# Senior Moments

THE EAST GRANBY SENIOR NEWSLETTER

DECEMBER 2026—JANUARY—FEBRUARY 2027




**TRIPS . . .**
- Wadsworth Museum
- Travelers Chorale
- Three Brothers

**SHOPPING . . .**
- Big Y/Ocean State
- Walmart
- Enfield
- Price Chopper



**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 colder days of winter are on their way but don't worry, we have lots planned to keep those winter blues away! December begins with a fun and festive outing as we will travel to the* ***Wadsworth Museum*** *to see the festival of trees. Of course our holiday season would not be complete without our wonderful holiday party and the music of* ***The Elderly Brothers****—sure to set the tone for the season! We wrap up December with a favorite trip to the Bushnell for the* ***Travelers Chorale****! In January we wind down after the hustle and bustle of the holiday season with a* ***Blanket Making*** *class and a special visit from the new* ***EGHS Chamber Singers*** *. In February, we will bring back our favorite* ***Painting Class****, enjoy some fun* ***Bingo*** *- the perfect way to celebrate Valentine's day and head to* ***Three Brothers*** *for a delicious lunch.*

*Our exercise programs Get Fit and Tai Chi 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(Granby Center)**
  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. Towns we service: Bloomfield, East Granby, Enfield, Granby, Simsbury, Suffield, Windsor, Windsor Locks*
- **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 entertainmenment 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 **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 $45



## 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 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 December 7th***
- ***Monday January 4th***
- ***Monday February 1st***

***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.
**Tuesdays 1:30 pm– 2:30pm at the Senior Center—$8.00 drop in cost.**

**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. Visit the Social Services page at **www.eastgranbyct.org** and fill out a Donor Registration Form, or reach out directly by phone or email to sign up as a sponsor.

**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. To apply please go to https://portal.ct.gov/heatinghelp/applyonline or contact Social Services.

**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.

**Medicare Savings Program** – The State of Connecticut offers financial assistance to eligible Medicare enrollees through the *Medicare Savings Programs (MSP)*. These programs may help pay Medicare Part B premiums, deductibles, and co-insurance. More information can be found at CT.gov (search Medicare savings)




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.

- *Baby Blankets for area hospitals*
- *Hats, mittens, & scarves for shelters*
- *Prayer shawls for McLean Home*

***DONATIONS OFYARN 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.

## Cards Anyone?

Are you interested in playing cards? We are exploring interest in starting a monthly group.

If you have any interest please call or email the senior center (860)413-3334 or kellyj@egtownhall.com and let us know which games you are interested in playing or learning.

If we receive enough interest we will send out more information!



***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 4TH—The Wadsworth Festival of Trees**– Hartford, CT ~Celebrate the holiday season at the Annual Festival of Trees & Traditions! This event features holiday trees and wreaths decorated by Hartford area artists and organizations displayed throughout the galleries. We will start with a docent led tour of art exhibits followed by time on your own to explore the beautiful holiday trees. Once you've worked up an appetite, we will head to Salute for a delicious lunch. **Cost of admission is $17 (lunch is on your own). Depart the Senior Center at 9:15am. Reservation and payment due by Nov. 25th.**



**FRIDAY, DECEMBER 11TH—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 with all the fixings and we'll end with some sweet treats for dessert. We will enjoy the wonderful music of the Elderly 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 $25. Reservation and payment due by December 1st.**




**THURSDAY DECEMBER 17TH —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 chorale with special guests from the Farmington Valley Symphony Orchestra. This 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 bring a non-perishable food donation to benefit Hartford families in need. Reservation due by December 8th.**




**FRIDAY, JANUARY 22ND —Make your own blanket–** Warm up this winter with a fun and relaxing crafting experience! Join us as we create a beautiful, soft, chunky lap blanket—perfect for keeping cozy on chilly days or gifting to someone special. **No experience necessary!** Whether you're a seasoned crafter or trying something new, everyone is welcome. All supplies will be provided, so just bring yourself and get ready to create something cozy! Come enjoy good company, creativity, and a little extra warmth this winter! **10:00am at the East Granby Senior Center. Cost is $15 and includes materials. Reservation and payment due by January 6th .**



**FRIDAY, JANUARY 29TH– Chamber Singers**—Get ready for a delightful musical experience as our East Granby high school a cappella group visits the senior center! These talented student singers will entertain us with a lively performance featuring beautiful harmonies, familiar favorites, and contemporary tunes. Come enjoy an uplifting program filled with music, energy, and community spirit. It's a wonderful opportunity to support our talented young performers while sharing the joy of music! Light refreshments will be served. **Program begins at 10:00 AM at the East Granby Senior Center. There is no charge for this presentation however, registration is required by January 21st.**



**FRIDAY, FEBRUARY 5TH —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. Perfect to decorate your home or as the perfect gift! NO EXPERIENCE NECESSARY. All supplies will be included. **10:00am at the East Granby Senior Center. Cost is $20. Reservation and payment due by January 28th .**




**FRIDAY FEBRUARY 12TH – Bingo** — Come enjoy a delicious lunch and have a great time playing some Valentine Bingo! We are celebrating Valentine's Day so be sure to wear some red or pink. Guaranteed to make those winter blues disappear! **Program begins at 12:00 PM at the East Granby Senior Center. Cost is $20.00 (includes lunch and cash prizes for bingo winners). Reservation and payment due by Feb. 4th.**



**MONDAYS, JANUARY 25TH THROUGH MARCH 22ND —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 January 6th. (No class on 2/15)**



**FRIDAY, FEBRUARY 19TH—Lunch Bunch—Three Brothers**— East Granby, CT– Join us as we enjoy a wonderful lunch with menu choices that include sandwiches, salads, soup and more! **Depart the Senior Center at 11:30 AM. Reserve your spot by February 18th.**

*Call (***860***)***413-3334** *or email* ***kellyj@egtownhall.com*** to make your reservations.

---

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

# 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**


**Time Dated Material**



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


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


## EAST GRANBY PARKS & RECREATION

**NEW YORK CITY ON YOUR OWN**—Tuesday, December 29th
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 8:00AM and NYC at 6:00PM. Cost $75.

**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 and Thursdays
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.***