



Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

DECEMBER 2023—JANUARY—FEBRUARY 2024



TRIPS . . .

- * Yankee Candle
- * Travelers Chorale
- * Foxwoods
- * Moss Life

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 a fun outing at **Yankee Candle**—a great place to get your holiday shopping list complete! Next is our wonderful holiday party and the fabulous music of **The Blaney Brothers**—sure to set the tone for the season. To add to all the festive fun we will travel to the Bushnell for the amazing **Travelers Chorale**. In January we will have a fabulous presentation to help with our furry friends from the **CT Humane Society** and a fun day trip to **Foxwoods Casino**—the perfect way to fix the winter blues! In February we will connect with our inner artist while we try some **Painting Fun** and create our own terrarium with a visit from the folks of **Moss Life**.

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!

Kelly



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.

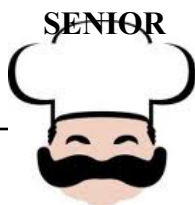


CT INFO LINE—DIAL 211—
Vital resource to find available
community services.

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!



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 **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 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 4th**
- **Monday January 8th**
- **Monday February 5th**
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 also 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 2023-24 winter season are \$41,553 for a household of **one** and \$54,338 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 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.

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, DECEMBER 1ST—Yankee Candle—Deerfield, MA— Come and enjoy a fun day of lunch and shopping at the Yankee Candle Flagship store. We will start off by grabbing an early lunch at Wild Roots in Sunderland then head to our next stop- Yankee Candle where you will have an opportunity to buy all your holiday essentials! Before we head back home we will make one last stop at Richardson's candy shop to grab all those delicious holiday treats! **Depart the senior center at 9:45am. There is no charge for this trip (lunch on your own). Reservation due by November 24th.**



FRIDAY, DECEMBER 8TH—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 (vegetarian option available by request) and some sweet treats for dessert. We will enjoy the wonderful music of the Blaney Brothers who will delight you with some holiday classics. 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 November 30th.**



WEDNESDAY DECEMBER 20TH —The Travelers Chorale Holiday Concert,—Hartford, CT ~One of our favorite trips of the year! 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 Plainville Wind Ensemble. This 97th 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 12th.**



FRIDAY JANUARY 19TH— Pet Boredom Busters Presented by CT Humane Society—Bad weather, injuries, short winter days: These are just a few of the many reasons pets may not get enough exercise and become bored. Keeping pets entertained is important for their physical and mental health. Without enough activity, boredom can quickly turn into destructive behavior. So, what can you do to curb your pets' boredom and keep them happy and healthy? During this program different tips and tricks to keep all types of pets active will be discussed. From snuffle mats to pet piñatas, and potted cat grass to braided rope toys, there's something for everyone! Light refreshments will be served. **Program begins at 1:00 PM at the East Granby Senior Center. There is no charge for this presentation. Reservation due by January 11th.**



FRIDAY JANUARY 26TH —Foxwoods Casino—Ledyard, CT—Winter blues getting you down? Join us for a fun day at the Foxwoods casino. Foxwoods is the largest resort casino in North America and offers a vast array of gaming in seven casinos, restaurants from gourmet to quick serve, a world-renowned spa, and lots of shopping! You will be on your own to play in the casino, shop, try the spa and/or eat till your heart's content! **Depart the Senior Center at 10:00am. We will depart the casino at 3:00pm. Cost is \$5 Reservation due by January 18th.**



FRIDAY, FEBRUARY 9TH —Painting Fun— 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 1st.**



FRIDAY FEBRUARY 16TH —Moss Life—Welcome to a terrarium crafting workshop, where you'll embark on a delightful journey into the world of miniature ecosystems. Terrariums are not just beautiful pieces of natural art; they're self-contained gardens that thrive within a glass container. In this hands-on class, you'll learn the essential skills and techniques to create your own captivating terrariums, whether as home decor, personalized gifts, or unique centerpieces. Join us for a fun day of creating! All supplies will be included. **10:00am at the East Granby Senior Center. Cost is \$25. Reservation and payment due by February 8th.**

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

PRESORTED STANDARD
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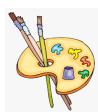


CHECK US OUT ON THE WEB:
<http://eastgranbyct.org>

EAST GRANBY PARKS & RECREATION

I ♥ NY NEW YORK CITY ON YOUR OWN—Saturday, December 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 (@ EG Farms) and Thursdays (@ Senior Center) Time: 6:30 pm-7:30 pm



ADULT PAINTING & WATERCOLOR—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.