



September/October 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



Mariachi Band

Wednesday, September 14th at 5PM

Join us for a fun night out! Bring your friends! The Granby Senior Center is hosting an enjoyable evening full of great music and a Mexican flared dinner (not too spicy of course). The Fiesta Del Norte Mariachi Band has thrilled audiences throughout New England for over **25 years** with their musical skill, high energy and cultural authenticity. Fiesta Del Norte performs at town concerts, festivals, fairs, libraries and schools. Past venues include the Big 'E' and the Bolton Summer Concert Series. Cost \$15 per person. Please register by calling 860-844-5350.

Alzheimer's Support Group For Caregivers and Their Loved One

Tuesday, September 13th & October 11th at 10AM

As a caregiver, while in the support group, there will be a supervised activity for your loved one in the next room. Caring for a loved one diagnosed with Alzheimer's can be overwhelming. Learning to cope with the changes in their behavior and understanding how to handle it is sometimes best explained by those who are dealing with a similar situation. *Led by Peggy Coburn of the Alzheimer's Association.*



"Elvis Remembered" Show at Holcomb Farm

**Presented by David Devonshuk
Friday, October 28th at 4PM**

An evening of great musical entertainment and fabulous food catered by Lite-N-Up Bakery. David Devonshuk is an accomplished musician and performer, the "Elvis Remembered" Show is a truly unique Elvis experience that will light up your life for an evening! Guests are allowed to bring any beverage of their choice for this event. Please register by calling 860-844-5350. Cost \$20 per person. The Granby Senior Center will have their Van services available for those who do not drive.

Fanciful Flights Halloween Craft

Monday, October 17th at 10AM



Regional artist and creator of *Fanciful Flights*, Karen Rossi, will host this fun, interactive workshop where you will create your own witch ornament. Keep it for yourself or make it to give to a friend to brighten their day. Please register by calling 860-844-5350 there is limited space. Cost \$15 (includes all materials).



NEW SERIES!

Planning for the "What If's" in Life

**September 19th—Introduction; October 3rd—Housing & Environment;
October 17th—Financial Implications and October 31st—Medical Issues
All sessions run 1:00 PM-3:00 PM**

Just as your retirement dreams are coming true, unexpected circumstances can change everything. This new series explores the ways to prepare for what lies ahead. Do you plan to retire and remain in Granby? Educate yourself on what resources are available to you and what you will need to prepare for if your plan "A" doesn't happen. Registration is required for this program, there is limited space available. 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

Don't forget:

Senior Center Membership & Van Fee *Due Now!*

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.

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*
- Coloring Class at 10:00 AM *Materials provided*
- Setback at 2:00 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!

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

What's Happening



Helping Hands Needed
Wednesday, September 28th
Wednesday, October 26th
9:30AM-12:30PM

Please join *Days for Girls Internationally* (www.daysforgirls.org) who 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 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.

Line Dancing

NEW DAY! Wednesdays
1:30PM – 2:30PM

Come join us for a fun class with Lorraine Brodsky. Doesn't matter if you have never lined danced before or if you are an experienced dancer. Come out and dance! Drop in. Free.



Basket Making Class
September 27th from 10:00AM–2:00PM

Come and learn how to make your very own muffin basket. This class will be a lot of fun and maybe something new for you! Liz Carnes has been an instructor for years and she is going to bring her talents and workshop to The Granby Senior Center. We will be breaking for lunch so please bring a bagged lunch and we will provide a treat and drinks. Cost \$25 (materials included). Please register by calling 860-844-5352, space is limited.

It's Back! Hula for Happiness

Thursdays from 2:00PM – 3:00PM

No matter your age, gender or body type dancing the Hula engages your body, mind and spirit. Learn more about this traditional Hawaiian dance and see a demonstration. Drop in. Free.

Coloring Class

Tuesdays at 10:00AM

Coloring is not just for the young—it's for the young at heart! Free. Drop in. Materials provided!



Lunch for the Mind

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



**Norman Rockwell: Visual
Chronicler of American Scene**
**Wednesday, September 21st at
12:30 PM**

David Garnes, Manchester
Community College. Come learn

about Rockwell who is known as a master of technique in the art world. Cost \$5.



In the Foot Steps of Lewis & Clark

Wednesday, October 19th at 12:30 PM
Presented by Patricia Odiorne, Lecturer.

Follow Lewis and Clark's epic journey into the unknown wilderness. Cost \$5.

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



AARP Smart Driver

Tuesday, October 4th, 8:30AM

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. Call 860-844-5352 to reserve a space. Fee payable to the instructor.

Granby Senior Poets

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

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



Health and Wellness

Flu Clinics

with the Farmington Valley VNA

Friday, September 23

from 1:00 PM to 3:00 PM

Saturday, October 8

from 9:00 AM to 12:00 PM

It's time for your flu shot! Protect yourself from the flu virus and enjoy a healthy season.

Call the Farmington Valley VNA to schedule your appointment at 860-653-5514.



Hearing Clinic

First Thursday of every month

Appointments beginning at 10:00AM

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

Foot Care Clinic with Pedi-Care

Appointments beginning at 8:30 AM

September 23 and October 28

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).*

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 by appointment

Specializing in Elder Law. Please call for an appointment. 860-844-5352. *FREE.*

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.

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.



MS Support Group

Second & fourth Monday 1:00PM

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

A Matter of Balance

Classes to begin in October. Details to follow.

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. More Details to follow. Please call to register 860-844-5350.

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.

Gentle Movement & Balance at 11:15 AM

Designed to increase strength, balance, flexibility and coordination. Will focus on improving voice power and speech clarity and could help those with Parkinson's delay progression of their symptoms. 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

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. A low impact cardiovascular workout with intervals of weight work for upper & lower body strengthening. Exercise your brain and body while learning simple movement patterns and laughing with friends. 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.)

Transportation Action Program (TAP)

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

Shopping Trips (\$3 each trip)

Ocean State Job Lot & Big Y in Southwick

Tuesday, September 6th departs 1:30 PM

Tuesday, October 4th departs 1:30PM

Enfield Mall / Kohl's

Friday, September 2nd departs 9:30 AM

Friday, October 7th departs at 9:30AM

Walmart

Friday, October 28th departs 12:30PM

Taste of the Valley: Every 3rd Friday

September 16th, Bone Fish, Evergreen Walk.

Departs 10:45AM

October 21st Max Burger, West Hartford.

Departs at 11:00AM

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 through September. 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. Prescreening over the phone is available. Contact the Social Services at 860-844-5350.

Fuel Assistance Programs

Community Renewal Team/

Connecticut Energy Assistance

Program (CEAP). Each year, during the winter months, help is available to 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. Appointments will start **October 2016**. Call the office for eligibility screening. **Fuel deliveries start after November 9th.** Please bring all paperwork that applies to your household. Processing will be delayed if necessary paperwork is missing.



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 September 1st. Unless noted, lunch is *not* included in trip cost.

Thimble Island Cruise

Friday, September 9th departs at 8:30AM

Always a favorite, we cruise around the islands off Stony Creek. Rain or shine (except for hurricanes). We will stop for lunch at the Chowder Pot in Branford. Cost \$16

Beatles Tribute Show at The Aqua Turf Club

Tuesday, September 13th departs at 10:00AM

Let's go on a magical mystery tour as they play songs of the Beatles first four albums. Then move on to *Sergeant Pepper's Lonely Hearts Club Band* and finish with their *White Album*. Lunch consists of a complimentary glass of beer or wine, and a buffet. The buffet includes salad, pasta, baked ham, chicken, peas, rice pilaf, and dessert. Please call to register space is limited. Cost \$46

Monte Cristo Cottage

Wednesday, September 14th departs at 8:30AM

This cottage is the boyhood summer home of Eugene O'Neill, America's only Nobel Prize winning playwright. Lunch will be at Gaspar's in New London followed by a walk at Ocean Beach. Cost \$9

Chocolate Decadence Sunset Tour

Friday, September 23rd departs at 5PM

We begin at the Thomaston train station; passengers are treated to h'orderves as well as a glass of wine of your choice. Once the "All aboard" is called the train makes its way to the Thomaston Dam, where we watch the sunset over the beautiful Naugatuck Valley. There, passengers toast the sunset with a glass of "bubbly". We head south to Fascia's Chocolates. While enjoying the scenery along the Naugatuck river, the first two pairings occur. Arrival at Fascia's includes a tour and "make your own chocolate station". Then there is one more pairing on our way back to Thomaston station. Cost \$79

Historic Vienna Inn and Country Ride

Wednesday, September 28th departs at 9:30AM

This Inn is located in the heart of the South Central MA. We will also visit Sadie's and the Notre Dame Church. Cost \$5

Steam Train & Riverboat Lunch Excursion

Monday, October 3rd departs at 9:45AM

We will board the dining car to savor a hot lunch at the historic Essex station. The train will take you along the Connecticut river valley and on to the Deep River Landing will you will transfer to the Becky Thatcher River boat. While cruising the river you will enjoy lunch, the scenery and historic sights. You will then return back by train to the Essex station. Cost \$54

Bennington Museum, Vermont

Wednesday, October 5th departs at 8:00AM

Located in Southern VT, the Bennington Museum houses the country's largest collection of the art of Grandma Moses as well as other regional artists. There is also an extensive quilt collection to enjoy. Lunch is hosted by the museum. On our journey home we will stop at the renowned Bennington Potters and an Orchard bakery. Cost \$30 (includes lunch)

Crane Museum of Papermaking, Dalton MA

Wednesday, October 12th departs 10:00AM

The Crane Co. was established in the 1770 and is the oldest paper company in the country. The Crane Co. continues to make specialty stationery 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, prices for lunch \$6-\$14. Lunch on your own. Cost \$4.

"Faerie Village" Florence Griswold Museum

Wednesday, October 14th departs 8:30AM

Discover the intricacies and secrets of the "Wee Faerie Village" on the grounds of the Florence Griswold Museum. Lunch reservations at the Old Lyme Inn. Cost \$18

Great Barrington, MA

Wednesday, October 26th departs 9:30AM

A Fall day strolling through the interesting shops of this lovely Berkshire town. Lunch at the Prairie Whale. There will be plenty of options for treats and a country ride. Cost \$5

 = level ground, minimal walking

 = moderate difficulty

 = lots of walking

Center Life
Town of Granby
Senior Center
Granby, CT 06035



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

Delivery by September 1st, 2016



Grow With Us!

Membership Renewal

Memberships and van dues are renewed in September. Granby residents \$5 and \$10 for out-of-town-guests. This minimal fee helps defray costs—allowing us to offer free and low cost events throughout the year.

Creative Showcase Corner

Presented by The Granby Senior Center's Beading Group

Look out for the Beading Groups special creations! The Beading Group will be displaying hand made beaded jewelry starting in October and all the proceeds will benefit The Granby Senior Center. *Special sneak peak at the September 7th Women's Breakfast!*



The Senior Center will be closed on following holidays

September 5th for Labor Day

October 10th for Columbus Day