



July/August 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

Senior Club Annual Ice Cream Social

Sunday, July 10th at 1:30 PM

Ice Cream! You Scream! We all Scream for Ice Cream! Enjoy the big band sound of the Solid Oak Band while enjoying this annual Senior Club treat. Please call to register 860-844-5352. Cost \$5.



Senior Club Annual BBQ

Friday, July 22nd at 12:30 PM

Beat the heat with this indoor treat! Enjoy a traditional BBQ meal complete with home-made desserts. There will be fun summer games and activities for all ages. Don't stay home, come join the fun! Cost is \$6 per person and \$15 per family. Please RSVP by calling 860-844-5350.



Trivia Night

Thursday July 14th at 5:00 PM

Get your game on! First annual summertime trivia night. Join staff, bring your friends, create teams or play solo! Can you answer this—to which famous blond actress was Playwright Arthur Miller married? Or What U.S. city is nicknamed "The Birthplace of Aviation"? Pizza & dessert round out this event for a fun filled evening that will surely bring some laughs. Cost \$5.



It's Back! Holcomb Farm Fresh Access for Seniors

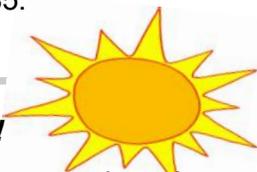
Available Thursdays after 11:00 AM

This highly successful program is back for another season. Enjoy fresh produce graciously donated from the *Fresh Access Program* through the *Holcomb Farm CSA*. Please bring your reusable bag. Must be a senior with paid membership. Limit one bag per household.



Summertime safety tip reminder!

Summertime is a fun and joyful season and can be also be dangerous for some. Remember: Stay cool. Stay hydrated! Drink plenty of water. Wear sun-screen and limit your time in the sun. Poor air quality can affect those with sensitive respiratory issues, think ahead before you go out.



Granby Senior Poets

2nd and 4th Wednesday of the month 10:30 AM

Why not get creative this summer? Express yourself! Join this lively group of wordsmiths to put everyday thoughts into creative works. No experience or rhyming skills necessary. Drop in. 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
Debra Morton, 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

Senior Center Membership & Van Dues

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.



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



Clubs & Gatherings

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

*** On summer break. Will resume in September.*

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

Commission on Aging

Second Monday of the month at 1:30 PM

Volunteer



Mentoring Program

Do you have spare time to send with a young student?

The Senior Center, in collaboration with the Youth Service Bureau is piloting a mentoring program. Mentors require a background check and mentoring training. If you have any interest in learning more about this program, please contact AnneMarie, Youth Services Coordinator at 860-844-5355 or Marisa, Senior Center Program Assistant at 860-844-5352. Call today and help make a difference!

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.



Scam Alert

Scam 1: Someone calls and says they are from the IRS and that you will be arrested if you do not return the call because of a tax problem. **DO NOT CALL OR RESPOND TO THE CALLER. HANG UP!**

Scam 2: Someone calls and says that your grandchild has been arrested and you may need to send a money order immediately or the grandchild will be put in prison.

DO NOT SEND ANY MONEY BY MONEY ORDER.



Scam 3: A person calls and says they are reviewing your Social Security Disability application and they need to confirm some information. **DO NOT PROVIDE ANY INFORMATION TO THE CALLER.**

When you receive unsolicited calls *never* provide any information over the phone. Request that the caller send you the information for you to review. Report any questionable calls to the local police department.

Summer Sounds at Salmon Brook Park

These programs are brought to you by the *Granby Parks & Recreation Department*. Contact Parks & Rec for additional information. Tel. 860-653-8947. Concerts are FREE.

Thursday July 7th at 6:30PM: Coyote River Band

Come out and join Connecticut's premiere modern country and pop/rock band.

Sponsored by Simsbury Bank of Granby

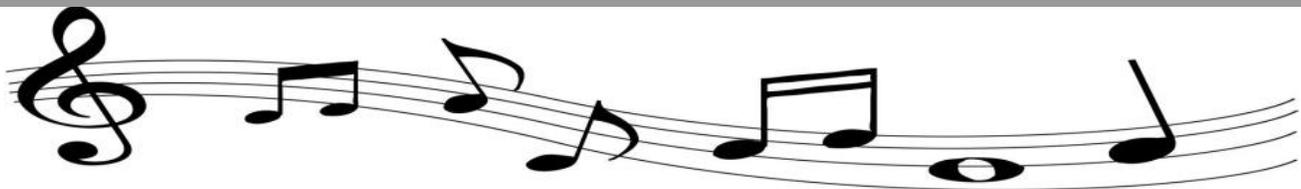
Thursday July 14th at 6:30PM: 60's Satisfaction

You will be on your feet for sure rocking out with these high level music professionals while they bring us back with The Beatles, The Stones, Credence, Sam Cooke, and more!

Sponsored by Simsbury Bank of Granby .

Thursday July 21st at 6:30PM: Still Kickin' with the Big City Horns

Come out and enjoy this 10 piece musical band that will keep you moving through the night! You will enjoy a variety of music from Classic Rock to R&B, Soul, Funk and a bit of Country. *Sponsored by Windsor Federal Savings of Granby.*



Health and Wellness

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.

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.*

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*

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.

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.

Grandparents Raising Grandchildren

Thursdays at Noon

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.



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, licensed 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.

Cardio & Strength at 4:30 PM

Combination of aerobics and strength training to give you a total body workout. Instructor, Mary Fuller.

Tuesday

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!* Instructor, Paula Pirog.

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.



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 7:30AM

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.



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

Shopping Trips (\$3 each trip)

Ocean State Job Lot & Big Y in Southwick

Tuesday, July 5th departs at 1:30 PM

Tuesday, August 2nd departs at 1:30 PM

Farmington Valley Shops/Home Goods

Friday, July 29th departs at 9:30 AM

Enfield Mall / Walmart

Friday, August 5th departs at 9:30 AM

Manchester Mall

Friday, August 19th departs at 9:30 AM

Transportation Action Program (TAP)

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

Social Services

Important
Message

Special Update Regarding Renters Rebate: The Governor has signed legislation to reduce the amount of renter rebate checks if it is determined that the appropriation for the program will not be sufficient to cover the cost of the program. **Therefore, it is absolutely critical eligible Renter Rebate applicants complete their application as soon as possible. Call the office 860.844.5350 to schedule an appointment.**

Elderly (65+) or Disabled RENTERS REBATE

The Social Services office (located at the Granby Senior Center) will be taking applications for the *Renters Rebate* program starting in April. An appointment is necessary to complete the application process. Applicant must have turned 65 years of age by the end of 2015. Persons *under* 65 years of age who are receiving Social Security Disability are also eligible. Checks are mailed October 15, 2016. The qualifying income guidelines are as follows: Single person—income cannot exceed \$35,200 and for Married couples income cannot exceed \$42,900. Contact the Social Services office at 860-844-5350 for an appointment. If unsure that you would qualify call the office and we can prescreen over the phone.

Requirements (not comprehensive):

- Must have rented in Granby, CT during 2015 and currently reside in Connecticut
- Provide proof of rent paid in 2015. (rent receipts from landlord or cancelled checks)
- Provide proof of actual bills paid in 2015 for electricity, gas, water & fuel
- Bring in proof of income:
 - *Form SSA 1099
 - *Benefits Verification Letter
 - *Pensions; Veteran's Pension, Railroad Retirement
 - *Legal Settlements—Net Proceeds
 - *Any other source of income such as alimony, workers compensation; IRA distributions; wages, bonuses, commissions, etc.

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.

Excursions



PLEASE NOTE: Registration requires up-to-date membership and van dues.
Registration begins July 1st. Unless noted, lunch is *not* included in trip cost.

Crane Museum of Papermaking, Dalton Mass

Wednesday, July 6th departs at 10:00 am 
The Crane Co. was established in the 1770 and is the oldest paper company in the country. The Crane Co. continues to make specialty stationary and has the sole contract with U.S. for making paper currency. We will stop for lunch at Ozzie's Steak and Eggs in Hinsdale, menu prices for lunch \$6-\$14. Lunch on your own. Cost \$4.



Shelburne Falls, Mass

Wednesday, July 13th departs at 8:30 am
Visit this unique Western Massachusetts hill town with its renowned *Bridge of Flowers* in full bloom. There are plenty of interesting shops to explore, along with a great variety of restaurants to eat lunch. We will meander through the hills on the ride back. Cost \$4. Lunch on your own. Please note that there is extensive walking.

Grass Island Cruise, Guilford

Wednesday, July 20th departs at 8:30 am
Grass Island Cruises was started in 2010 and is currently Guilford's only tour boat. You will be able to cruise the shoreline while enjoying the sights of the sound and inlets from Guilford to Madison. Enjoy lunch at the Guilford Lobster Pound which is located at the dock. The menu consists of lobster rolls, hot-dogs, stuffed clams and Rhode Island clam chowder. Lunch is on your own. Cost \$16.

Old Farm Bistro, Crafts and Summer Drive-In Southwick Mass

Wednesday, July 27th departs at 10:30 am
Come take a summer drive, starting with lunch at the Old Bistro, then a stop for crafts and curiosities. We will take a leisurely ride home with a stop for a frozen treat. Menu prices range from \$8-\$18 for lunch. Lunch is on your own. Cost \$4



Foot Golf at Copper Hill Golf Course

Monday, August 8th departs at 8:00 am

What do you get when you combine soccer and golf? Foot-Golf ! You use a soccer ball and an oversized hole. The rules are similar the only difference is that the club is your foot. Following the game we will have lunch at the new restaurant Thai Ocha in Simsbury. Lunch is on your own. Cost \$15.

Nature's Art Village

Wednesday, August 10th departs at 9:00 am
These shops offer antique collections of gem stones, jewelry, fossils and has the regions largest selection of beading and jewelry making supplies. Lunch at Flanders Fish Market. Cost \$4

Millerton Village— New York

Wednesday, August 17th departs at 9:00 am
A morning drive through northern Litchfield county will lead us to lunch at the Woodland Restaurant, prices range from \$10-\$12 for lunch. Followed by a leisurely afternoon exploring the village of Millerton. Cost \$4

Goodspeed Musical "Bye, bye, Birdie"

Wednesday, August 24th departs at 10:15 am
Come and join us for an amazing Broadway classic musical "Bye, Bye, Birdie". You will also have a few options for lunch, La Vita (casual), Gelston House or bring your own lunch and have a picnic. Lunch is on your own. Cost \$69

Farm Stands

Friday, August 26th departs at 11:30 am
We will be visiting an assortment of local farms in Granby and Massachusetts. We will also stop off for lunch along the way.

 = level ground, minimal walking

 = moderate difficulty

 = lots of walking

Center Life
Town of Granby
Senior Center
Granby, CT 06035



PRSR STANDARD
U.S. POSTAGE PAID
Avon CT
PERMIT NO PI 476

Delivery by July 1, 2016



The Senior Center will be closed on Monday July 4th: Independence Day

Mark your calendars:

September is National Senior Center Month

Watch for our new series: *Planning ahead for the "What-ifs" in life.*

This series explores the ways to prepare ahead for what lies ahead. Do you plan to retire and remain in Granby? Find out what resources are available to you and what you will need to prepare for if your plan "A" doesn't happen. The Series schedule time will be from 1pm-3pm on the following dates:

Monday, September 19th

Monday, October 3rd

Monday, October 17th

Monday, October 31st