



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

SEPTEMBER—OCTOBER—NOVEMBER 2023

TRIPS . .

- *Hebron Fair
- *The Big E
- *Prudence Crandall Museum
- *Crystal Ridge Winery
- *Florence Griswold Museum



SHOPPING . . .

- *Walmart
- *Job Lots/Big Y/ Dollar Store
- *Stew Leonards/Footprints



**Election day
November 7th**

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

FLU CLINIC

Monday October 16th

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, October 24th

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 October 16th

To reserve your seat.

FALL IS JUST AROUND THE CORNER...

*I cannot believe summer is coming to an end! 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 try out the **Hebron Fair** (It's free!), take a trip to New England's great state fair, **The Big E** and we will also visit the **Prudence Crandall Museum**. In October we will take a leisurely drive to visit the **Florence Griswold Museum** and enjoy a lovely wine tasting at the beautiful **Crystal Ridge Winery**. In November we will have a wonderful visit from celebrity make up artist Joby Rogers who will show us how to look our best—just in time for the Holidays!*



Our exercise program Get Fit continues and we are offering a free class on September 13th so why not give it a try and maybe bring a friend?

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

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!



Dancing Feet Foot Care

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 13th****

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 18th**
- **Monday October 2nd**
- **Monday November 13th**
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



Individual Therapy – Are you stressed? Overwhelmed?

Grieving? Need someone to talk to? Schedule an appointment with a licensed therapist.(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
Office Hours: Monday-Thursday 10:00am-3:00pm

Energy Assistance – Applications will be taken after October 1st from residents of East Granby who wish to apply for the *CT Energy Assistance Program*. New this year, applications can also be made on-line. 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. Please contact Social Services for more information on income limits and requirements or visit the State of CT website www.ct.gov and search *CT Energy Assistance*.

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. To volunteer or donate please call (860) 413-9015 or email 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, 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.

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 11, 2023, from 6pm to 7pm for the sole purpose of hearing appeals related to assessment of motor vehicles listed on the October 2022 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 21st (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 small jobs, fall clean up, 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



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

East Granby Wellness Fair

**Monday October 16th
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

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



TUESDAY, SEPTEMBER 5TH—Congressional Medicare/Social Security Update—Congressman John Larson will be at the East Granby Senior Center to discuss new benefits available to Medicare and Social Security recipients this year and his legislation, the Social Security 2100 Act, which will enhance benefits for the first time in more than 50 years and strengthen the program for years to come. **10:00am-11:00am at the East Granby Senior Center.**



FRIDAY, SEPTEMBER 8TH —Hebron Harvest Fair—Hebron, CT Hebron Harvest Fair is the annual fall event in the charming town of Hebron, Connecticut. The festival, which takes place every September, features live music performances, racing pigs, a horse show, livestock exhibits, a bike stunt show, a firefighters' show, and animal pulling contests. Folks of all ages can enjoy animal barns, demonstrations, and contests. In addition to that, there are plenty of food vendors and a beer & wine garden for adults. **Admission is FREE for those 65+.** We will depart the senior center at 11:15am and we will leave at 2:30pm to return home. **Reservation due by August 31st** (This event will be cancelled in the event of inclement weather).



FRIDAY, SEPTEMBER 8TH AND FRIDAY, SEPTEMBER 15TH —Mental Health First Aid—Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. You will build the skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support. **This is a two day course; 1:00pm-5:00pm at the East Granby Senior Center. There is no cost for this program however reservation is required by August 25th.**



THURSDAY, SEPTEMBER 21ST—Keys Bags Names Word Documentary—Join us on World Alzheimer's Day for this important documentary. Dementia is one of today's greatest fears. This documentary aims to shift that narrative of fear and hopelessness to one of hope and action. There are things we can do as individuals to reduce our risk of developing dementia. There are ways to connect meaningfully with our loved ones, even if they no longer recognize us. We can live a high quality of life after diagnosis. *Keys Bags Names Words* shows intimate profiles of people living with dementia and their care partners. You'll meet doctors discussing what you can do in your life to support brain health and prevent cognitive decline. And you'll also meet musicians and artists, scientists and policy experts from around the world engaged in a bold approach to tackle what has become the greatest global challenge for health and social care in the 21st century, dementia and brain health. This film is not a lament to loss, but a quirky and inspiring lens on the human spirit. **1:00pm at the East Granby Senior Center. Program is Free however reservation is required by September 14th.**



FRIDAY, SEPTEMBER 22ND—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 \$12. Reservation and payment due by September 14th.**



FRIDAY, SEPTEMBER 29TH —Prudence Crandall Museum—Canterbury, CT- Join us for a beautiful ride to Connecticut's quiet corner. Prudence Crandall is Connecticut's Official State Heroine. In 1832, Crandall, the white principal of the Canterbury Female Boarding School, was approached by a young Black woman named Sarah Harris asking to attend the school. Encouraged by conversations with both Harris and Maria Davis, a Black woman who worked for Crandall and shared copies of the abolitionist newspaper *The Liberator* with her, Crandall agreed to admit Harris. Join us as we learn about how these two brave women played a role in striving for education equality that shaped the nation! We will stop at Fenton River Grill for lunch on our way home. **Depart the Senior Center at 10:15am. Cost is \$10 (Lunch is on your own). Reservation and payment due by September 21st.**

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



FRIDAY, OCTOBER 13TH—Crystal Ridge Winery—Glastonbury, CT, Come and enjoy a wonderful afternoon as we go on a scenic ride, taking in the beautiful fall foliage, on our way to our destination. Our first stop will be the Belltown Hill Orchards where you can browse the farm market & bakery and grab a snack to enjoy with your wine tasting or save it to take home. You can also do some quick apple picking from the orchard! Next we will head to the winery where we will relax at this lovely vineyard and enjoy a tasting of 5 different wines while snacking on some light snacks (you will also receive a complimentary wine glass to take home). You won't want to miss this fun trip! **Depart the Senior Center at 2:30pm. Cost \$25. Reservation and payment due by October 5th.**



FRIDAY, OCTOBER 20TH —Florence Griswold Museum— Old Lyme, CT- Situated along the picturesque Lieutenant River in Old Lyme, Connecticut, the Florence Griswold Museum embodies the artistic spirit of its legacy as the home of the Lyme Art Colony. From the impressive Georgian architecture of the home of namesake Florence Griswold, to the light-filled and modern spaces of the Kriebler Gallery, to the rolling landscape of the 12-acre site, the Florence Griswold is a truly special place that is privileged to serve as the home of American Impressionism. We will begin with a docent led tour of the *Abandon in Place: The Worlds of Anna Audette* exhibition. We will pause for lunch on site at Café Flo and then you are on your own to explore the Wee Faerie Village – immerse yourself in the spirit of imagination and whimsy that comes from visiting nearly 30 pint-sized installations with this year's underwater world theme! It's sure to be a magical day for all! **Depart the Senior Center at 9:40am. Cost is \$40 (includes lunch). Reservation and payment due by October 12th.**



MONDAY OCTOBER 16TH —East Granby Wellness Fair—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! **3:30-6:00pm at the East Granby Senior Center.** Flu shots will also be available from the Farmington Valley Visiting Nurse Association by walk in or appointment by calling (860) 651-3539.



TUESDAY, OCTOBER 24TH —AARP Driver Safety Course—Completion of this course may result in a savings on your car insurance! Cost is \$20 for AARP members and \$25 for non-members. Call (860) 413-3334 by October 16th to reserve your seat. **9:00am –1:00pm at the East Granby TOWN HALL.**



FRIDAY, NOVEMBER 17TH —Painting Fun—Back by popular demand - Artist Sandy Poirier will instruct this lesson on how to paint a beautiful picture. 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 November 9th.**



TUESDAY, NOVEMBER 28TH—Makeup for Mature Women— Just in time for the holidays! Join Joby Rogers, certified professional and celebrity makeup artist, as he presents a 2.5 hour forum for women to experience and learn how to create a makeup style that compliments their personal features and skin tone. Participants will explore products and tools and 'must haves' for their personal makeup collection. There will be hands-on makeup demonstrations. You will leave knowing that with a little practice you can perfect your personal appearance for all occasions. Participants are encouraged but not required to bring their own personal makeup and brushes for a professional evaluation. Learn about: application essentials and techniques, keeping your makeup and brushes clean and sanitary, using the right brush for the right application, choosing the right base, concealer, and foundation, interpreting tones and colors, contouring, highlighting and blushing, eye shadow color rules and application, brow shaping and correcting, lip color rules and advice on reshaping, personal makeup questions and review of personally used makeup. Joby will not disappoint! Space is limited. **4:00pm at the East Granby Senior Center. There is no cost for this program however reservation is required by November 16th.**

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



Volunteer Medical Transportation Program



Greater Hartford/Central CT RSVP is seeking volunteers to help transport seniors and/or veterans to medical appointments when dial-a-ride isn't available in their local communities. Volunteers must be willing to volunteer just a few hours per month by **simply being on an email 'call-list' to help seniors and veterans get to their medical appointments when your calendar is 'free' no pressure at all just accept rides when it's convenience for YOU!**

Please contact Theresa Strong, RSVP Manager, to schedule a one-on-one meeting to learn more about the above opportunity – **WE NEED YOUR HELP!!!**: Email: strongt@crtct.org / Cell: (860) 519-3484

Medical Transportation Driver Perks

Apart from fulfilling some basic human needs and encouraging improved social, psychological and physical health, there are some tangible benefits of being an RSVP volunteer. These benefits include:

- **Placement & Personnel Services:** RSVP staff will make a concerted effort to find the placement you desire to suit your needs and schedule. We will always be there to support you.
- **Mileage Reimbursement:** Funding is provided to reimburse volunteers of the Medical Transportation program for their mileage to and from their own residence.
- **Recognition:** In an effort to show our appreciation for your significant contributions as volunteers, we promote volunteer efforts through the media and host annual recognition events where volunteers can socialize and be praised for their dedication to RSVP programs.
- **Insurance:** RSVP provides insurance coverage on all members through secondary personal liability and accidental death & dismemberment policies. Your coverage is in effect from the moment you leave your home, and while you are engaged in volunteer activities, until you return.
- **Training:** Volunteer drivers receive on-going training, auto insurance discounts and the resources that they need to perform their assignments effectively.
- **Other Benefits:** Volunteering is a great opportunity to make a difference in someone's life, be part of a team, share your experience, learn new skills and develop lasting friendships.



2023
Flu Clinic at the
East Granby Senior Center
Monday: October 16 - 3:30 to 5:30 pm



Insurances accepted:
MEDICARE Part B as primary insurance
Aetna – Regular & Medicare
ConnectiCare – Regular & Medicare
Anthem – Regular & Medicare
Harvard Pilgrim HealthCare
Please bring your medical insurance card.

Insurance NOT accept: CIGNA, Care Partners of CT, Health New England and United Health Care

Vaccines available:

Regular for ages 9 & older

High Dose for adults over 65

Call: Farmington Valley VNA (860) 651-3539 for an appointment. Walk-ins welcome.

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: Monday, Wednesday, Friday

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 ACTIVITIES



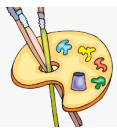
NEW YORK CITY ON YOUR OWN—Saturday, December 2nd

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: \$12 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.