANCE CLASS—This class is suitable for students with NO previous tap experience. Tap introduction will begin with basic beginner steps and combinations, building to learn an actual routine. Dates: Tuesdays, September 7th– December 7th; Time: 8:15 pm - 9:00 pm; Where: East Granby Farms; Cost: \$125.

*Sign up on-line at eastgranbyrec.com or call the Parks & Recreation department at (860)653-7660
for more information and reservations.*