



Center Life

NEWSLETTER OF THE GRANBY SENIOR CENTER

Nationally Accredited since 2005

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

November/December 2015

Accredited by 
National Institute of
Senior Centers



Holiday Dinner

Thursday, December 10th at 5:00 PM

Food, friends and festivities! Come with your friends or invite a neighbor to have a delightful evening. Our menu includes cranberry glazed pork loin, house special potatoes and lemon pepper green beans. Appetizers and dessert bookend the meal. Live entertainment will have you in the merriest of moods! Cost \$6. Please call 860-844-5352 with your reservation by December 4th.

Thanksgiving Luncheon

Thursday, November 19th at Noon

Please come join your friends at the center to celebrate Thanksgiving! The Granby Senior Center will be preparing a fabulous traditional homemade Thanksgiving meal. Please sign up early since this is one of our biggest events of the year. Cost \$6



Medicare Open Enrollment

We are offering a variety of programs during open enrollment on numerous topics of Medicare and Social Security education for Senior Citizens. Please feel free to attend all or choose the ones that best interests you. Please register by calling 860-844-5352

Medicare 101

Monday, November 2nd 12:30 - 2:30 PM

This seminar will be presented by Lou Peliteer from *American Senior Benefits*. He will be focusing on two topics, Federal laws that impact Senior citizens and Medicare Savings plans for Senior Citizens.

Medicare 2016 Basics

Wednesday, November 4th 11- 1 PM

Would you like to understand Medicare better? What are the differences between Original Medicare, Medicare Supplement, Medicare Advantage, HMO, POS, PPO, and PDP? What is new in 2016 for Part A, Part B, Part C, and Part D? What are your choices and when can you make changes? Come learn about these things and more presented by Chris O'Neil from AIM Insurance.

Savvy Social Security Planning

Thursday, November 12th 11:30 - 12:30 PM

Richard Belanger from *Foresters Financial Group* will be presenting on Social Security benefits and answering these questions: Will social security be there for me? When should I apply for social security?...and more.

Fighting Medicare Fraud Patrol by appointment

In an effort to assist Medicare recipients in protecting themselves against Medicare fraud and abuse, SMP volunteers Dallas Dawley Savard and Nancy Dyer will offer sessions in a private setting to help those who may feel that they are a victim of Medicare fraud and abuse. Please Call 860-844-5350.



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.



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 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



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 



Services

Commission on Aging

November 9th & December 14th at 1:30 PM

Drop by a *Commission on Aging* meeting to listen or participate in engaging discussion about the ongoing and ever-changing needs and goals meeting Granby's aging population.

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. Call 860-844-5352.

CHOICES Counseling (Program funded by NCAAA, Inc.)

Third Wednesday by appointment

Do you 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.

Classes and Workshops



Lunch for the Mind

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

Thanksgiving—Its History, Its Myth

Wednesday, November 18th at 12:30 PM

George Ducharme, PhD “Abenaki”, Manchester Community College will give us a native American perspective on giving thanks. Cost \$5.

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

Ask the Doctor with Dr. Peter Barwick
First Monday of the month at 10:00 AM, except for the month of December.

Ask the Attorney with Kraner & Hess
First Wednesday of the month at 10:00 AM
Specializing in Elder Law. Please call for an

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.*
(Program funded in part by NCAAA, Inc.)

Alzheimer’s Support Group

Third Tuesday of the month at 10:00 AM

We offer a variety of support and educational Alzheimer’s groups to accommodate the growing need for information, education and community support.

Senior Voices

Expressing Yourself Through Poetry
Second and fourth Tuesday at 2:30 PM

This class is led by local poet, Andrew Weil.
Cost is \$36 for 6 class session. Call to register.

Tara’s Memory Café

This new series is designed for individuals with early stage Alzheimer’s disease and their care partners. Each month will feature a topical meeting and a field trip. Registration required.

Stringin’ Along

Thursday November 5th 2-4 PM

Please join us with violinist Kate O’Brien who will delight us with music. She will show us the secrets of her custom violin and play your personal favorites on request.

Sight Unseen: Guiding Eyes for the Blind

Monday November 16th 2-4 PM

Representatives (human and canine) of *Guiding Eyes for the Blind* will share the story of this remarkable organization that breeds, raises, trains, and provides guide dogs to visually impaired persons.

Created by Marilyn Sponzo and sponsored by the First Congregational Church of Granby with support from the Town of Granby Senior Center and Arden Courts of Avon.

Cookie Decorating

Wednesday, December 16 1-3 PM

Please join Debra Mullins from MeadowBrook of Granby and the Senior Center to decorate cookies and deliver them to the residents of MeadowBrook during this holiday season.



Health and Wellness



The Holidays: More than just getting through! December 11 at 2:30 PM

We are told by the media that the holidays are the most wonderful times of the year but for many of us we may wonder if that's true. Come join Colleen Golnik, Marriage & Family Therapist, for an engaging discussion about what is possible for the holidays – Do we put too much pressure on ourselves to fit in and have a good time; how do we/can we let go of past hurts and broken relationships to find that sense of peace and belonging during the holidays and the rest of the year too. Let's face the idea of the holidays together with helpful suggestions and some humor so we don't just have to survive the holidays we can thrive through the holidays!

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

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 Half hour session is \$20 .

Hearing Clinic Starting the 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!



Learn How to Self-Manage Your Chronic Disease

Starting Tuesdays November 3rd - December 8th from 1-3 PM

This program will be presented by Justine Ginsberg from the Farmington Valley Health District and Sandy Yost our Director of Human Services. Learn to live with ongoing health conditions like arthritis, chronic fatigue, cancer, asthma, anxiety, depression, heart disease and more. Join this **FREE** 6-week *Live Well Workshop* and learn how to enjoy your life again despite having a chronic medical issue.

On Grief and Loss

Second and fourth Wednesday at 2:30 PM

Through discussion this group will help you in understanding and 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 Support Group

All Thursdays at Noon except for 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 NCAAAA, Inc.)

MS Support Group

Second & fourth Monday at 1:00 PM

Self help group for persons with Multiple Sclerosis.



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

Advanced Smart Moves at 11:00 AM—For those who are up for a bit of a challenge. Advanced Smart Moves with Mary Fuller will get your heart pumping.

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 at 4:30 PM—Pilates develops much of what exercisers need—strength, flexibility, muscular endurance, coordination, balance, and good posture. The discipline emphasizes correct form instead of going for the burn, though not for the faint hearted. 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. Instructor, Jennifer Dzielak.

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. Save the floor! Change shoes in lobby.



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, therapy, beauty)

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 November 4th and Friday December 4th at 9:30 AM

Ocean State Job Lot/Big Y in Southwick

Tuesday November 3rd and Tuesday December 1st at 1:30 PM

Manchester Shopping

Monday December 14th at 9:30 AM

Taste of The Valley: \$3 Each Trip

Log House , November 16th Vito's By the Water, December 21st

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.

Fuel Assistance Programs

Community Renewal Team/Connecticut Energy Assistance Program (CEAP). Each year, during the winter months, help is available to Granby households to pay for heating fuel in the form of oil, gas, or electric heat. To qualify you must provide proof of the total income and assets for your entire household which must not exceed the income and asset limits for the program. Call the office for eligibility screening. Fuel deliveries start November 10th. Please bring all paperwork that applies to your household. Processing will be delayed if necessary paperwork is missing.

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 the check payable to the *Town*

of Granby 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.

Holiday Programs

Individuals and families who meet income eligibility and need a little help with the holidays may contact the Social Services Department by **November 13** for **Thanksgiving** and by **December 11** for Christmas.

Did you know? Call 211 Infoline for community services. The *211 Infoline* service helps you find answers to life's toughest questions. Find information, resources, discover options, 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.

Williamsburg Brewmaster's Tavern

Friday November 6th departing at 9:30 AM

Come on board for a visit to the lower Mass hill towns with a stop at Williamsburg's remarkable General Store and lunch at the Brewmaster's Tavern & Brewery. Continue on up to Westhampton to the mountain-top Outlook Farm Store and sample a treat from their bakery for dessert. Lunch is on your own and the cost for the trip is \$4.



GoodSpeed Musicals— A Wonderful Life

Wednesday November 11th departing at 10 AM

Let's start the Christmas holiday with A Wonderful Life at The GoodSpeed Opera House. This show should get you in the spirit of Christmas! Choose to have lunch on Main Street, lunch is on your own. The cost for this trip is \$65.

Connecticut River Drive

Friday November 13th departing at 9 AM

Starting with a visit to the quintessential river-town of Essex to stroll through the village and then walk around in the gift and specialty shops. We will have lunch at the Black Seal followed by a leisurely ride along the Connecticut River. Cost for this trip is \$4 and lunch is on your own.

New Britain Museum of American Art

Friday November 20th departing at 9:30 AM

New Britain's Museum of American Art is a smaller, but wonderful world class museum, with fine examples of every period. The focus is on Enfield Shakers feathers and there are many rare and authentic items from that early community, which lasted between 1792–1917. Lunch will be in the museum café. Lunch is on your own, the cost for this trip is \$13, due November 17th.

Wesleyan Arts & Crafts & The Davison Arts Center

Wednesday December 2nd departing at 9 AM

In the morning a visit to the Wesleyan Potters which is renowned for its holiday crafts sale. The Davison Arts Center houses one of the finest print and photographic collections. Lunch location to be determined. Cost for the trip is \$4. Lunch not included.

Old Sturbridge Village

Friday December 4th departing at 2 PM

Christmas by candlelight at Old Sturbridge Village. Dinner will be at The Oliver Wight Tavern, followed by all the Christmas activities, chestnut roasting, Victorian carolers and so much more! Dinner cost is on your own and the cost for this trip is \$20, due November 25th.

Nutcracker by Nutmeg Ballet Conservatory

Saturday December 19th departing at 11 AM

What is Christmas without seeing a live performance of The Nutcracker? Prior to the show we will have lunch at the Backstage Restaurant. Lunch is on your own and the cost of this trip is \$33, due December 11th.

Wadsworth Athenaeum Festival of Trees

Friday December 11th departing at 9:15 AM

A regional holiday favorite and a great excuse to visit this wonderful museum. Lunch will be in the museum café. Lunch is on your own. Cost \$14.

Salem Cross Inn

Tuesday December 15th departing at 9:45 AM

Located in the hills of West Brookfield, Mass. Join us for lunch in a classic New England country inn, all decked out for the holidays. Back by 3:30 pm. Cost \$4.

Bethlehem

Wednesday December 9th departing at 9:30 AM

Holiday ride to mail cards from Bethlehem, CT post office. Lunch at Painted Pony. Cost \$4. Lunch on your own.

Registration for trips begins November 2. Call 860-844-5352. Please, no group registrations.

Center Life
Town of Granby
Senior Center
Granby, CT 06035



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Delivery by November 1, 2015



Coloring Class

**Tuesday, November 10th
from 10:00 AM to Noon**

Coloring is not only for kids anymore! With a hugely diverse range of styles and scenes, there is something here for all tastes. Coloring is the new meditation and is the ideal way to enhance your artistic skills along with socializing. Supplies provided, FREE!



Amaryllis Sale!

Orders due November 13th

The Senior Club is again this year selling Amaryllis Bulbs for your holiday giving. The "Merry Christmas" bulb presents gorgeous orient red blooms on a 12" stem. You can place your order at the Senior Center, at the Women's Breakfast in November, or through any Senior Club or Commission on Aging member. Orders are due by November 13th and will be available for pick up on November 18th. Any questions, please call Patty Sansone at (860) 653-3838.



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
November 26 & 27 for Thanksgiving break and December 24 & 25 for Christmas break.**