



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

JUNE—JULY—AUGUST 2023



TRIPS

- ★ Talcott Music Festival
- ★ Hammonasset Beach Park
- ★ Naumkeag
- ★ Yard Goats
- ★ American Mural Project
- ★ Drake Hill Flower Bridge

SHOPPING . . .

- ★ Big Y, Dollar Store
- ★ Walmart
- ★ Enfield

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 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! In July we will take a trip to the **Hammonasset Beach State Park** and also visit beautiful **Naumkeag** in the Berkshires. In August we will head back to the beautiful **Yard Goats** stadium for a fabulous baseball game, stop by the **Old Drake Hill Flower Bridge** and also visit the **American Mural Project** in Winsted. 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 to make your reservations. Also be sure to check Talk Turkey for updates!

Kelly Jacobs

SENIOR CELEBRATION

The Commission on Aging is hosting a special brunch to honor East Granby Residents 90 years old and older. Invitations will be mailed out by mid-August so please let us know if you are 90+ or if you know of a resident that is 90+. Please contact Senior Services at (860) 413-3334 or kellyj@egtownhall.com



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.

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 5th**
- **Monday July 10th**
- **Monday August 7th**

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: elise@egtownhall.com
Office Hours: Monday –Thursday 10:00–3:00
or by appointment

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 elise@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.

Renter's Rebate – The Elderly/Totally Disabled Renters rebate program is open until October 1, 2023 for seniors age 65 and over (or under 65 and on permanent long term disability receiving Social Security benefits) that rented in 2022 and have a total income less than \$40,300 for a single person and less than \$49,100 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 call Social Services for more information or to apply.

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.



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.

Summer Concert

Friday, August 25th

Come out to the Town Hall Green from 6:30-8:30pm and enjoy the Park & Rec last blast of summer concert featuring Still Kickin' with the Big City Horns. Bus Transportation is available. **Call (860) 413-3327 by August 17th to reserve a spot on the bus.**

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 a therapist (LCSW) where 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.

COA Meet & Greet

Tuesday July 11th & Tuesday August 1st

Join the Commission on Aging for a meet & greet dessert social July 11th at Higley and August 1st at Metacomet. 6:00-7:00pm in the Community Room. Learn about the COA, voice your concerns and get to meet the members. Refreshments will be served.



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

Good Sam 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

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, JUNE 9TH—Painting Fun—Back by popular demand - Artist Sandy Poirier will instruct this lesson on how to paint a beautiful summer 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 June 1st.**



FRIDAY JUNE 16TH—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, hat and a chair. **12:30-1:30 at the East Granby Senior Center. Cost is \$25. Reservation and payment due by June 8th. See enclosed flyer for more information.**



FRIDAY JUNE 30TH—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 1st).**



FRIDAY JULY 14TH—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 2 hours at the beach 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. No fee however cost for lunch is on your own. Reservation due by July 6th. Don't forget a hat & sunscreen! This program will be canceled in the event of inclement weather.**



TUESDAY JULY 25TH—Naumkeag—Stockbridge, MA. Naumkeag is a public garden and historic home in the heart of the Berkshires, Massachusetts. This 48-acre architectural masterpiece is, at its heart, a family home. In 1884, Joseph Choate, a prominent New York attorney and U.S. Ambassador to Great Britain, and his wife, Caroline, hired the famous architectural firm of McKim, Mead & White to design a summer retreat. The result was a 44-room shingle-style home, where several generations of the Choate family lived until daughter Mabel Choate bequeathed it to The Trustees in 1958. Join us for a unique guided tour of both the house and gardens! **We will depart the Senior Center at 8:45am. Cost is \$35 and includes a boxed lunch. Reservation and payment due by July 13th. Reservation and payment due by July 3rd.**

*Call (860)413-3334 or email kellyj@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, 9 Center Street, East Granby, CT 06026



SUNDAY AUGUST 6TH—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 Yeungling 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 1:10pm game. Cost is \$40 (includes game ticket and all you can eat buffet). Reservation and payment due by July 20th.**



FRIDAY AUGUST 11TH—Old Drake Hill Flower Bridge—Simsbury, CT This bridge is the most unique bridge in CT and is on the National Register of Historic Places. Join us for a 20 minute interactive presentation on the history and transformation of this beautiful bridge. This year the flower selections and colors will celebrate the Dutch artist Piet Mondrain. After the presentation we will eat our lunch outdoors in a shaded picnic grove beside the bridge on the bank of the Farmington River **We will depart the Senior Center at 11:00am. Cost is \$10 and includes a boxed lunch. Reservation and payment due by August 3rd. This program will be canceled in the event of inclement weather.**



FRIDAY AUGUST 18TH—American Mural Project—Winsted, CT—Join us for a guided tour of the largest indoor collaborative artwork in the world- a mural 120 feet long and five stories high. A tribute to American workers, the mural is a visual history of the country over the past century through its workers—from heart surgeons to steel workers, athletes to farmers, assembly workers to the fabricators of a 747. It serves as the center for AMP's education programs, and seeks to inspire, to educate, to invite collaboration, and to reveal to people of all ages the many contributions they can make to American culture. We will stop for a delicious lunch at Rowley's on the way home **Depart the Senior Center at 9:30am. Cost is \$8 (Cost of lunch is on your own). Reservation and payment due by August 10th.**



FRIDAY, AUGUST 25TH—P&R Summer Concert—East Granby, CT—Come out to the Town Center Pavillion and enjoy the last blast of summer concert featuring Still Kickin' with the Big City Horns. Bus Transportation is available. **Call (860) 413-3327 by August 17th to reserve a spot on the bus. Concert begins at 6:30pm. Bring your own chair!**

*Call (860)413-3334 or email kellyja@egtownhall.com to make your reservations.
Also be sure to check Talk Turkey for updates!*

EAST GRANBY SENIOR CENTER



SUMMER FUN CONCERT



Friday, June 16th

12:30-1:30pm

Outside at the Senior Center—Cost \$25

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, hat and a chair

Pre-Registration/Payment (\$25/pp) is required—due by June 8th

Payments can be made by:

Dropping off at any town hall office or

by mail to EG Senior Services, 9 Center Street, 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

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, 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



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 or mail registration form to: 9 Center Street, East Granby, CT. 06026. There is also 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