



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

DECEMBER 2021—JANUARY—FEBRUARY 2022



TRIPS . . .

- ★ Hartford Symphony Orchestra
- ★ Bright Nights
- ★ Lessard Lanes
- ★ UCONN Women's Basketball
- ★ CT Flower & Garden Show

SHOPPING . . .

- ★ Target
- ★ Ocean State/Big Y
- ★ Walmart



WINTER ADVISORY

Watch Channel 3/WFSB and Channel 30/NBC for announcements. Senior activities & transportation are cancelled when East Granby Schools are closed. Call the Senior Services office — (860) 413-3334 — for program availability if school is delayed.

HAPPY HOLIDAYS!

*The leaves have fallen and the cold days of winter are here! December begins with our wonderful holiday party and the fabulous music of **Brian Gillie**—sure to set the tone for the season. To add to all the festive fun we will head to the Bushnell Theatre for the **Hartford Symphony Orchestra Pops Holiday Cirque Spectacular** and back by popular demand we will head to the magic of **Bright Nights** with dinner at one of our favorites, **Red Rose**. In January we will have some good old fashioned fun with a trip to **Lessard Lanes** for some bowling and miniature golf. In February we will have a chance to cheer on the **UCONN Huskies women's basketball team** as well as get ready for spring with a visit to the **CT flower and garden show**.*



Our exercise program Get Fit will continue throughout the winter months. 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!

I wish you all a joyful & peaceful holiday season and a healthy and happy New Year!

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 48 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.

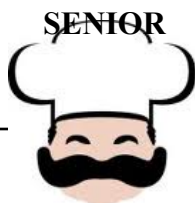


CT INFO LINE—DIAL 211—
Vital resource to find available
community services.

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 prob-
lems. **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 exploi-
tation. If you have been the vic-
tim of a scam or exploited, ne-
glected 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 Fri-
day 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 **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 \$35.00



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 pos-
ture. This **ALL LEVELS** class uses hand weights, exercise bands, and
loops done in or next to a chair for safety. Instructor: Paula Pirog

Blood Pressure & Blood Sugar Screening

Free monthly Blood Pressure and Blood Sugar Screenings

~No appointment necessary~

- **Monday December 6th**
 - **Monday January 3rd**
 - **Monday February 7th**
- 11:00am-12:00pm**

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 friend-
ships, 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

Holiday Gift Program – Social Services is preparing for the Annual Holiday Gift Giving Program. Each year, the community comes together to help make the holidays special for families who are facing financial hardship. It is an opportunity to be anonymously matched to a child or family in town and fulfill gifts on their “wish lists.” Financial donations and store gift cards are greatly appreciated.

Energy Assistance – Applications are being accepted from residents of East Granby who wish to apply for the *Connecticut Energy Assistance Program*. 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. Contact Social Services to review the income/eligibility guidelines and to schedule an appointment.

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 and deliveries can be scheduled for those participants who are homebound. To volunteer/donate please call (860) 651-1659

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.



Get alerted about emergencies and other important community news by signing up for our Emergency Alert Program. This system enables us to provide you with critical information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods. You will receive time-sensitive messages wherever you specify, such as your home, mobile or business phones, email address, text messages and more. You pick where, you pick how. It's easy – just visit eastgranbyct.org and click on Emergency Notifications One Call button. If you do not have internet access please stop by Town Hall to pick up a registration.



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 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

Message from the Assessor's Office

VETERANS -you may be eligible for a real estate or motor vehicle tax exemption. There is no age restriction. There is no length of residency requirement. There is no need to contact the Veterans Administration. You only need to be a resident who is an honorably discharged veteran, and whose time of service includes a specific period of war or conflict. You only need to file your original discharge papers in the Town Clerk's Office.

Have you misplaced your original discharge papers? The Town Clerk's Office can tell you how to replace them. It's very easy.

Have you tried before to get this exemption? and were you told that your time of service did not fall within the specific war or conflict dates? Please contact us again as these dates have been expanded in recent years to include more of you. Please call the Assessor's Office 860-653-2852.

Plus...If you have a VA disability rating of 10% or more, you would be eligible for a higher exemption. This is also true for those of you who are already receiving this exemption. You only need to bring your VA rating document to the Assessor.



After 21 years of dedication and service to our Town and to our Senior Citizens, our beloved bus driver Larry Nolan has retired. We wish him all the best for a happy and healthy retirement.

Thank you Larry!!!

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, DECEMBER 10TH—Holiday Party—Let's get in the holiday spirit! We will start off with a delicious lunch of beef tenderloin with all the fixings and some sweet treats for dessert. We will enjoy the wonderful music of Brian Gillie who will delight you with some holiday classics as well as some other music from his diverse repertoire. We will be seating this program restaurant style so please indicate on your reservation who (if anyone) you would like to be seated with. We will maintain social distancing between parties and masks will be required except when seated at your table. Due to these measures space is limited for this program so please reserve your seat early! **12:00pm at the East Granby Senior Center. Cost is \$20. Reservation and payment due by December 1st.**



SATURDAY, DECEMBER 11TH —Hartford Symphony Orchestra Pops Holiday Cirque Spectacular—Hartford, CT, Come and enjoy a wonderful afternoon at the Bushnell theater. There is no better way to celebrate the season than with the magical music of the holidays performed by the Hartford Symphony Orchestra, set to astonishing feats by members of the renowned Cirque de la Symphonie. Watch these amazing aerialists, contortionists, and gymnasts tumble, soar and dance on and above the stage all while the orchestra plays your festive favorites! Please note the Bushnell Theatre's COVID-19 policy requires Patrons need to be Fully Vaccinated in order to be permitted to attend events at The Bushnell. Proof of vaccination, along with an acceptable form of ID, and a valid ticket for the performance will be required at the time of entry. Entry will be denied to patrons who do not provide the documentation as required. In addition, masks are required on the bus and in the Bushnell at all times. **Depart the Senior Center at 12:45pm. Cost \$75 (front orchestra seats). Reservation and payment due by December 2nd.**



WEDNESDAY, DECEMBER 15TH—Bright Nights —Springfield, MA-Enjoy a night of pure magic! Bright Nights at Forest Park has become known as the Northeast's premier holiday lighting experience. It has been named seven times as one of the Top 100 Attractions in North America by the American Bus Association, listed on People.com as "One of the Top Ten Holiday Happenings in America," and been featured in the New York Times. Prior to visiting the lights we will have a delicious dinner at Red Rose - one of the best Italian restaurants around! **Masks are required on the bus. Depart the Senior Center at 4:30pm. Cost is \$2 (Dinner is on your own). Reservation and payment due by December 7th.**



FRIDAY JANUARY 14TH— Mid Winter Gathering—Come enjoy a delicious sandwich lunch and have a great time playing some Bingo! Guaranteed to make those winter blues disappear! **Program begins at 12:30 PM at the East Granby Senior Center. Cost of lunch is \$10.00. Reservation and payment due by January 4th.**



FRIDAY JANUARY 28TH —Indoor Mini Golf & Bowling—Plainville, CT —Are you ready to have some good old fashioned fun? If so, get ready for a round of mini golf and two games of bowling (shoes included)! Also included is a delicious slice of pizza and coffee. Why not try for a hole in one? **Depart the Senior Center at 12:15 PM. Cost is \$10 Reservation due by January 18th. Masks required on the bus.**



SUNDAY FEBRUARY 6TH— UCONN Women's Basketball—Hartford, CT— Come out and support Hall of famer Coach Geno Auriemma as he leads our UCONN Women's Huskies as they take on the Tennessee Volunteers— a classic rivalry! There is nothing like seeing a live game. Our seats are located on the lower level, section 123. **Masks are required on the bus. Depart the Senior Center at 11:45am for the 1:00pm game time. Cost of admission is \$40 Reservation and payment due by January 25th.**



FRIDAY FEBRUARY 25TH—Annual Connecticut Flower and Garden Show—Hartford, CT —Enjoy this spectacular trip and explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment & much more! **Depart the Senior Center at 9:30 AM. Cost of admission to the flower show is \$16. Reservation and payment due by February 15th.**

****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.

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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
Open: Monday, Wednesday, Friday

PRESORTED STANDARD
U.S. POSTAGE PAID
AVON, CT
PERMIT NO. 503

Time Dated Material



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

EAST GRANBY PARKS & RECREATION



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: Tuesdays –January 11th-February 15th Time: 6:30 pm-7:30 pm; Where: East Granby Farms/Sears House; 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 PAINTING & WATERCOLOR—Always wanted to learn to paint? Join award winning artist Lori Rapuano and learn how to paint in watercolor. This program is designed for all experience levels. Each student will work at their own pace, with individual assistance given. Guidance will be provided on drawing, color theory, composition and design elements and, of course, watercolor technique. Bring reference photos to work from, and your own materials. Dates: Ongoing Tuesdays, Time: 7:00 pm - 9:00 pm; Wednesdays 9:30-11:30am Where: East Granby Farms.

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