



# Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

SEPTEMBER—OCTOBER—NOVEMBER 2024

## TRIPS . .

- \* Hilltop Orchards
- \* The Big E
- \* Sunset Meadow Winery
- \* Crepes Tea House
- \* Stanley-Whitman House
- \* Wistariahurst Museum



## SHOPPING . . .

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



**Election day  
November 5th**

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

## FLU CLINIC

**Monday October 7th  
3:30-5:30 PM  
East Granby Senior Center**

Appointments can be made  
by calling the Farmington Valley  
Visiting Nurse Association  
(860) 651-3539



**Thursday, November 7th  
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 30th  
To reserve your seat.

## FALL IS JUST AROUND THE CORNER...

*I cannot believe summer is coming to an end! As I write this it is 90+ degrees and humid. Although I will miss these warm days of summer and the thrill of watching the Olympic games this year 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 travel to the Berkshires to visit **Hilltop Orchards** and take a trip to New England's great state fair, **The Big E**. In October we will enjoy a lovely wine tasting at the beautiful **Sunset Meadow Winery** and be treated to some spooky stories at the **Stanley Whitman House** to get us ready for Halloween. In November we will travel to Holyoke to visit the **Wistariahurst Museum!***



*Our exercise program **Get Fit** continues as well as our **Tai Chi** classes. We are offering a **free class on September 10th & 11th 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](mailto:kellyj@egtownhall.com) to make your reservations. Also be sure to check Talk Turkey for updates!*

## 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 \$40



## 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 11th\*\***

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 9th**
- **Monday October 7th**
- **No screening in November**  
**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**

**Parkinson's Disease Support Group** – Second Monday of each month 2:00-3:00pm at Duncaster 4th floor, 30 Loeffler Rd., Bloomfield. You will have a chance to give/receive support to/from those who have Parkinson's, their families, and their caregivers. This is a great way to learn about the latest research, get practical information and education about Parkinson's and find emotional support. Call Karen (860) 380-5024 for more information.





**Social Services Director: Elise Cosker**  
**Phone: (860)413-3328**  
**Email: [elisec@egtownhall.com](mailto:elisec@egtownhall.com)**  
**Office Hours: Monday-Thursday 10:00am-3:00pm**

**Energy Assistance** – Applications will be taken after October 1<sup>st</sup> from residents of East Granby who wish to apply for the *CT Energy Assistance Program*. Applications can also be made on-line at <https://portal.ct.gov/heatinghelp/applyonline>. 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](http://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 [elisec@egtownhall.com](mailto:elisec@egtownhall.com). To volunteer or donate please call (860) 413-9015 or email [friendtofriendeg@gmail.com](mailto: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, 2024 for seniors age 65 and over (or under 65 and on permanent long term disability receiving Social Security benefits) that rented in 2023 and have a total income less than \$43,800 for a single person and less than \$53,400 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 (date/time TBD) for the sole purpose of hearing appeals related to assessment of motor vehicles listed on the October 2023 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 19th (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

**East Granby Wellness Fair**

**Monday October 7th  
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**



**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**

*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, SEPTEMBER 13TH — Hilltop Orchards**—Richmond, MA Join us for a lovely ride to the Berkshires and enjoy a wonderful tour of the cidery where you will get to see the entire process from orchard to can right there on site at the orchard! We will also partake in a hard cider tasting as we take in the aroma of freshly made apple cider donuts (we get to eat one too). There will be a short time to go apple picking or shop at the gift store before we leave. On our way home we will stop for lunch at the historic Red Lion Inn. You don't want to miss this wonderful trip! **Depart the Senior Center at 9:00am. Cost is \$15 (Lunch on your own). Reservation and payment due by September 5th.**



**FRIDAY, SEPTEMBER 20TH—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 \$11. Reservation and payment due by September 12<sup>th</sup>.**



**FRIDAY, SEPTEMBER 27TH —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 \$18. Reservation and payment due by September 19th.**



**FRIDAY, OCTOBER 4TH —Sunset Meadow Vineyards**— Goshen, CT- Come and enjoy a wonderful afternoon as we go on a scenic ride, taking in the beautiful fall foliage, on our way to the Litchfield hills. The Sunset Meadows motto is "From Ground to Glass". They are a sustainably farmed vineyard with over 170 acres producing 15 varieties of grapes. Their winemaker takes great pains to bring you crisp, clean whites and rich, well-balanced reds. We will enjoy a tasting of different wines and then sit back and relax as we enjoy a delicious boxed lunch. There will also be time to visit the gift shop filled with local CT products and wine-related items as well. You won't want to miss this fun trip! **Depart the Senior Center at 10:30am. Cost is \$35 (Includes Lunch). Reservation and payment due by September 26th.**



**FRIDAY, OCTOBER 18TH —Crepes Tea House** —Southwick, MA-Who says you have to wait until Sunday for brunch? Join us for a wonderful meal at Crepes Tea House which features high quality specialties from around the world prepared fresh daily. They have a varied menu which includes over 100 teas, delicious sweet and savory crepes, soups, salads, and breakfast served all day! **Depart the Senior Center at 11:00 AM. Reservation by October 10th.**



**TUESDAYS (SEPTEMBER, OCTOBER & NOVEMBER) —Tai Chi & Qigong**— Tai Chi is a low-impact, slow motion exercise with many health benefits. It can be practiced by people of all fitness levels The movements in Tai Chi are gentle and flowing, like water flowing through a brook. Tai Chi improves muscle strength, flexibility, and balance, while also having some aerobic benefit. It has many health benefits, and it is also an excellent way to relieve stress. Qigong is a 7,000-year-old Chinese healing system that uses specific breathing techniques, postures, and movement. Together, Tai Chi and Qigong will help you center your body, mind, and spirit, while helping you to develop flexibility, balance, and strength. **2:00pm at the East Granby Senior Center (no class 9/3, 10/22, 10/29, 11/5) . Cost is \$8 per class, drop in. Free class on September 10th so why not give it a try!**

Call (860)413-3334 or email [kellyj@egtownhall.com](mailto: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 25TH — Halloween Tales of New England at the Stanley**

**Whitman House**— Farmington, CT- Descend into the mystique of New England's haunted past at the iconic Stanley Whitman House. Join us fireside in the Whitman Tavern to be enthralled by the legendary Dennis Picard, who has meticulously uncovered chilling tales from town records, ancient journals, and long forgotten newspapers. Don't miss this unique opportunity to embark on a journey thorough time and experience tales from a time when the boundary between the real and the supernatural was thin. We will hear a blend of history and mystery rapped in the charm of 18<sup>th</sup> and 19<sup>th</sup> century storytelling of eerie narratives of witches, vampires and uncanny occurrences and riveting tales of murder and mayhem from CT towns including Avon, Granby and Ellington. You won't want to miss the Spooktacular event! **Depart the Senior Center at 3:15pm. Cost is \$5 (will be donated to the museum). Reservation and payment due by October 17th.**



**MONDAY OCTOBER 7TH —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.



**FRIDAY, NOVEMBER 1ST —Wistariahurst**—Holyoke, MA Join us as we immerse ourselves in the rich history of Wistariahurst, the former home of William Skinner, a prominent silk manufacturer. It occupies an entire city block in central Holyoke and is named for the abundant wisteria vines which cascade across its eastern facade. Originally constructed in Williamsburg in 1868, the mansion designed by Northampton architect William Ferro Pratt was moved to Holyoke in 1874, following the devastating flood which swept away the original Skinner mills. The museum today provides a view into the lives and tastes of the two generations of the Skinner family that lived in it. The museum features original leather wall coverings, columns, elaborate woodwork and an interesting tale of how two generations perceived and used the house very differently. The museum's permanent collection includes decorative arts; paintings and prints, textiles, and a rich manuscript collection of family and local papers. After our visit we will stop for lunch at Red Rose on our way home for some delicious Italian food. **Depart the Senior Center at 10:20am. Cost is \$12 (Lunch is on your own). Reservation and payment due by October 16th.**



**TUESDAY, NOVEMBER 7TH —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 30th to reserve your seat. **9:00am –1:00pm at the East Granby TOWN HALL.**



**FRIDAY, NOVEMBER 15TH—Senior Medical Patrol**— Please join Audrey Cole, Program Coordinator for Senior Medicare Patrol (SMP) from the Western CT Area Agency on Aging (WCAAA) in a group discussion on the latest Medicare frauds impacting our local communities. Health care fraud drains billions of dollars out of our pockets every year, with Medicare one of the leading programs within the federal government where the loss is extremely high. This important program will assist in empowering you and your family members to protect confidential banking information and health care accounts and learn to detect and report suspected improper or suspect behaviors. A question & answer session will follow. **10:00am at the East Granby Senior Center. Light refreshments will be served. There is no cost for this program however reservation is required by November 7th.**

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



**AmeriCorps  
Seniors**

## 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](mailto: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.



**Farmington Valley**  
Visiting Nurse Association

**2024**

**Flu Clinic at the  
East Granby Senior Center**

**Monday: October 7th - 3:30 to 5:30 pm**



#### *Insurances accepted:*

**MEDICARE Part B as primary insurance**

*Aetna – Regular & Medicare*

*United Healthcare– Advantage*

*Anthem – Regular & Medicare*

*Harvard Pilgrim HealthCare*

**Please bring your medical insurance card.**

*Insurance NOT accepted:* CIGNA, Connecticare, Care Partners of CT, Health New England and United Health Care-Commercial and Wellcare

#### **Vaccines available:**

**Regular** for ages 18 & older

**High Dose** for adults over 65

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

# Senior Moments

PRESORTED STANDARD  
U.S. POSTAGE PAID  
AVON, CT  
PERMIT NO. 503

EAST GRANBY SENIOR NEWSLETTER

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

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

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

**Time Dated Material**



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

## EAST GRANBY PARKS & RECREATION ACTIVITIES



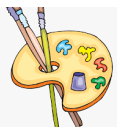
**NEW YORK CITY ON YOUR OWN**—Saturday, December 7th

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 \$68.



**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](http://eastgranbyrec.com) or call the Parks & Recreation department at (860)653-7660 for more information and reservations.*