



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

DECEMBER 2022—JANUARY—FEBRUARY 2023



TRIPS . . .

- * Barnes Museum
- * Bright Nights
- * Travelers Chorale
- * Majestic Theatre

SHOPPING . . .

- * Old Mill Pond Village
- * 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 on their way! December begins with our wonderful holiday party and the fabulous music of **Judy Handler & Mark Levesque**—sure to set the tone for the season. To add to all the festive fun we will head to the beautifully decorated **Barnes Museum** and back by popular demand we will head to the magic of **Bright Nights** with dinner at one of our favorites, **Red Rose** and to top off the holiday festivities we will travel to the **Bushnell** for the amazing **Travelers Chorale**. In January we will start off the new year with the relaxing **Tibetan Singing Bowls** program as well as a wonderful mid winter gathering featuring **Jim Sisti, a comedic magician mentalist**—the perfect way to fix the winter blues! We will wrap up our January fun with a wonderful performance of **Native Gardens** at the intimate **Majestic Theatre**. In February we will have an informative program on **Trusts** as well as another chance at some **Painting Fun!** 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!

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.

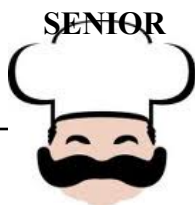


CT INFO LINE—DIAL 211—
Vital resource to find available
community services.

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 5th**
 - **Monday January 9th**
 - **Monday February 6th**
- 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 – The CT Energy Assistance Program is open now through the end of May. 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, propane, kerosene, coal, wood and wood pellets. Proof of all **current** income is required for household members along with a copy of the household’s Eversource electric bill. Updated income limits for the 2022-23 winter season are \$39,761 for a household of **one** and \$51,996 for a household of **two**. There is NO asset test.

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 please contact Social Services. To volunteer/donate please call (860) 413-9015.

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, 9 Center St., 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.



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.

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 2ND—Holiday Party—Let's get in the holiday spirit! We will start off with some light appetizers and our traditional holiday punch followed by a delicious lunch of pot roast with all the fixings and some sweet treats for dessert. We will enjoy the wonderful music of Judy Handler & Mark Levesque who will delight you with some holiday classics as well as other music from their diverse repertoire. It's sure to be a fun and festive afternoon! **12:00pm at the East Granby Senior Center. Cost is \$20. Reservation and payment due by November 27th.**



FRIDAY, DECEMBER 9TH—Barnes Museum—Southington, CT, The Barnes museum was built in 1836 and was lived in by the Bradley/Barnes family for 137 years. Grandson Bradley Barnes, held the title of the "Richest man in Southington". Upon his death in 1973 Bradley willed his entire fortune to his friends & employees, as well as local schools, libraries and hospitals. He then bequeathed his family homestead to the Town of Southington to be run as a museum. Join us for a guided tour of this unique museum decorated beautifully for the holidays! We will stop for a quick lunch at Panera on the way home. **Depart the Senior Center at 10:00am. Cost \$6 (lunch is on your own). Reservation and payment due by December 1st.**



WEDNESDAY, DECEMBER 14TH—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! **Depart the Senior Center at 4:15pm. Cost is \$2 (dinner is on your own). Reservation and payment due by December 6th.**



THURSDAY, DECEMBER 15TH—The Travelers Chorale Holiday Concert,—Hartford, CT ~One of our favorite trips of the year is back in person! The Travelers Chorale was founded in 1924 and is the oldest company-affiliated, eight-part choral group in America. Please join us for a night of exciting and moving music by the 100-voice chorale with a special guest Bristol Brass & Wind. This 96th Annual Winter Concert will be held in the Mortensen Hall at the Bushnell. **Depart the Senior Center at 6:15pm (for 7:30pm show). There is no charge for this event but please consider bringing a non-perishable food donation to benefit Hartford families in need. Reservation due by December 6th.**



FRIDAY JANUARY 13TH—Tibetan Singing Bowls—Relax and listen to the beautiful sounds of Tibetan Singing bowls. Soothing sounds help to reduce stress and to create a deep sense of peace and well-being. This ancient practice has been handed down from generation to generation by Tibetan Buddhist monks. Come try it out! Participants are welcome to bring a yoga mat or program can be done sitting in a chair. **Program begins at 10:30 AM at the East Granby Senior Center. Cost is \$8.00. Reservation and payment due by January 5th.**



FRIDAY JANUARY 20TH—Mid Winter Gathering—Tired of the cold and dark days of winter? If so we have the perfect program for you! Join Jim Sisti, a comedic magician mentalist, as he performs an amazing interactive program. This program has received rave reviews and is guaranteed to make those winter blues disappear! We will start with a delicious sandwich lunch followed by Jim's wonderful program—you won't want to miss it! **Program begins at 12:30 PM at the East Granby Senior Center. Cost is \$10.00. Reservation and payment due by January 12th.**



SATURDAY JANUARY 28TH—Native Gardens at the Majestic Theatre—West Springfield, MA—Join us for a matinee at this wonderful intimate theatre. Native gardens is a contemporary comedy about next door neighbors in an affluent neighborhood in Washington DC that hash out border disputes and cultural misunderstandings in this timely comedy about two couples learning how to live, and garden, next to each other. Captivating audiences with its humor and poignant comment on what it means to be good neighbors, Native Gardens is sure to entertain and enlighten. **Depart the Senior Center at 12:45 PM (for the 2:00 show). Cost is \$29 Reservation due by January 19th. Masks required in the theatre.**



FRIDAY FEBRUARY 3RD—Understanding Trusts and the Uniform Trust Code—Trust laws in Connecticut saw massive changes in 2020. You may have heard about these changes and may be wondering how these changes affect you. And if you don't have a trust, maybe now is the right time to finally create one. Join estate planning attorney, Jeff Rivard, who will give an easy-to-understand overview of the new Uniform Trust Code. You'll learn how the changes may or may not affect your existing trust and estate plans. Jeff will also give a general overview of trusts in Connecticut for those who may be thinking about creating a trust. You'll walk away understanding if a trust is something you actually need. Light refreshments will be served. **Program begins at 10:30am at the East Granby Senior Center. There is no cost for this program however registration is REQUIRED by January 26th.**



FRIDAY, FEBRUARY 24TH—Painting Fun—Back by popular demand - Artist Sandy Poirier will instruct this lesson on how to paint a beautiful winter 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. **NO EXPERIENCE NECESSARY. All supplies will be included. 10:00am at the East Granby Senior Center. Cost is \$15. Reservation and payment due by February 16th.**

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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Town of East Granby, 9 Center Street
East Granby, CT 06026

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

Kelly Jacobs,
Director of Senior Services
Open: Monday, Wednesday, Friday

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

EAST GRANBY PARKS & RECREATION

I ♥ NY NEW YORK CITY ON YOUR OWN—Saturday, December 3rd
Enjoy a day in the city, on your own, in the Big Apple. See Chinatown, Little Italy, Central Park, a museum, the zoo, a Broadway show or shop – use your imagination! The bus will be leaving East Granby Farms at 7:15AM and NYC at 6:00PM. Cost \$50.

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.