



# Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

SEPTEMBER—OCTOBER—NOVEMBER 2022

## TRIPS . .

- \*Crepes Tea House
- \*The Big E
- \*Hancock Shaker Village
- \*Gouveia Vineyard
- \*Yankee Candle



## SHOPPING . . .

- \*Walmart
- \*Job Lots/Big Y/ Dollar Store
- \*Christmas Tree Shop



**Election day**

**November 8th 2022**

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

## FLU CLINIC

**Monday October 17th**

**3:30-5:30 PM**

**East Granby Senior Center**

Appointments can be made  
by calling the Farmington Valley  
Visiting Nurse Association  
(860) 651-3539



**Tuesday, November 10, 2022**

**9:00 AM—1:00 PM**

**East Granby Town Hall**

**\$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.

## FALL IS JUST AROUND THE CORNER...

*I am amazed at how quickly the summer months go by! 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 enjoy lunch at **Crepes Tea House** and take a trip to New England's great state fair, **The Big E**. In October we will take a leisurely drive to the Berkshires to visit the **Hancock Shaker Village** and enjoy a lovely wine tasting at the beautiful **Gouveia Vineyard**. 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 7th 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](mailto: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 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 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 7th\*\***

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 12th**
- **Monday October 3rd**
- **Monday November 14th**  
**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**



## Individual Therapy – Are you stressed? Overwhelmed?

Grieving? Need someone to talk to? 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 12pm -4 pm and Thursdays 9a.m-1pm. Contact Senior/Social Services to book your appointment. (860) 413-3334 or (860) 413-3328.



**Social Services Director: Elise Cosker**

**Phone: (860)413-3328**

**Email: [elise@egtownhall.com](mailto:elise@egtownhall.com)**

**Office Hours: Monday-Thursday 10:00am-3:00pm**

**Energy Assistance** – Applications will be taken after October 1<sup>st</sup> 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 [elise@egtownhall.com](mailto:elise@egtownhall.com). To volunteer or donate please call (860) 413-9015 or email

[friendtofriendeg@gmail.com](mailto: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 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. 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 contact social services for more information on this program or to schedule an appointment to apply.

### Message from the Assessor's Office

\*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. 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.

\*The Board of Assessment Appeals will meet in open session at the East Granby Town Hall on Monday, September 19, 2022, from 6pm to 8pm for the sole purpose of hearing appeals related to assessment of motor vehicles listed on the October 2021 Grand List. No appointments are needed. Vehicles in question should be driven to the Town Hall parking lot.

Please contact the Assessor's Office with any questions (860)653-2852



### EAST GRANBY CARES DAY

**SATURDAY October 22nd (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

## East Granby Wellness Fair

**Monday October 17th**

**3:30-6:00pm**

The East Granby Commission on Aging will host a wellness fair at the East Granby Senior Center. This event is perfect for Seniors, Caregivers and Family Members!

Information on services, products and resources in the health, housing and financial industries will be exhibited.

There will be Raffle Prizes and Giveaways!

Flu shots will also be available from the Farmington Valley Visiting Nurse Association by walk in or appointment by calling (860) 651-3539



### 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**

*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, 9 Center Street, East Granby, CT 06026*



**FRIDAY, SEPTEMBER 9TH —Lunch Bunch—Crepes Tea House**—Southwick, MA-Join us for a wonderful lunch with friends. Crepes Tea House features high quality specialties from around the world prepared fresh daily. They have a varied menu which includes over 100 teas, delicious sweet and savory crepes, soups, salads, and breakfast served all day! **Depart the Senior Center at 11:30 AM. Reservation by September 1st.**



**FRIDAY, SEPTEMBER 16TH —Painting Fun**—Back by popular demand - Artist Sandy Poirier will instruct this lesson on how to paint a beautiful fall scene. 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. **10:00am -12:30pm at the East Granby Senior Center. Cost is \$15. Reservation and payment due by September 8th.**



**FRIDAY, SEPTEMBER 23RD —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 15<sup>th</sup>.**



**FRIDAY, OCTOBER 7TH —Hancock Shaker Village**— Hancock, MA- Join us for a beautiful ride into the Berkshires to visit the Hancock Shaker Village, a landmark destination of 750 acres, 20 historic Shaker buildings, and over 22,000 Shaker artifacts. On the National Historic Register, it is the most comprehensively interpreted Shaker site in the world, and the oldest working farm in the Berkshires of Western Massachusetts. The mission of Hancock Shaker Village is to bring the Shaker story to life and preserve it for future generations and to reflect on living a principled life and the values the Shakers embraced: integrity, racial and gender equality, pacifism, community, sustainability, responsible land stewardship, innovation, and simplicity. This will be a guided tour for a little over an hour and there will be additional time to explore on your own. A boxed lunch will be included. Please note this is an indoor/outdoor walking tour so please wear comfortable shoes. **Depart the Senior Center at 9:00am. Cost \$30 (includes guided tour and lunch). Reservation/payment due by September 22nd.**



**FRIDAY, OCTOBER 21ST—Gouveia Vineyards**—Wallingford, 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 vineyard while enjoying a tasting of 5 different wines and you will also receive a complimentary wine glass to take home. We will have a light lunch on site. You don't want to miss this trip! **Depart the Senior Center at 11:30am. Cost \$25. Reservation and payment due by October 13th.**



**FRIDAY, NOVEMBER 4TH —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. Reservation due by October 27th.**



**FRIDAYS, SEPTEMBER 30TH, OCTOBER 28TH & NOVEMBER 18TH—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. Cost is \$4 per class (or \$10 for all three classes).**

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!



# 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  
Open: Monday, Wednesday, Friday

PRESORTED STANDARD  
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## Time Dated Material



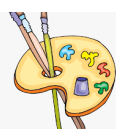
CHECK US OUT ON THE WEB:  
<http://eastgranbyct.org>

## 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: Tuesdays 9/20-11/1, 10am-11am at the East Granby Community Center and Wednesdays 10/19-11/30 Time: 6:30 pm-7:30 pm; at the East Granby Library; 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](http://eastgranbyrec.com) or call the Parks & Recreation department at (860)653-7660 for more information and reservations.*