



# Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

JUNE—JULY—AUGUST 2022



## TRIPS ....

- ★ Yard Goats
- ★ Talcott Music Festival
- ★ H.O.R.S.E Farm
- ★ Hammonasset Beach Park
- ★ Slipaway River Tour

## SHOPPING . . .

- ★ Big Y, Dollar Store
- ★ Walmart



Join the folks from UR Community Cares for a fun ice cream social and play Singo! Come down to enjoy a sweet treat and a new game to get you singing and dancing in your seats. Singo is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favorite music. There will be cones, bowls and lots of smiles for everyone to have a fun time! Please contact Michelle 860-430-4557 from UR Community Cares if you will be attending so we can make sure to have plenty of goodies. **1:00pm at the East Granby Senior Center.** **There is no charge for this program however Pre-registration is REQUIRED by June 3<sup>rd</sup>.**

## FUN IN THE SUMMERTIME!

*The warm weather is finally here and the flowers are blooming. I am so excited for the relaxing summer days ahead! We have many things planned for the upcoming months. We will kick off the summer with a fabulous outdoor concert featuring the **Airborne Jazz Band** with a delicious **lobster roll** lunch and an ice cream truck for dessert. We will also head back to the beautiful **Yard Goats** stadium for a fabulous baseball game.*

*In July we will travel to the **Talcott Mountain Music Festival to Celebrate America** with the sounds of the Hartford symphony orchestra and top the evening off with fire works! We will also take a trip to the **Hammonasset Beach State Park** and visit the **H.O.R.S.E rescue farm** in Litchfield county. In August we will set sail down the CT River with **Slipaway Tours** in our own chartered boat!*

*Our exercise program Get Fit will continue throughout the summer. There's more of course, so take a peek inside!*

*This quarter's newsletter provides details on all the programs, trips, and the Mini Bus schedule for the months of June, July and August.*

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



## DIAL-A-RIDE ON THE MINI BUS

- **Grocery, Pharmacy & Banking** every Wednesday morning.
- **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 June 6th**
- **Monday July 11th**
- **Monday August 1st**

**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](mailto:elisec@egtownhall.com)**  
**Office Hours: Monday –Thursday 10:00–3:00**  
**or by appointment**

**Back to School Program** – Social Services will be collecting gift cards to Target and Walmart this summer for the annual Back to School Program. This program supports income eligible families in East Granby who are facing financial hardship. The families are supplied with gift cards to assist with purchasing backpacks and school supplies for children to start the school year this September. Please call or email if you are interested in helping support this program!

**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. 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.

**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. If you are in need of food, please call Social Services (860) 413-3328 or email [elisec@egtownhall.com](mailto:elisec@egtownhall.com). **Renter's Rebate** – The Elderly/Totally Disabled Renters rebate program is open until October 1, 2022 for seniors age 65 and over (or under 65 and on permanent long term disability receiving Social Security benefits) that rented in 2021 and have a total income less than \$38,100 for a single person and less than \$46,400 per married couple. Renters' Rebates can be up to \$900 for married couples and \$700 for single persons and are distributed by mail in November. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments made in the previous calendar year. There is no asset restriction. Please call for information or to apply.



## Licensed Therapist

Are you stressed? Overwhelmed? Grieving? Feel like you are barely holding things together and worried that everything is about to fall apart? Are you tired of pretending that everything is alright when that couldn't be further from the truth? Are you struggling with feelings of anxiety and sadness but don't really understand why? Schedule an appointment with therapist, Sharon Eastman, LCSW. You will be able to address your concerns in a safe and supportive environment. Appointments are available Mondays 12-4pm and Thursdays 9-1pm. Contact Senior/Social services to book your appointment. (860) 413-3334 or (860) 413-3328.



## 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.*

## Summer Concert

**Friday, August 26th**

Come out to the Town Hall Green from 6:30-8:00pm and enjoy the Park & Rec last blast of summer concert featuring The All-Star Dyno-Myte Disco Review! Bus Transportation is available. Call (860) 413-3327 by August 19th to reserve a spot on the bus.

## EAST GRANBY SENIOR CLUB

The Senior club has not met since the beginning of the pandemic. They are looking to see if people would like to resume activities in some format. All former and new members who are at least 55 years old are most welcome. This "meet-up" session will feature coffee, tea, and goodies.

If you would like to attend to discuss options for Senior Club and meet new friends or catch up with old friends, please call President Lorie Orzechowski at 860-658-6040 no later than May 31st. **There is no charge for this program. 11:00am at the East Granby Senior Center.**

*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 JUNE 3RD—Senior Club**—The Senior club has not met since the beginning of the pandemic. They are looking to see if people would like to resume activities in some format. All former and new members who are at least 55 years old are most welcome. This “meet-up” session will feature coffee, tea, and goodies. If you would like to attend to discuss options for Senior Club and meet new friends or catch up with old friends, please call President Lorie Orzechowski at 860-658-6040 no later than May 31st. **There is no charge for this program. 11:00am at the East Granby Senior Center. Transportation is available if needed.**



**SUNDAY JUNE 5TH—Hartford Yard Goats**—Hartford, CT—Take me out to the ball game, take me out to the park! Come watch a game at the beautiful baseball stadium from the Sam Adams Deck while you cheer on the Hartford Yard Goats as they take on the Reading Fightin Phils (the AA affiliate of the Philadelphia Phillies). An all you can eat buffet is included. **Depart the Senior Center at 12:00pm for the 1:05pm game. Cost is \$40 (includes game ticket and all you can eat buffet). Reservation and payment due by May 22nd.**



**WEDNESDAY JUNE 8TH—Singo**—Join the folks from UR Community Cares for a fun ice cream social and play Singo! Come down to enjoy a sweet treat and a new game to get you singing and dancing in your seats. Singo is a new and exciting musical spin on the traditional game of Bingo. Instead of listening for a number, players are listening to their favorite music. There will be cones, bowls and lots of smiles for everyone to have a fun time! Please contact Michelle 860-430-4557 from UR Community Cares if you will be attending so we can make sure to have plenty of goodies. **1:00pm at the East Granby Senior Center. There is no charge for this program however Pre-registration is REQUIRED by June 3<sup>rd</sup>.**



**FRIDAY JUNE 10TH—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 Fetzer, 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! **Join us 9:30 am at the East Granby Senior Center. There is no charge for this class however Pre-registration is REQUIRED by June 8th. Transportation is available if needed.**



**FRIDAY JUNE 24TH—Summer Fun Concert**—Are you ready to celebrate summer? Join us outdoors for the fabulous sounds of the Airborne Jazz Band performing their high energy show with a wide collection of songs ready to bring music to your ears and kick off the summer in style! Enjoy a cold lobster roll boxed lunch while you sit back and relax. Don't forget to grab a delicious dessert from the ice cream truck! Please bring sunscreen and a chair. **12:30-1:30 at the East Granby Senior Center Cost is \$20. Reservation and payment due by June 11th. See enclosed flyer for more information.**

*Call (860)413-3334 or email [kellyja@egtownhall.com](mailto:kellyja@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*



**FRIDAY JULY 1ST—Talcott Mountain Music Festival– Celebrate America!—**

Simsbury, CT. Join us at our own table for one of Connecticut's favorite Independence Day celebrations! Conducted by Carolyn Kuan, this program will include all of your patriotic favorites. You will have your fingers snapping and toes tapping. Plus there will be fireworks following the concert! Pack your own picnic fare or choose from a large selection of food/drinks for purchase on site at a variety of concession tents. **We will depart the Senior Center at 6:30pm (concert begins at 7:30). Cost is \$40. Reservation and payment due by June 22nd. (Rain date is Saturday July 2nd).**



**FRIDAY JULY 8TH—Hammonasset Beach State Park—Madison, CT—** A visit to

Hammonasset Beach State Park is more than just another day at the beach. Connecticut's largest shoreline park offers over 2 miles of beach to enjoy swimming, strolling along the boardwalk, or just relaxing in the sun! We will spend about an hour at the park and then head to one of our favorite spots for lunch at Lenny & Joe's before we head home. **Depart the Senior Center at 9:00am. Cost for lunch is on your own. Reservation due by June 30th. Don't forget a hat & sunscreen! This program will be canceled in the event of inclement weather.**



**FRIDAY JULY 22ND—H.O.R.S.E Farm—Washington, CT, Come enjoy a day with the**

horses! The farm usually has 20+ horses and ponies to visit, feed & hear their stories. After visiting the farm we will head to The White Horse for a delicious lunch! The Humane Organization Representing Suffering Equines (H.O.R.S.E.) of Connecticut Inc., is a non-profit, 501(c)3 organization dedicated to the rescue and rehabilitation of abused and neglected horses. Over the years, H.O.R.S.E. has saved more than 700 lives. It is staffed by a team of volunteers who share dedication and love of the beautiful horse. H.O.R.S.E. volunteers intervene on behalf of suffering equines by providing relief, recovery, shelter, and rehabilitation. H.O.R.S.E. receives no town, state or federal funding. Funds are raised through memberships, sponsorships, charitable contributions, and fundraising activities. All donations go directly to the horses. **Depart the Senior Center at 9:00am. Cost is \$8 (100% will be donated to the farm—feel free to add an additional donation). Cost of lunch is on your own. Reservation and payment due by July 14th. Please wear comfortable shoes appropriate for walking around a farm (no open toed shoes allowed). This program will be canceled in the event of inclement weather.**



**FRIDAY AUGUST 5TH—CT River Tour—Rocky Hill, CT, Join us for a beautiful day on the**

water! We will depart from Rocky Hill Ferry Park with our own private charter boat for a scenic and relaxing hour and a half cruise along the CT river. There will be some narration of interesting points and wildlife as well as time to sit back relax and enjoy the sounds of the CT River. We will stop for lunch on the way home (location TBD) **We will depart the Senior Center at 9:45am. Cost is \$20. Cost of lunch is on your own. Reservation and payment due by July 28th. This program will be canceled in the event of inclement weather.**



**FRIDAY, AUGUST 26TH—P&R Summer Concert—East Granby, CT—Come out to the Town Center Pavillion and enjoy the last blast of summer concert featuring the All Star Dyno-Myte Disco Review. Bus Transportation is available. Call (860) 413-3327 by August 19th to reserve a spot on the bus. Concert begins at 6:30pm. Bring your own chair!**

*Call (860)413-3334 or email [kellyj@egtownhall.com](mailto:kellyj@egtownhall.com) to make your reservations.*

*Also be sure to check Talk Turkey for updates!*

# **EAST GRANBY SENIOR CENTER**



## **SUMMER FUN CONCERT**



**Friday, June 24th**

**12:30-1:30pm**

**Outside at the Senior Center—Cost \$20**

**Are you ready to celebrate summer?**

**Join us outdoors for the fabulous sounds of the Airborne Jazz Band performing their high energy show with a wide collection of songs ready to bring music to your ears and kick off the summer in style!**

**Enjoy a cold lobster roll boxed lunch while you sit back and relax  
Don't forget to grab a delicious dessert from the ice cream truck!  
(roast beef or turkey sandwich may be substituted for the lobster roll if requested in advance)**

**Please bring sunscreen and a chair**

**\*Pre-Registration/Payment (\$20/pp) is required—due by June 11th\***

**Payments can be made by:**

**Dropping off at any town hall office or  
by mail to EG Senior Services, P.O. Box 1858, East Granby, CT 06026  
(checks payable to COA)**

**PLEASE BE SURE TO INCLUDE YOUR NAME, EMAIL/PHONE NUMBER, AND  
PAYMENT IN YOUR ENVELOPE (This event is for seniors only)**

**Questions? Call (860) 413-3334 or email [kellyj@egtownhall.com](mailto:kellyj@egtownhall.com)**

**Transportation is available if needed—call the mini bus (860) 413-3327**



**In the event of inclement weather this  
program will be moved inside the senior center**



# Senior Moments

EAST GRANBY SENIOR NEWSLETTER

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

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

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

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

## Time Dated Material



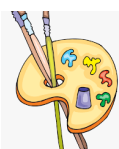
CHECK US OUT ON THE WEB:  
<http://eastgranbyct.org>

## EAST GRANBY PARKS & RECREATION



**BRONX ZOO**—On **Monday, August 22, 2022**, you, and your family can join us on an exciting trip to the world-famous Bronx Zoo. With award-winning, cutting-edge exhibits featuring over 4,000 animals, there is no other zoo in the world that offers the diversity, superb viewing, and world-renowned expertise that assures a rewarding experience and the knowledge that visitors can make a difference in the world around them. Whether you are nose-to-nose with Western Lowland Gorillas in their famous Congo Gorilla Forest, spotting Snow Leopards in their naturalistic Himalayan Highlands Habitat, or experiencing almost an acre of an indoor Asian rain forest, you're always within roaring distance of the world's most amazing wildlife. Our deluxe motorcoach will leave the East Granby Community Center Parking Lot (20 Center Street) at 7:15am (please arrive by 7:00am) and leave the Bronx Zoo at 4:30pm. The Total Experience Deluxe package includes zoo shuttles, Wild Asia Monorail, Bug Carousel, Children's Zoo, the New 4-D Theater, and the Congo Gorilla Forest. Cost: \$76

**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](http://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*