



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

MARCH—APRIL—MAY 2022



TRIPS . .

- ★ Wood-N-Tap
- ★ Old Mill Tea Room

SHOPPING . . .

- ★ Walmart
- ★ Big Y, Dollar Store, Job Lot

PROGRAMS. . .

- ★ Gentle Stretch & Flex
- ★ Painting for Fun
- ★ Stress Awareness
- ★ Coffee with Eden

GOODBYE WINTER AND HELLO SPRING!

Spring is almost here! I am looking forward to longer & warmer days and all the beautiful blooming flowers. We have some wonderful programs planned this spring.



*We will kick things off with a brand new program called **Gentle Stretch & Flex**—a wonderful way to get back into a healthy lifestyle! We will enjoy painting a beautiful spring portrait in the **Painting for Fun** class and we will have a wonderful program on stress to kick off **Stress Awareness** month in April. We will also have an opportunity to meet Eden, our new First Selectwoman. In May we will head out to lunch at **Wood-N-Tap** in Farmington and enjoy a good old fashioned tea party at the **Old Mill Tea Room** in Somers!*

Our exercise program Get Fit 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!

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.

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**

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 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 & 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



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 March 7th**
- **Monday April 4th**
- **Monday May 2nd**

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

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 taken from residents of East Granby who wish to apply for the *Connecticut Energy Assistance Program* until May 31st. This program is designed to help offset the winter heating costs of Connecticut's lower income households. Winter heating assistance helps pay for a household's primary heating source such as oil, natural gas, electricity, etc. The income limit is \$39,027 for a household of one and \$51,035 for a household of two. There is no asset test at this time.

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. The pantry is currently operating on Friday mornings for registered participants to shop. The East Granby Mini-bus is available for homebound participants. If you are in need of food, please call Social Services (860) 413-3328 or elisec@egtownhall.com.

Medicare Savings Programs – The State of CT offers financial assistance to eligible Medicare enrollees through their Medicare Savings Programs (MSP). These programs may help pay Medicare Part B premiums, deductibles and co-insurance. The income limit for a couple is \$3,572/month and \$2,641/month for an individual. More information or an application can be obtained through Social Services or through the CT Department of Social Services website <https://portal.ct.gov> by searching *Medicare Savings Program*.

Operation Fuel – Operation Fuel offers emergency energy assistance to households who 1) fall outside the CT Energy Assistance guidelines or 2) have exhausted their CT Energy Assistance grant. Applications can be completed through East Granby Social Services or directly through the Operation Fuel website <https://operationfuel.org/gethelp/>.

Renters Rebate – The *Elderly/Totally Disabled Renters Rebate Program* will be reopening in April 2022. 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.



East Granby
 Connecticut

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, 2022

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.



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



AFTERNOON AT THE MOVIES

Wednesdays at 1:00pm

Movies are screened in the East Granby Library. Call the Library at (860) 653-3002 for additional movie schedule.



Good Samaritan Program

Are you a senior in need of small "handy-man" type work? Need help moving a piece of furniture or changing a light bulb? Interested in a friendly visitor or someone to play cards with? If so, the Good Samaritan program might be right for you!

Call (860) 413-3328 or (860) 413-3334 for more information

Medication Drop Box



Located at the Simsbury Police Department, 933 Hopmeadow St.

These boxes are secured in the lobby of the police department, and are accessible anytime the department is open. No questions asked, just drop the unwanted medications in and they will be safely and securely destroyed.

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



FRIDAYS, MARCH 25TH, APRIL 8TH & MAY 13TH—Gentle Stretch & Flex—Gain strength, increase flexibility and reduce stress ~ this class is the perfect way to get started on your journey to better physical and mental health. The class will be led by Laura Fetzter, who has over 20 years of teaching experience in the Granby/East Granby/Windsor area. The focus will be on enhancing ease of movement and joint mobility



through gentle stretches, strengthening movements and balance. Laura will also help you to find and use some tools for calming the mind with gentle breathwork and meditation techniques. No experience or equipment necessary. Take time for you - sign up today! Currently this is a three session class with the hopes of becoming more regular—try one or try all three! **Join us 9:30 am at the East Granby Senior Center. There is no charge for this class however Pre-registration is REQUIRED by the Wednesday prior to class (3/23, 4/6, 5/11). Transportation is available if needed.**



FRIDAY APRIL 1ST—Painting for Fun—Artist Sandy Poirier will instruct this lesson on how to paint a beautiful spring landscape. 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. **NO EXPERIENCE NECESSARY.** All supplies will be included.

10:00am at the East Granby Senior Center. Cost is \$15. Reservation and payment due by March 24th. Transportation is available if needed.



FRIDAY APRIL 22ND—Stress Awareness—April is Stress Awareness Month which is a national, cooperative effort to inform people about the dangers of stress, successful coping strategies, and misconceptions about stress that are prevalent in our society. Stress can impact a person's health - physically, mentally and emotionally. When allowed to build up over time, problems such as anxiety and depression, hormonal issues, difficulty sleeping, high blood pressure, heart disease and much more can arise. **10:00am at the East Granby Senior Center. There is no charge for this program and light refreshments will be served. Pre-registration is REQUIRED by April 14th. Transportation is available if needed.**



FRIDAY APRIL 29TH—Coffee with Eden—This will be a great opportunity to chat directly with your First Selectwoman, Eden Wimpfheimer, over a cup of hot coffee. Bring your interests, comments, concerns and praises as you relax in this informal setting. What a great opportunity to get involved and find out what's happening in your town! **10:00am at the East Granby Senior Center. There is no charge for this program and light refreshments will be served. Pre-registration is REQUIRED. and due by April 21st. Transportation is available if needed.**



FRIDAY MAY 6TH—Lunch Bunch—Wood-N-Tap—Farmington, CT— The Wood-N-Tap is a true Connecticut original! This new location along the Farmington river allows for scenic views alongside delicious food. So many selections to choose from including burgers and sandwiches, salads and soups and pasta and pizzas. You don't want to miss this fun day out! **Depart the Senior Center at 11:15AM. Cost for lunch is on your own. Reservation by April 28th.**



FRIDAY MAY 20TH—The Old Mill English Tea Room—Somers, CT—Join us for a lovely tea party! Experience an enchanting afternoon of tea and a lovely lunch. Order off the menu with so many choices including a variety of soups, salads, sandwiches, quiches and crepes! Be ready to sit, sip and relax! **Depart the Senior Center at 11:00 AM. Cost for lunch is on your own. Reservation due by May 12th.**

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

Open: Mondays, Wednesdays &
Fridays

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 –3/1-4/5 and 4/19-5/24 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.

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