



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

MARCH—APRIL—MAY 2023



TRIPS . .

- ★ Cinemark Theatre
- ★ Vintage Radio Museum
- ★ Majestic Theatre
- ★ Travelers Chorale

SHOPPING . . .

- ★ Walmart
- ★ Big Y, Dollar Store, Job Lot
- ★ Christmas Tree Shop

PROGRAMS. . .

- ★ Financial Fraud Bingo
- ★ Down Under

HELLO SPRING!

Even though we have had a mild winter I am looking forward to longer & warmer days and all the beauty the Spring brings! We have some wonderful programs planned:

*We will kick things off with a trip to the movies to see **80 for Brady** for an entertaining afternoon at the movies! We will also enjoy a **Financial Fraud Bingo** program and a wonderful presentation on **Australia**. We will have trips to the **Radio Museum**, a must see musical of the **Buddy Holly** story and one of our favorites—the **Travelers Chorale** spring concert. 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!

Kelly Jacobs



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. (Masks required). Cost \$35
Call **(860)413-3334** for an appointment.



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 6th**
 - **Monday April 3rd**
 - **Monday May 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

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.

Energy Assistance – Applications are being taken at Social Services from residents of East Granby who wish to apply for the *CT Energy Assistance Program*. 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. For a household of one the income limit is \$39,761 and for a household of two it is 51,996. Contact Social Services for more information

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 transportation to the pantry. If you are in need of food, please call Social Services (860) 413-3328 or email elisec@egtownhall.com. To donate please call (860) 413-9015 or email friendtofriendeg@gmail.com. Food donations may be dropped off at bins outside the East Granby Community/Senior Center and the East Granby Congregational Church, and inside the East Granby Post Office, East Granby Public Library and Geissler's Supermarket in Granby. If you wish to make a monetary donation or local grocery store gift card you can either mail to Friend to Friend Food Pantry, P.O. Box 631, East Granby, CT 06026 or email friendtofriendeg@gmail.com.

Operation Fuel – Operation Fuel offers a one-time grant per household, per year for deliverable fuel oil, natural gas, electricity, kerosene, wood, propane, pellets and other energy sources. Income guidelines have increased this year and can be found on their website. The annual income limit for a household of one is \$66,270 and for a household of two it is \$86,661.



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.

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 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.



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.

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, 9 Center Street, East Granby, CT 06026



FRIDAY, MARCH 10TH—80 For Brady—Manchester, CT—Come and enjoy an afternoon at the movies at the state of the art Cinemark theatres. Relax in the luxury loungers that offer oversize, plush comfortable seating including features such as cup holders and reclining. 80 FOR BRADY is inspired by the true story of four best friends living life to the fullest when they take a wild trip to the 2017 Super Bowl LI to see their hero Tom Brady play. Starring Academy Award® nominee Lily Tomlin, Academy Award® winner Jane Fonda, Academy Award® winner Rita Moreno and Academy Award® winner Sally Field, with 7-time Super Bowl Champion and producer Tom Brady. There is nothing like seeing a movie on the big screen! **Depart the Senior Center early afternoon (Time TBD). Cost of admission is \$10. Reservation and payment due by March 5th.**



FRIDAY MARCH 24TH —Financial Fraud Bingo—Join us for this wonderful program sponsored by The Connecticut Department of Banking. Financial Fraud Bingo is played like regular Bingo, but each number is associated with a tip or a bit of information on consumer protection issues such as banking scams, investment fraud, cyber security, credit and debit management and more. It's a fun and interactive way to learn about protecting our personal information and our finances. Now more than ever this is a program you won't want to miss! **10:00am at the East Granby Senior Center (light refreshments will be served). There is no cost however reservation is required by March 16th. Transportation is available if needed.**



FRIDAY APRIL 14TH—Down Under—An fun journey to the amazing land of Oz —Join our presenter, Colleen van Hermert, newly arrived in America from Australia, who will take you on a fact, fun and food journey to the Land Down Under, otherwise known as "Oz". No airfares, long queues or seatbelts required for this trip! Just bring your curiosity, a healthy sense of humor and the eagerness to explore some of the surprising similarities and differences that await you when you arrive on the sunny shores of Australia. Take a peak at a little bit of history, geography, flora, and fauna, sport, character, cultural diversity, famous people and the laidback outdoors-loving lifestyle for which Australia is known. We will be serving some authentic Aussie refreshments with our morning tea. You don't want to miss this one mate! **10:00am at the East Granby Senior Center. There is no cost however reservation is required by April 6th. Transportation is available if needed.**



FRIDAY APRIL 21ST—The Vintage Radio and Communications Museum—Windsor, CT—The Vintage Radio and Communications Museum offers a fascinating and educational look back in time (and technology). Join us for a guided tour as we take a walk through history from Morse Code transmitters to radio & television to personal computers, and everything in between. Many of their displays are hands-on! Tap out your name in Morse Code; Tune a 1925 radio; Crank a wind-up phonograph; Listen to a home-made crystal set; Pick a song from a working juke box. We will stop for a casual lunch at the brand new Doro's Marketplace on Route 75 in Windsor Locks on the way home. It's sure to be a fun & nostalgic day! **Depart the Senior Center at 10:00 AM. Cost is \$5 (lunch is on your own). Reservation due by April 13th.**



SATURDAY, MAY 13TH —Buddy Holly at the Majestic Theatre—West Springfield, MA —Join us for a matinee at this wonderful intimate theatre. This timeless story of rock and roll, love and heartbreak will get audiences out of their seats and dancing in the aisles. The musical tells the story of Buddy Holly's dazzling rise to fame and the lasting legacy his music left on the world. Featuring over 20 of Buddy Holly's greatest hits including "Peggy Sue", "Everyday", "Oh Boy", "Rave On", and "Raining In My Heart"—plus Richie Valens's "La Bamba" and the Big Bopper's "Chantilly Lace". Whether you've seen Buddy before, or this is your first time, you'll happily find "That'll Be the Day" that rock & roll does "Not Fade Away"! **Depart the Senior Center at 12:45 PM (for the 2:00 show). Cost is \$31 Reservation and payment due by May 4th. Masks required in the theatre.**



THURSDAY, MAY 25TH —The Travelers Chorale Spring Concert—Hartford, CT ~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. This Annual Spring Concert is back & will be held in the Mortensen Hall at the Bushnell. **Depart the Senior Center at 6:15pm. There is no charge for this event but please bring a non-perishable food donation to benefit Hartford families in need. Reservation due by May 18th.**

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: Mondays, Wednesdays &
Fridays

Time Dated Material



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

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EAST GRANBY PARKS & RECREATION



NEW YORK CITY ON YOUR OWN—Saturday, June 10th

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 7:00AM and NYC at 6:00PM. Cost \$58.



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.