



# Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

SEPTEMBER—OCTOBER—NOVEMBER 2025

## TRIPS . .

- \*Yard Goats
- \*The Big E
- \*Dondero Orchards
- \*Historic Deerfield
- \*Worthington Vineyards
- \*Wethersfield Scarecrows



## SHOPPING . . .

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

## FALL IS JUST AROUND THE CORNER...

Summer is going by way too fast this year! Although I will miss the long days 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 take in a **Yard Goats** game and take a trip to New England's great state fair, **The Big E**. In October we will head to **Historic Deerfield**, enjoy a lovely wine tasting at the beautiful **Worthington Vineyards** and check out the Scarecrow display in **Wethersfield**. In November we will test our nogginns with a cognitive entertainer and head to **Mercato** for lunch.



Our exercise program Get Fit continues as well as our Tai Chi classes. We are offering a **free class on September 2nd & 24th 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!

*Kelly Jacobs*



**Election day  
November 4th**

Call the Mini Bus for a ride  
to the polls (by 11/1)  
(860) 413-3327

## FLU CLINIC

**Wednesday October 8th  
3:30-5:30 PM  
East Granby Senior Center  
No appointments—  
walk in only**

**Call the Mini Bus  
for a ride (by 10/5)**



**Thursday, November 13th  
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 November 6th**  
To reserve your seat.

## 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 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**

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.

**\*\*Free class on  
September 24th\*\***

## Blood Pressure & Blood Sugar Screening

Free monthly Blood Pressure and Blood Sugar Screenings

~No appointment necessary~

- **Monday September 8th**
- **Monday October 6th**
- **Monday November 10th**  
**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.**



## TAI CHI & QIGONG

Tai Chi is a low-impact, slow motion exercise with many health benefits. It's for people of all fitness levels and improves muscle strength, flexibility, and balance, and it is also relieves 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. **Free Class 9/2!**  
**Tuesdays 2:00 pm- 3:00pm at the Senior Center—\$8.00 drop in cost.**



**Social Services Director: Elise Cosker**

**Phone: (860)413-3328**

**Email: [elise@egtownhall.com](mailto:elise@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 [elise@egtownhall.com](mailto:elise@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 September 30, 2025 for seniors age 65 and over (or under 65 and on permanent long term disability receiving Social Security benefits) that rented in 2024 and have a total income less than \$45,200 for a single person and less than \$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 call Social Services for more information or to apply.



## **EAST GRANBY CARES DAY**

**SATURDAY October 18th (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 no later than October 5th.



## **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**

## **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 State has also passed legislation that allows dwellings to be totally exempt for veterans that have a 100% Total and Permanent Disability Rating. 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 2024 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

## **Pickleball Open House**

**Wednesday, September 17th  
10:00am-12:00pm**

Come and check out the beautiful Suffield Pickleball courts and have lots of fun!

Whether you are a beginner and want to learn the game or you have some experience and want to play on your own—all are welcome!

Equipment is provided if needed.

**There is no fee however, registration is required. Please call (860) 413-3334 to register by September 9th.**



*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 SEPTEMBER 7TH —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 Sam Adams Deck while you cheer on the Hartford Yard Goats as they take on the 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 \$50 (includes game ticket and all you can eat buffet). Reservation and payment due by August 28th.**



**FRIDAY, SEPTEMBER 19TH—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 live-stock 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 of admission is \$17. Reservation and payment due by September 10<sup>th</sup>. This program will be canceled in the event of inclement weather.**



**FRIDAY, SEPTEMBER 26TH —Dondero Orchards** —Glastonbury, CT- Dondero orchards is a family owned local farm celebrating 114 years! The farm has been passed down four generations and they provide only the top quality for you. Join us for a delicious lunch outdoors at the farm. After lunch there will be some time to visit the bakery, the farm stand and even pick your own apples! You don't want to miss this wonderful autumn trip! **Depart the Senior Center at 11:15 AM. Reservation by September 18th. This program will be canceled in the event of inclement weather. There is no charge however, the cost for lunch is on your own.**



**FRIDAY, OCTOBER 3RD —Historic Deerfield**— Deerfield, MA— Spend a day in old New England and experience one of the best preserved villages and rural landscapes in North America! Historic Deerfield is an authentic 18<sup>th</sup> century New England village that interprets the history and culture of early New England and the Connecticut River Valley. We will start at the Flynt Center of Early New England Life where we will view several exhibitions including *Following the Captives' Trail, Into the Woods, Crafting Early American Furniture, and Museums Attic*. We will then head down the road to tour the Williams house and the Sheldon House & Wright Furniture Gallery. The tours will be mostly self guided with a knowledgeable guide available to answer questions. After the tour we will stop at the famous Deerfield Inn for a delicious lunch! **Depart the Senior Center at 9:00am. There will be some walking and stoops/stairs in the houses. Cost is \$14 (cost of lunch is on your own). Reservation and payment due by September 25th .**



**WEDNESDAY, OCTOBER 8TH —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 Visiting Nurse & Hospice of Litchfield County from 3:30-5:30pm by walk in only. See enclosed flyer for more information.

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 17TH —Worthington Vineyards & Winery**—Somers, CT -Come and enjoy a wonderful afternoon as we go on a scenic ride to Somers. The Worthington Vineyards & Winery is a private sanctuary where one can not only enjoy a glass of wine, but also relax, meditate, and gather. You will encounter a truly unique experience found nowhere else in New England. From the natural beauty of the beaver created pond to the numerous patios, walking paths, and picnic areas, all surrounding the stunning covered bridge. We will enjoy a tasting of different wines and then sit back and relax as we enjoy a delicious boxed lunch. You won't want to miss this fun trip! **Depart the Senior Center at 11:30am. Cost is \$28 (Includes tasting and lunch). Reservation and payment due by October 9th.**



**FRIDAY, OCTOBER 24TH —Historic Wethersfield Scarecrows on Main**—Wethersfield, CT -Join us on a nice crisp New England day in Wethersfield! Enjoy the beautiful foliage along with colonial homes, fresh air and history as you walk around the biggest historic district in CT. A wonderful display of over 70 handmade scarecrows will be displayed along Main Street. As you stroll on your own you can stop into the various shops along Main street and then we will meet back at the Charles at 12:00 for a delicious lunch. **Depart the Senior Center at 10:00am. There is no charge however, the cost for lunch is on your own. Reservation and payment due by October 16th.**



**FRIDAY, NOVEMBER 7TH —Lunch Bunch @ Mercato Italian Kitchen**—Canton, CT- Join us for lunch in a warm and inviting atmosphere. Enjoy delicious pizza, pasta, salad and authentic Italian dishes crafted with high quality locally sourced ingredients. Mercatos motto is: Mangia, Bevi, Ridi – Eat, Drink, Laugh and that is at the heart of everything they do! **Depart the Senior Center at 11:30 AM. Cost of lunch is on your own. Reservation by October 30th.**



**THURSDAY, NOVEMBER 13TH —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 November 3rd to reserve your seat. **9:00am –1:00pm at the East Granby TOWN HALL.**



**FRIDAY, NOVEMBER 14TH —Cognitive Word Play**—Join Cognitive Entertainer Gary Ciesla for a fun presentation created to challenge the mind and memory through song, culture, humor, stories and puzzles. Regular cognitive activities can benefit not only mental health but also improve memory, processing speed and overall brain function. You won't want to miss this unique presentation! **10:00am at the East Granby Senior Center. There is no charge however, reservation is required and due by November 6th.**

*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!*

# Visiting Nurse & Hospice of Litchfield County



## **2025 Flu Clinic at the East Granby Senior Center**

**Wednesday, October 8th - 3:30 to 5:30 pm**

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### ***Insurances accepted:***

**Aetna  
Anthem Blue Cross  
ConnectiCare  
Harvard Pilgrim HealthCare  
Medicare Part B  
United Healthcare— Advantage (over 65)**

### **Vaccines available:**

**Regular for ages 18 & older  
High Dose for adults over 65**



**Walk-ins only—no appointments.**

**Call the Mini Bus for a ride (by 10/5)  
(860)413-3334**

# 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: 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



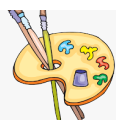
### **NEW YORK CITY: 9/11 Memorial, Statue of Liberty, & Ellis Island**—Sunday, October 19th

Join us for a meaningful and memorable day exploring some of New York City's most iconic and historic landmarks. This day trip is a wonderful opportunity to experience the history, culture, and resilience of New York City, all in one unforgettable day. The bus will be leaving East Granby Farms at 6:00AM and NYC at 5:00PM.



### **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



### **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.*