



# Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

MARCH—APRIL—MAY 2025



## TRIPS . . .

- \*Cinemark Theatre
- \*Tuckers
- \*Blue Iris Farm
- \*Travelers Chorale
- \*Olde Mystick Village

## SHOPPING . . .

- \*Walmart
- \*Big Y, Dollar Store, Job Lot
- \*Target
- \*Trader Joe's
- \*Price Chopper
- \*Enfield

## PROGRAMS. . .

- \*Cupcake Decorating
- \*Matter of Balance
- \*SAFE Self Defense
- \*Painting Fun

## HELLO SPRING!

*As I write this, the high temperature for the day will be 18°. Needless to say I am looking forward to Spring and seeing the tulips and daffodils begin to bloom! I can't wait for longer & warmer days and all the beauty the Spring brings! We have some wonderful programs planned this Spring.*



*We will kick things off in March with a trip to see **Last Breath** for an entertaining afternoon at the movies! We will also be creative with a **cupcake decorating class**. In April, we will enjoy lunch at **Tuckers** and try out a new **Self Defense class**. We will also bring out our inner artist with our popular **Painting Fun class**. In May we will have trips to one of our favorites—the **Travelers Chorale** spring concert as well as **Blue Iris Farm** and a trip to **Olde Mystick Village**. Our exercise program **Get Fit and Tai Chi** 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](mailto:kellyj@egtownhall.com) to make your reservations. Also be sure to check Talk Turkey for updates!*

*Kelly Jacobs*

## AARP Tax-Aide

### FREE

AARP Tax-aid 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 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



**Men's & Women's Breakfast**  
@ the Granby Senior Center

**Men's Breakfast**  
Second Friday of the month

**Women's Breakfast**  
First Wednesday of the month

Enjoy a wonderful morning of conversation and entertainment while Dining on a delicious meal!

**Call (860) 844-5350**  
**for more information**  
Time: 8:30 am  
Cost \$5



## Dancing Feet— 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. Cost \$40

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 posture. 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 3rd**
  - **Monday April 7th**
  - **Monday May 5th**
- 11:00am-12:00pm**

at the East Granby Senior Center

*Provided by the Farmington Valley VNA*



## AFTERNOON AT THE MOVIES

Wednesdays at 1:00PM



Movies are screened in the East Granby Library.  
Call the library at **(860) 653-3002** or check their website **www.egpl.org** for the movie schedule.



## GRANDPARENTS SUPPORT GROUP

Thursday 12:00 PM—Granby Senior Center—Bring a bag lunch and join others like yourself to share friendships, 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](mailto: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, 20 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 \$45,505 and for a household of two it is \$59,507. There is no asset restriction. Please 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. If you are in need of food, please call Social Services (860) 413-3328 or email [elisec@egtownhall.com](mailto:elisec@egtownhall.com). To donate please call (860) 413-9015 or email [friendtofriendeg@gmail.com](mailto: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 mail 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 for application from April 1<sup>st</sup> until September 30<sup>th</sup> for seniors age 65 and over (or under 65 and on permanent long term disability receiving Social Security benefits) that rented in 2024. The income limit for an individual is \$45,200 and it is \$55,100 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 contact Social Services 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**

**EAST GRANBY CARES DAY**  
**SATURDAY April 26th (Rain Date TBD)**

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 outdoor jobs, yard work, etc. assisting those in the community who are no longer able to keep up with these tasks. 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**  
 Connecticut

**HOMEOWNER’S TAX RELIEF**

**The Assessor’s office is currently taking applications for elderly & totally disabled homeowners which provides tax relief on their real estate taxes.**

**The filing period is open and runs through May 15, 2025.**

**Requirements are:**

- ♦ **Elderly applicants must be 65 years or older as of 12/31/24**
- ♦ **Totally disabled applicants do not have an age requirement**
- ♦ **All applicants must own and be permanent resident of a dwelling in East Granby**
- ♦ **Meet income guidelines (Single \$45,200-State, \$51,200-Local or Married \$51,100-State, \$61,100 Local)**

**Please call the Assessor’s Office (860) 653-2852 for more information or to make an appointment.**



**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. Contact Senior/Social Services. (860) 413-3334 or (860) 413-3328.



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**Medication Disposal Pouches**

Drug deactivation and disposal pouches are now available. The pouches can be used anywhere, anytime, and thrown into the regular household trash, eliminating risk of both misuse and a negative environmental impact. These pouches make it simple to ensure that unused medications in our homes are safely disposed of. They’re easy to use – just 30 seconds and the job is done. Pick one up at the East Granby Senior Center. (860) 413-3334

*Checks should be payable to 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 7<sup>TH</sup> – Cupcake decorating class-** Sponsored by Stonebrook Village in Windsor Locks. Join the pastry chef from Stonebrook Village as we decorate a St. Patrick's themed cupcake to eat on site or take home for later! All materials will be provided. **Program begins at 11:00 AM at the East Granby Senior Center. There is no charge for this program however, registration is required by February 27th.**



**MONDAYS, MARCH 17<sup>TH</sup> THROUGH MAY 5<sup>TH</sup> —Matter of Balance**—Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. In this 8-week program you will learn to view falls as controllable, set goals for increased activity, make changes to reduce fall risks at home and exercises to increase strength and balance. Who should attend? Anyone concerned about falls, anyone interested in improving balance, flexibility and strength Anyone who has fallen in the past and anyone who has restricted activities because of falling concerns. Presented by Farmington Valley Health District. **1:00pm-3:00pm at the East Granby Senior Center. There is no charge for this program however, registration is required by March 6th.**



**FRIDAY, MARCH 21<sup>ST</sup>—Last Breath**—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. There is nothing like seeing a movie on the big screen! Based on a true story, Last Breath is a heart-pounding film that follows seasoned deep-sea divers as they battle the raging elements to rescue their crew mate trapped hundreds of feet below the ocean's surface. Starring Woody Harrelson, Simu Liu, Finn Cole, Cliff Curtis and Djimon Hounsou, Last Breath is an electrifying story about teamwork, resilience, and a race against time to do the impossible. **Depart the Senior Center early afternoon (Time TBD). Cost of admission is \$11. Reservation due by March 13th.**



**FRIDAY APRIL 4<sup>TH</sup>—Think S.A.F.E.**—Situational Awareness and Self-Defense for Seniors is not a class about fear but rather empowerment. Unfortunately, senseless acts of violence have increased over the past few years. Paying attention to our surroundings as we go about our day becomes critical for our safety. In this two hour class we focus heavily on prevention. You will learn all about situational awareness which is the ability to see, understand and react to what is going on around you. You will learn how to take your intuition or gut feelings to the next level giving you critical thinking skills to recognize potentially dangerous situations. We will also get into the mindset of a would-be attacker and learn what you can do to stop the threat. In the second part of this class, you will learn simple but effective self-defense techniques. Techniques that everyone will be able to master. Allowing you to get out of choke holds and grabs. If you are not comfortable participating in the physical portion of the class, you are encouraged to stay and observe. Dress comfortably and bring a water bottle if you would like. It is never too late to learn how to take your personal safety to the next level. **10:00am-12:00pm at the East Granby Senior Center. Cost is \$8. Reservation and payment due by March 27th.**

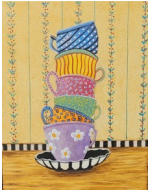
Call (860)413-3334 or email [kellyj@egtownhall.com](mailto:kellyj@egtownhall.com) to make your reservations.  
Also be sure to check Talk Turkey for updates!

*Financial assistance may be available for income eligible East Granby residents.  
Please contact Social Service (860) 413-3328 or [eliseec@egtownhall.com](mailto:eliseec@egtownhall.com) for more information.*

*Checks should be payable to 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, APRIL 11TH —Lunch Bunch—Tuckers** —Southwick, MA-In 1982, under the scrupulous care of William "Tucker" Kavanaugh, Chef Michael Anderson's culinary career started at Storowton Tavern with the title of "Dishwasher". With time, experience, and an education, Mr. Anderson's responsibilities grew to involve food, and his titles grew more dignified over time. In 1999, Michael resigned as Executive Chef of Chandler's Tavern and created Tucker's with a truly elegant fair! **Depart the Senior Center at 11:15 AM. Reservation by April 3rd.**



**FRIDAY, APRIL 25TH —Painting Fun—** 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. **NO EXPERIENCE NECESSARY.** All supplies will be included. This is a senior center favorite with limited spots so don't delay—register today! **10:00am at the East Granby Senior Center. Cost is \$18. Reservation and payment due by April 16th.**



**FRIDAY, MAY 9TH—Blue Iris Farm—**Lebanon, CT—Blue Iris Farm is a picturesque animal rescue farm nestled in the charming town of Lebanon, Connecticut. With 114 pastoral acres, Blue Iris's mission is to rescue farm animals from various situations, provide them with a forever home, and to offer a peaceful retreat to those seeking respite from the chaos of daily life. Guests of the farm can take part in a range of activities that include visiting the rescued animals, walking alongside goats through beautiful fields and trails, enjoying stops at a fairy house and tipi with stunning views, witness the fascinating world of honey bees in the observation hive and relax in the tranquil environment. The farm's gentle animals and warm atmosphere create an environment where everyone can feel comfortable and at ease! After our visit we will stop at Roberto's Log Cabin for a delicious lunch. You won't want to miss this fun-filled day! **Depart the Senior Center at 9:00am. Cost is \$20 donation to the farm (lunch is on your own). Wear comfortable clothes and shoes. Rain date is Friday May 23rd. Reservation and payment due by May 1st.**



**DATE TBD —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 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. Reservation due by TBD. Check the March Talk Turkey for updates.**



**FRIDAY, MAY 30TH —Olde Mistick Village on your own—**Mystic, CT—Come spend a relaxing day in Olde Mistick Village. Stroll the beautiful paved walkways and enjoy shopping in distinctive buildings designed to represent a New England Village of about 1720. In the village, there are picturesque settings of flowers, trees, and duck ponds that surround you as you stroll, relax and unwind. The shopkeepers pride themselves on offering you some of the most interesting and unique items from Mystic and around the world. Once you worked up an appetite, visit some of Mystic's best restaurants for a bite to eat. There are many benches and rest areas to catch your breath, unwind, and enjoy the beautiful surroundings and let your mind slip back to another era! **Depart the Senior Center 9:00am. This will be an "on your own" excursion. We will depart at 2:00pm to return home. No cost however, reservation is required by May 22nd.**



**SAVE THE DATE: Annual Summer Concert: FRIDAY, JUNE 13TH**

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!

Financial assistance may be available for income eligible East Granby residents.

Please contact Social Service (860) 413-3328 or [elise@egtownhall.com](mailto:elise@egtownhall.com) for more information.

# LIFE WASN'T MEANT TO BE THIS HARD.

CredibleMind is a **free, confidential, anonymous** online platform available **24/7** to help you understand and care for your mental health.

## You Are Not Alone.

### Your Mental Health Matters.



[fvhd.crediblemind.com](https://fvhd.crediblemind.com)



An initiative of the Farmington Valley Health District

# 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](mailto: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



**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.



**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.



**LEARN TO MEDITATE**—Meditation practice helps relieve stress, better sleep, promotes a sense of well-being, helps menopausal symptoms and much more. In this six week course, you will learn how, why and when to bring a meditation practice into your daily life.



**ADULT TAP DANCE**—Tap dance is an excellent workout that allows for creative expression and utilizes rhythm, syncopation, and sound in addition to movement. Tap dance sharpens reflexes and improves memory skills and coordination, making this a wonderful class for anyone from teenager through senior citizen. *All dancers will need black tap shoes.*

*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.*