



March/April 2016

Center Life

NEWSLETTER OF THE GRANBY SENIOR CENTER

Nationally Accredited since 2005

15C North Granby Road Granby, CT 06035 • (860) 844-5352

Accredited by 
National Institute of
Senior Centers



Jukebox

Bingo Night

Friday March 4th 4:30PM-6:30PM

Join us for a fun evening of music, prizes, pizza and fun! Jukebox

Bingo is a music bingo program tailored for our generation. Presented by Keith Allan productions. Please call to register 860-844-5352.

Painting Class

Friday April 15th 10AM-1PM

Want to learn how to paint your own Spring art piece. Nicholas King who is an experienced Art teacher will guide you through the class and will teach you various techniques to help you create your Spring master piece. No experience needed. All the supplies will be provided (canvas, paint and brushes). Please register by calling 860-844-5352. Cost \$25



A Matter of Balance

Mondays and Wednesdays
Throughout April at 10:00 AM

 Have you turned down a chance to go out with friends or family because you were concerned about falling? People who experience a fear of falling often limit their physical activities, which can result in loss of strength, reduced muscle tone and balance problems, making the risk of falling greater. In four weeks learn techniques to regain confidence and reduce the risk of falling with this nationally proven program. Cost \$10



Lunch for the Mind

brought to you by the
Civic Engagement Education Team
(Program funded in part by NCAAA, Inc.)

The Hover Dam:

Impacts on Yesterday & Today

Wednesday March 16th 12:30pm-2:00pm

Presented by Kurt Glaser, Local Historian

Discover the technological and human challenges and benefits the building of the dam created.

Behind the Scenes with Rogers & Hammerstein

Wednesday April 20th 12:30pm-2:00pm

Presented by Barbara King, Instructor from Manchester Community College.

Explore highlights, themes and music of shows and the way they reflected American life.

Cost \$5. Bring your brown bag lunch to class (beverage and dessert provided) Please register by calling 860-844-5352.

Credit Card Fraud And Identity Theft Workshop

Monday March 21st 10:00AM-Noon

This workshop will be presented by Michael V. Lombardo who is a Financial Service Manager and the Assistant Vice President of People's Bank here in Granby. He will be focusing on credit card fraud, identity theft and steps that you can take to prevent from becoming a victim of fraud. Please register by calling the Senior Center 860-844-5332. **FREE**

Information

Senior Center Staff

Sandra Yost, Director.....860-844-5351
Marisa DeLuca, Program Assistant... 860-844-5352
Sandra Flagg, Meal Preparer.....860-844-5350
Cindy Girolamo, Van Driver..... 860-844-5353
Bob Lesko, Van Driver.....860-844-5353
Trish Tappenden, Admin. Assistant...860-844-5350
Hours.....Monday-Friday 9:00 AM to 4:00 PM
Email..... senior@granby-ct.gov
Website..... www.granby-ct.gov
(click Town Departments and Senior Services)

Senior Center Membership & Van Card

Annual membership is \$5 for Granby residents;
\$10 out-of-town friends. Van service available to
Granby seniors. Annual fee is \$10.

Mission Statement

The mission of the Granby Senior Center is to empower older adults to live full, independent lives by providing leadership on aging issues and enhancing the social, physical and educational well being for each participating individual.

Services

Durable Medical Equipment Loaner Closet

(Program funded in part by NCAAA, Inc.)

Donate and/or borrow gently used wheelchairs, walkers, canes, tub seats, etc. Created and staffed by the Civic Engagement Team, the Closet is accessed by appointment only. Call 860-844-5352.

CHOICES Counseling

(Program funded by NCAAA, Inc.)
Third Wednesday by appointment
Need help in understanding Medicare and its supplements? Our counselor will help you weigh the medical plan options to find the right plan for your needs.

Fighting Medicare Fraud Patrol

by appointment
Helping those who may be a victim of Medicare fraud and abuse. Please call 860-844-5350.

Ongoing Center Activities

Mondays:

- Morning Coffee at 8:30 AM
- Mexican Train: a domino game at 9:45 AM

Tuesdays:

- Community Café at noon. Reservations required. *Suggested donation \$2.50*
- Setback at 2:30 PM

Wednesdays:

- Artists' Group at 9:00 AM

Thursdays:

- Needle workers at 10:00 AM
- Community Café at noon. Reservations required. *Suggested donation \$2.50*

Fridays:

- Beading at 9:30 AM

Monthly Meetings

Mark your calendar and don't miss out on these great clubs!

Camera Club

First Monday of the month at 7:00 PM
Annual membership is \$10

Civic Club

Third Thursday of the month at 1:00 PM

Civic Engagement Team

Second Thursday of the month at 9:30 AM

Senior Action Group

First Thursday of the month at 9:30 AM

Senior Club

First Thursday of the month at 12:30 PM

Men's Breakfast

Second Friday of the month at 8:30 AM

Women's Breakfast

First Wednesday of the month at 8:30 AM

Commission on Aging

March 14th and April 11th at 1:30 PM

Volunteer



Civic Engagement Team

Put your talents and skills to use. This Team identifies a community need, develops a plan to address the need, and carries out the plan to completion. It is a way to make a lasting, valuable contribution to our community.

Call 860-844-5352 to find out more. Meets second Thursday of the month at 9:30 AM



Helping Hands Needed

Wednesday March 23rd

Wednesday April 27th

Anytime between 9:30 AM 12:30 PM

We will be sewing for women in need of sanitary products around the world. For our project to be a success we are looking for both sewers and non-sewers to volunteer their help. Please join us for an amazing cause *Days for Girls Internationally* (www.daysforgirls.org). Imagine what it would be like not to have sanitary products when we needed them. Many girls and women live where they must miss as much as a week of school or work wages, forced to stay home, in a shed, isolated in a field using corn husks, old newspapers and rags. Please help us make a positive difference for others in need. To learn more please call Josie Klein at 860-653-5752 or email josiklein@sbcgobal.net.

The Farmington Valley VNA Presents – *Are Your Joints Happy?*

Friday, April 1st at 10:00 AM *FREE*

A great program with humor and advice on those aches, pains and arthritis we deal with each day. Cathy Watso, Licensed Physical Therapist will present sensible ideas to help you manage everyday tasks. Reserve your spot. Call **East Granby Senior Center**. 860-653-4371. Refreshments served.

Workshops



AARP Smart Driver

Tuesday April 5th 8:30AM-1:30PM

By taking a driver safety course you will learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. This class is open to both AARP members and non-members. Please register by calling 860-844-5352.

Ask the Doctor with Dr. Peter Barwick
March 7 and April 4 at 10:00 AM

Current health topic driven discussions are facilitated by Dr. Barwick.

Ask the Attorney with Kraner & Hess
First Wednesday of the month at 10:00 AM
Specializing in Elder Law. Please call for an appointment. 860-844-5352 *FREE*



Senior Voices

Expressing Yourself
Through Poetry

Second and fourth Tuesday
at 2:30 PM

This class is led by local poet, Andrew Weil. Learn to turn your thoughts into poetry. *Cost is \$36 for 6 class session*. Call to register.

Conversational Spanish

with Fred Kahlman

Thursdays at 7:00 PM

For anyone who would like to practice their spoken Spanish in a conversation group setting. The goals are to help you express yourself in Spanish and to learn more about Spanish culture.

This is a *free* drop in program.

Health and Wellness

Wellness Clinics

Hearing Clinic

First Thursday of every month

Appointments beginning at 9:30 AM

Dr. Christine DiRienzo A.U.D and her team will be offering hearing testing, wax removal and hearing aide cleanings all FREE!

Foot Care Clinic with Pedi-Care

Appointments beginning at 8:30 AM

A specially trained nurse performs assessment of the feet and lower extremities, trimming, filing and cleaning of nails. Call 860-844-5352. *Cost is \$29. (not covered by insurance).*

Dental Care Clinic

Appointments beginning at 9:30 AM

Licensed dental hygienist provides complete dental cleaning. *Cost is \$70.*



FREE Blood Pressure Checks

Every Thursday 11:00 AM - 12:30 PM

Courtesy of the Farmington Valley Visiting Nurses Association. Held in the Senior Center Community Room.

Meditation Workshop

Mondays at 10:15 AM

Join us for 45 minute sessions to experience its benefits. Sponsored by MeadowBrook of Granby.

Chair Massage with Bev Harris

First, third and fifth Tuesday of the month by appointment *15 minute massage is \$10.*

Reiki with Tannia Hotchkiss

Second & fourth Tuesday of the month by appointment Reiki treatment is believed to aid in reducing stress and anxiety. *Half hour session is \$20.*

Support

On Grief and Loss

Second and fourth Wednesday at 2:30 PM



Through discussion this group will help you in understanding an coping with grief. You will find support, information and strategies for helping you with the grieving process. Led by Jane Johnson, creator of *Bryan's Landing* and the *Our Children's Garden* in Salmon Brook Park.

Grandparent Group

All Thursdays at Noon; except the Second Thursday of month at 7:00 PM

A group for grandparents who are raising their grandchildren. Join others, like yourself, to share friendships, ideas, and tips on being a parent again. *FREE* (Program funded in part by NCAAA, Inc.)

MS Support Group

Second & fourth Monday 1:00 pm

Self help group for persons with Multiple Sclerosis and their caregivers.



Alzheimer's Caregiver Support Group

Second Tuesday of the month at 10:00 AM

Help group for persons caring for someone with Alzheimer's. Facilitated by Peggy Coburn.

Healthy Minds by appointment

Situations such as the death of a loved one, failing health or strained family relationships can be daunting to face alone. Working with Colleen Golnik, Marriage and Family Therapist, may help you move forward with the better part of life. Call 860-844-5352 to schedule a confidential appointment. *Suggested donation: \$20 per session, free for those who qualify.* Program funded in part by NCAAA, Inc.

Fitness for All

Monday



Beginning Tai Chi at 9:00 AM—One of the best exercises for balance and fall prevention, Tai Chi provides concentrated breathing, balance, postural alignment and meditation in a relaxed atmosphere. Instructor Judy Laiuppa.

Smart Moves at 11:15 AM—Primarily chair-based, this class offers individuals with joint concerns a gentle yet powerful way to increase joint mobility and range of motion. Need a greater challenge? Take the Advanced class on Wednesdays. Instructor Paula Pirog.

Cardio & Strength at 4:30 PM—Combination of aerobics and strength training to give you a total body workout. Instructor Mary Fuller.

Tuesday

Basic Training for Men 8:30 AM
Muscle Work for Women 9:30 AM

Use hand-held weights, medicine balls and resistance bands to increase muscle tone and build stamina. Instructor, Jen Dzielak

Chair Yoga at 2:30 PM
Enhanced breathing, increased blood flow, reduced tension and better posture are achieved through the various yoga poses. *Great for those with limited mobility!*

Yoga at 4:30 PM
Thoughtful breathing and controlled postures. Instructor Paula Pirog.



Wednesday

Tone-up Tune-up at 10:15 AM—Move to the music of the 50's, 60's and 70's. This is a low impact cardiovascular workout with intervals of weight work for upper and lower body strengthening. Exercise your brain and your body while learning simple movement patterns and laughing with friends. This workout does not go to the floor; core training performed seated or standing. Instructor Mary Fuller.

Full Body Workout at 4:30 PM—As the name implies this class is designed with a combination of aerobics and strength with more muscle work with weights. Instructor, Melissa Lechak.

Thursday

Pilates Fusion at 4:30 PM—This high energy fusion workout focuses on core strengthening and total body sculpting. Set to popular music, this class uses light weights to strengthen and define the upper body while Pilates and ballet inspired exercises target the lower body and core. Form is emphasized with no prior experience needed. Instructor Mary Fuller.

Friday

Advanced Tai Chi at 9:00 AM
The name says it all. Those who wish to take Advanced Tai Chi should speak with Instructor Judy Laiuppa.



Cardio Combo at 10:15 AM
Quicker pace and more aerobics. Instructor Mary Fuller.

Sunday

Peak at 8:00 AM For the weekend warrior! Vigorous aerobics and weights.

Cost: Cash or Checks accepted. (Checks payable to the *Town of Granby*.)
Drop-in rate is \$8. Discounts apply when purchasing a "session" of classes. Session rates are \$6/class for Granby residents and \$7/class for non-Granby residents.

Exercise Class Guidelines: Choose the right class level. *We can help!*
Bring water. Wear sneakers and comfortable clothing. Use an exercise mat for floor work.



Granby Senior Van Service

Call **860-844-5353** to schedule your appointments.

Schedule:

The Senior Vans operate Monday through Friday from 9:00 AM - 4:00 PM

Mondays and Thursdays

Granby Center errands (pharmacy, bank and post office) and grocery shopping trips

Tuesdays and Thursdays

Community Café at the Senior Center

Daily (with advanced reservations only)

Personal care appointments (doctor visits, etc)

Out of town medical appointments may be made no earlier than 9:30 AM and no later than 2:00 PM.

Shopping Trips: \$3 each trip

Enfield Mall & Walmart

Wednesday, March 2 at 9:30 AM

Ocean State Job Lot/Big Y in Southwick

Tuesday March 1 at 1:30 PM

Tuesday April 5 at 1:30 PM

Manchester Shopping

Friday April 15 at 9:30AM

Transportation Action Program (TAP)

Volunteer drivers offer free medical appointment transport. Call **860-264-6131** to leave a message.

Social Services

The focus of the **Social Services Department** is to coordinate existing federal, state, regional and local services, to increase community awareness of these services and to develop new programs to meet the needs of Granby residents. Call 860-844-5350.

Important Dates regarding Connecticut Energy Assistance Program (CEAP)

March 15, 2016 is the deadline for fuel authorizations.

May 16, 2016 is the last day that a *utility* heated household with a shut-off notice may apply.

Granby Emergency Fuel Bank

Call office for additional information and eligibility screening. The Granby Emergency Fuel Bank is funded **solely** by donations and gifts from the community. If you wish to donate, please make checks payable to the *Town Granby of Local Assistance Fund* with a notation that is intended for the Fuel Bank and mail to the Granby Social Services Dept., 15C North Granby Rd, Granby, CT 06035.

Elderly (65+) and Disabled Homeowners' Property Tax Relief

Applications will be accepted in the Assessor's Office through **May 15, 2016**. Maximum income guidelines for the state program are:
Married Couple - \$42,900; Single- \$35,200
There are additional local benefits available. Contact the Assessor's Office at 860-844-5311 for information.

Call 211 Infoline for community services.

Find information, resources, deal with a crisis or learn where to donate food, clothing, toys, furniture and books. "211" is free and confidential 24-hour a day helpline. The *211 Infoline* is a partnership of Connecticut United Way and the State of CT.

Excursions



PLEASE NOTE: Registration requires up-to-date membership and van dues.

Lee, Mass Outlets and Town Center

Friday March 11th departs at 9:00am

A country drive up to Lee, for your choice of outlet and/or town shopping in Lee's quaint Main Street area.

Your choice also of local restaurants, Starving Artists comes highly recommend for lunch. There will be moderate walking and the cost is \$4. Lunch is on your own.

The Corner Pug Irish Pub

Wednesday March 16th departs at 10:30am

Get in the spirit of "green" at The Corner Pug which is an authentic old neighborhood Irish pub. Followed by a drive through some of Hartford's other ethnic areas with a stop for an afternoon treat. Lunch is on your own. Cost \$3.

Beatrice Fox Auerbach Exhibit at The Connecticut Historical Society

Friday March 18th departs at 10:30am.

Beatrice Fox Auerbach: The Woman, Her World and her Wardrobe. Enjoy a guided tour of an exhibit from the collection of garments and accessories of one of the region's most prominent women. Beforehand we will stop at the Pond House Café for lunch in Elizabeth Park. Cost \$9 and lunch is on your own.

Brewery Trail

Wednesday March 23rd departing at 11:00am

Let's try out some of our local breweries, Westfield Brewery in Southwick and Broadbrook Brewery in East Windsor. Beer Tasting trays are available for \$6 and \$10. We will have lunch @ *The Barn* in between our Brewery stops. Cost \$3. Tastings and lunch on your own.

Bernie's Dining Depot in Chicopee, Mass

Wednesday March 30th departs at 10:15am

It's not just lunch it is food for a week. This trip includes a stop at the local Polish specialty shop and a leisurely ride home. Cost \$4 lunch is on your own.

Shore Drive

Friday April 1st departs at 9:00am

Driving through Old Saybrook with stops to take in the fresh salt air and to visit a few shops. Lunch at a sea food restaurant. Cost \$4 Lunch is on your own.

Northampton

Wednesday April 6th departs at 9:00am

Our periodic trek for knitters to WEBS and bustling downtown Northampton with intriguing boutiques at Thornes Market. Then a delicious lunch at Sylvester's followed by a visit to the Lyman's Annual Spring Flower display. Cost \$4 lunch is on your own.

New Haven Museum

Wednesday April 20th departs at 9:00am

Known as Connecticut's second capitol, the museum highlights the city's history. Enjoy a guided tour of the museum's extensive collection. Lunch will be at *Caseus*. Cost \$7 lunch is on your own.

Worcester Art Museum

Wednesday April 27th departs at 9:15am

The collection includes important examples of American and European art, pre-Columbian and Islamic art. Lunch will be in the museum Café. Cost \$16 lunch is on your own.

Chamard Vineyards and Clinton Crossing Premium Outlets

Wednesday April 13th Departing at 10:00am

Start out at Chamard Vineyards for a wine tasting and lunch at their Bistro. Finish off the day at Clinton Crossing Outlets. Cost \$4. Lunch on your own.

The Simsbury Flea and Smorgasbord

Saturday, April 30th Departing at 10:00am

What a way to start spring with antique dealers, arts and crafts, jewelry, home décor, and so many other vendors. There will also be a food festival with the best food trucks in CT and MA. Live music and other entertainment. Cost \$3. Lunch on your own.

 = level ground, minimal walking

 = moderate difficulty

 = lots of walking

Center Life
Town of Granby
Senior Center
Granby, CT 06035



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AARP Tax Assistance

By appointment Tuesdays & Wednesdays

AARP Tax-Aide is the nation's largest **free**, tax assistance and preparation service. Call 860-844-5352 for an appointment.

The Senior Center is conveniently located within the Municipal Complex at:
15C North Granby Road, Granby, CT 06035 Tel. 860-844-5352

Your comments, suggestions, and feedback are always welcome.
Please call Marisa at 860-844-5352 or email: senior@granby-ct.gov

**The Senior Center will be closed on
March 25, 2016: Good Friday**