



Center Life

NEWSLETTER OF THE GRANBY SENIOR CENTER

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

Members pre-register for all classes online at www.schedulesplus.com/granby.

If you do not have computer access, please call 860-844-5352 to register.

March & April 2024

St. Patrick's Day Luncheon



A wee bit of fun to be had, come enjoy a traditional corned beef and cabbage meal with good people.

Wear your green and maybe you will be in luck! Entertainment by Dave Giardina and friend!

Friday, March 15 at Noon

Cost: \$5.00

Tulip Dinner

Spring is in the air!

Flowers are blooming, birds are chirping and the days are longer!

Come and celebrate with a delicious dinner catered by Tucker's Restaurant and entertainment by the

"Willie & Jan Band"!

Entertainment Sponsored by McLean Assisted Living



Wednesday, April 17

Cost: \$5.00



Senior Center Information

Sandra Yost, *Director*

860-844-5351

Jennifer Kielbasa, *Program Coordinator*

860-844-5352

Vanessa Berrelli, *Administrative Assistant*

860-844-5350

Lenny DeGray, *Meal Preparer*

860-844-5350

Jim Fergione, *Van Driver*

860-844-5350

Brian Hickey, *Van Driver*

860-844-5350

Michael Collins, *Van Driver*

860-844-5350

Hours: Monday - Friday 8:30AM to 4:00PM

Email: senior@granby-ct.gov

Website: www.granby-ct.gov

Schedulesplus.com/granby

Senior Center Membership & Van Fee

Annual membership is \$5 for Granby residents;
\$10 for 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.

Commission on Aging

Second Monday of the month at 9:30 AM.

Granby Senior Center

now accepts credit cards

All **IN PERSON** credit card transactions are subject to a **3.85% fee** with a minimum charge of \$5.00 . All **ONLINE** transactions are subject to a **3.49% fee plus .49 per transaction**



Clubs & Gatherings

Crafting Group

Monday's at 10:00AM

Bring your latest project to work on and enjoy some great conversation.

Camera Club

First Monday of the month at 7:00PM.

Annual membership is \$10.

Set Back

Every Tuesday at 1:00PM. Free.

Music Jam Sessions "Back in The Day"

Wednesday's at 11:30AM. Bring your instrument and join in. Free.

Cribbage

Every Friday at 3:00PM, Tuesdays at 6:00PM

Free

Women's Breakfast

First Wednesday of the month at 8:30AM

March 6

Guest Speaker: "What's Cooking with Chef Chris"

Chef Chris Prosperi, Metro Bis, Simsbury, CT

April 3

Guest Speaker: "Animal Anecdotes as told by Dr. Harry Wener, retired Veterinarian"

Cost: \$5.00

Men's Breakfast

Second Friday of the month at 8:30AM

March 8

Guest Speaker: First Selectman, Mark Fiorentino "State" of Granby

April 12

Guest Speaker: Granby Police Chief Sansom- "Scams, Identity Fraud and Senior Safety"

Cost: \$5.00

Support & Health

Ask the Attorney

Mar 6 & Apr 3 (By appointment only)

Specializing in Elder Law. Please call to set up an appointment for a free consultation. 860-844-5352.

Ask the Realtor- NEW!

Mar 13 & Apr 10 (By appointment only)

Lifelong resident of Granby, Judy Guarco has worked for 20+ years representing both buyers and sellers in CT and MA. Please call to set up an appointment for a free consultation. 860-844-5352.

Alzheimer's Support

Caring for someone diagnosed with Alzheimer's Disease can be overwhelming. Contact the Alzheimer's Association for assistance at 800-272-3900

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.

Foot Care Clinic With Mobile Manicures by Sarah

2nd Wednesday of the month

Mar 13 & Apr 10

Sarah, from Mobile Manicures will perform an assessment of the feet and lower extremities, trimming, filing and cleaning of nails. By appointment.

Call 860-844-5352 to register.

Cost is \$35 (not covered by insurance).

Free Blood Pressure and

Blood Sugar Checks

Every Thursday

11:00AM - 12:30PM

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



Healthy Minds

By Appointment only

Situations such as the death of a loved one, failing health or strained family relationships can be daunting to face alone. Working with our Marriage and Family Therapist may help you move forward with the better part of life. To schedule a confidential appointment call 860-844-5350.

\$20 per session, financial hardship assistance may be available .

Community Café

Tuesdays and Thursdays at noon

Let someone else do the cooking. Community Café offers a healthy, low cost lunch for seniors 60+ and the opportunity to join with others.

Monthly menus are available at the Senior Center. All participants are required to complete a one time informational survey. A donation of \$3.00 per meal is suggested to help cover costs. However, no one is denied a meal if unable to pay. Reservations are accepted until noon on Friday for the following week by calling 860-844-5350.



Center Life Trips

Category: Trips

Mohegan Sun



Monday, March 25

Depart Center at 8:45AM

Feeling lucky?! Test your luck on winning big or take time to explore some of the lovely shops... or do BOTH! Options are endless with your time here. Wear your lucky socks and get ready for a great time!

Enjoy lunch at the buffet or one of the amazing restaurants Mohegan Sun has to offer.

Cost: \$15.00

Magic Wings Butterfly Conservatory

Tuesday, April 30

Depart Center at 8:45AM



The Lepidoptera source in Western Massachusetts, featuring an 8,000-square foot indoor conservatory home to some 4,000 exotic and domestic butterflies in a tropical environment,

Magic Wings focuses on butterfly-related education, recreation, entertainment and gardening needs.

Stop by Bub's BBQ, one of Jennifer's friend's restaurant, for lunch!

Cost: \$20.00 (Lunch paid on your own)



Dine and Drive

Classic Burgers

Monday, March 11

Depart Center at 11:15AM

Cost: \$5.00

Meal paid on own

(Senior Citizen Discount on Monday's)

The Grill at Copper Hill

Friday, April 26

Depart Center at 11:30AM

Cost: \$5.00

Meal paid on own

Senior Van Schedule

Granby Center Errands and Personal Care

Appointments

Call to schedule

Grocery Shopping

Wednesdays

Community Café at the Senior Center

Tuesdays and Thursdays

Guidelines

Riders are required to use seat belts, be able to manage themselves unassisted, be considerate of driver and fellow passengers.

Shopping

Suffield Village Shopping Center

Friday, March 22

9:30AM Departure

Cost: \$5.00

Clinton Outlets

Monday, April 8

9:30AM Departure

Cost: \$5.00



Lifelong Learning

Ways of Listening:

The Journey of the Countess

Category: Lifelong Learning



When: Monday, March 4 at 2:00PM

Cost: FREE

Highly requested, David Stein, will be returning to the Granby Senior Center with a new program.

The Marriage of Figaro has been called "the most perfect opera ever created." It is a romantic comedy that evokes both Shakespeare and Broadway, full of divine music, bawdy humor and rich characters. We will explore the opera through the fascinating character of the Countess Rosina as she grows into self-knowledge and reforms her philandering husband.

This one-hour program will use performance videos of the great arias and comic ensembles and live demonstrations at the piano to convey the music and the Countess' deep humanity. The program is non-technical and accessible to anyone with an interest in classical music.

Let's Get Technical

Category: Lifelong Learning

When: Tuesday's (4/16-5/7) at 1:00PM

Cost: FREE

Gail Altschwager is back to teach classes on a variety of topics in this 4-week series.

Class 1: Basic Functions: What's an operating system and why you need to know which operating system your devices uses, calling, texting, voicemail, managing contacts, e-mail, and being security savvy online.

Class 2: Finding Stuff: What search engines are, how to use them and how to learn how to use your device.

Class 3: Pictures: Taking, storing and sending them.

Class 4: Apps: What are Apps, passwords, how to find apps, how to install apps, how to use apps and how to delete them.

The Sport of Prohibition- Bootlegging

Category: Lifelong Learning

When: Monday, March 25 at 10:00AM

Cost: FREE

The Prohibition Era began in 1920 when the 18th Amendment to the U.S. Constitution passed.

Bootlegging wasn't new then, but the amendment expanded bootleggers' markets. Needless to say, the law was difficult to enforce.

The competition between the bootleggers producing and transporting illegal liquor and police trying to stop them almost became a sport. Sometimes the sport had a deadly outcome.

Presented by: John Cilio



The Sport of Prohibition



Spymistresses- A Story of Allied Women Spies

Category: Lifelong Learning

When: Monday, April 22 at 2:00PM

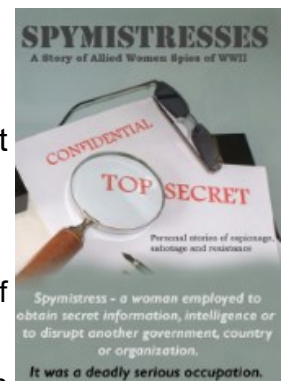
Cost: FREE

Spies belong to a special group of people with flexible identities,

elastic morals and what has been referred to by some as situational ethics.

During WWII several women risked their lives to work within the enemy territory to uncover secrets. They covertly served the Allies and made significant contributions to the war. Learn about some of these women who worked in the European and Pacific theaters of the war.

Presented by: John Cilio





Gentle Movement for Strength and

Balance

Category: Exercise

Mondays at 11:15AM

Currently in session

Next session– 4/1-5/20

Instructor, Paula Pirog.

This class will gently increase your strength, help your ability to balance, and provide stretching to maintain and increase mobility.

Cost \$48 residents; \$56 non-residents

Chair Yoga

Category: Exercise

Tuesdays at 2:30PM

Currently in session

Next session– April 2-5/28

Instructor, Paula Pirog.

Enhanced breathing, seated and standing classic yoga poses, plus balance training and core strengthening. Guided meditation finishes the class in a calm and relaxing manner.

Cost: \$54 residents; \$63 non-residents

Yoga

Category: Exercise

Tuesdays at 4:00PM

Currently in session

Next session– April 2-5/28

Instructor, Paula Pirog.

Strength building sequences, standing and on the mat. Includes balance and Pilates floor work.

Cost: \$54 residents; \$63 non-residents

Chi Gong via Zoom

Category: Exercise

Wednesdays at 9:00AM (45-minutes class)

Currently in session

Next session– 4/3-5/29

Instructor, Mary Ellen Mullins

The practice of Chi Gong helps us to feel grounded, nurtured and relaxed so that the body's energy can be naturally directed to help our organs function optimally, create flexibility in the muscles, suppleness in the joints and bring balance to our emotions. Accessible and beneficial to all levels.

Cost: \$54 residents; \$63 non-residents

Line Dancing with Jim

Category: Exercise

Wednesday's 1:30PM– 2:30PM

Next Session– 3/6-4/24

Instructor Jim Gregory has been teaching dance

full-time for forty years. His expertise will have you learning the steps in no time and having a blast too! This class is for beginners to advanced dancers.

Cost \$48 residents; \$56 non-residents

Tai Chi/Qi Gong

Category: Exercise

Thursdays at 9:00AM

Currently in session

Next session– 4/4-5/30

Instructor, Mary Ellen Mullins

Continuing the forms learned in previous sessions, this class will move on to learn Forms 9—12 of the Yang style Tai Chi. The first half of class will consist of Qi Gong warmups that are suitable for abilities.

Experience in first 8 forms required to participate.

Cost: \$54 residents; \$63 non-residents

Health/ Wellness

Tai Chi Yang Style 24

Forms 1-6

Category: Exercise

Wednesday's 2:45PM-3:45PM

Next session– 4/3-5/29

Instructor: Mary Ellen Mullins

This class is suitable and encouraged for beginners. Tai Chi is a practice that involves a series of slow, gentle, low impact movements, a relaxed, meditative mind set and controlled breathing. People of all ages, especially seniors can benefit from Tai Chi such as improved balance, flexibility and increased energy. The balanced work of Tai Chi can also help reduce inflammation, improve mental health, chronic pain and increase longevity. It takes time and a commitment to learn Tai Chi as the forms are linked together and progressive. This first session we will work on Forms 1-6. Instructor: Mary Ellen Mullins
Cost: \$54 residents; \$63 non-residents



Everybody's Exercise

Category: Exercise

Thursday's 1:30PM– 2:30PM

Next session– 3/7-4/25

Instructor: Mary Root

This exercise class is suitable for anyone and everyone! This class will include strength and weights, some cardio, balance and flexibility. All movements can be modified for chair or standing.

Cost \$48 residents; \$56 non-residents

5 Simple Steps to a Healthier Diet

Category: Health & Wellness

When: Friday, March 22 at 1:00PM

Cost: FREE

Did you know that March is National Nutrition month?!

Join Amy Woodman, Registered Dietician from Farmington Valley Nutrition & Wellness, for an informational presentation on ways to incorporate a healthier diet.



Medicare Made Perfectly Clear

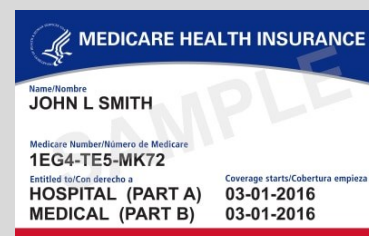
Category: Health & Wellness

When: Friday, April 12 at 1:00PM

Cost: FREE

New to Medicare? Coming off Group sponsored employer plan? Already on Medicare but not sure if you are on the right plan?

All of these questions will be answered by Madison Roberson, from Roberson Tierney & Associates, during a Medicare Made Perfectly Clear Master Class.



Travel with us!



Spain's Classics & Portugal



Departing October 5– 19, 2024

Optional 4-night Barcelona & Costa Brava

Pre Tour Extension

Optional 4-Night Madeira Island Post Tour Extension

Starting at \$5,599(double)

British Landscapes



March 30– April 8, 2025

Optional 3– Night Paris Post Tour Extension

Starting at \$3,599(double)

Christmas on the Danube



Departing November 29– December 7, 2025

Optional 2-night Christmas Markets of Prague

Post Tour Extension

Starting at \$3,698(Lower Outside Double)

2025 Travel...

July (Dates TBD):

The Colorado Rockies featuring National
Parks and Historic Trains



September (Dates TBD):

Discover Switzerland

Included in cost:

- Group transportation to/from airport,
- Round trip air, air taxes and fees/surcharges,
- Hotel accommodations
- Transfers from airport & accommodations
- Most gratuities
- A fabulous Collette Tour Guide throughout entire tour

Granby Senior Center 860-844-5352

Mondays

10:00AM Crafting Group
11:15AM Gentle Movement for Strength

Tuesdays

12:00PM Community Cafe
1:00PM Set-Back
2:30PM Chair Yoga
4:00PM Yoga
6:00PM Cribbage

Wednesdays

8:30AM Chi Gong-Zoom
11:30 Music Jam Band
1:30PM Line Dancing with Jim
2:45 Tai Chi Yang

Thursdays

9:00AM Tai Chi/Qi Gong
11:00PM Blood Pressure Check
12:00PM Community Cafe

12:00PM Grandparents Group
1:30 Everybody's Exercise
2:45PM All About Balance

Fridays

9:00AM Violin Lessons
3:00PM Cribbage Club

March

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|-----|---|-----|
| |  | AARP TAX PROGRAM By appointment only | AARP TAX PROGRAM By Appointment only | | 1 | 2 |
| 3 | 4 1:00PM Matter of Balance 2:00PM Ways of Lis- tening 7:00PM Camera Club | 5 | 6 8:30AM Women's Breakfast 10:00AM Ask the Attorney | 7 | 8 8:30AM Men's Breakfast | 9 |
| 10 | 11 11:15AM Dine and Drive 1:00PM Matter of Balance | 12 | 13 8:30AM Foot Care 10:00AM Ask the Realtor 2:00PM Collette Presen- tation on trip to Spain and Portugal | 14 | 15 12:00PM St. Patrick's Day Lunch | 16 |
| 17 | 18 1:00PM Matter of Balance | 19 | 20 | 21 | 22 9:30AM Shopping 1:00PM 5 Simple Steps to a Healthier Diet | 23 |
| 24 | 25 8:45AM Mohegan 10:00AM Bootleg- ging 1:00PM Matter of Balance | 26 | 27 | 28 | 29 CENTER CLOSED  | 30 |
| 31 | | | | | | |

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April

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-------------------------------|--|-----|--|-----|
| | 1 1:00PM Matter of Balance 7:00 Camera Club | 2 | 3 8:30AM Women's Breakfast | 4 | 5 | 6 |
| 7 | 8 1:00PM Matter of Balance | 9 | 10 8:30AM Foot Care 10:00AM Ask the Realtor | 11 | 12 8:30 Men's Breakfast 1:00PM Medicare Made Perfectly Clear | 13 |
| 14 | 15 1:00PM Matter of Balance | 16 | 17  5:00 Tulip Dinner | 18 | 19 | 20 |
| 21 | 22 1:00PM Matter of Balance 2:00PM Spymistresses | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 1:00PM Matter of Balance | 30 8:45AM Magic Wings Trip | | | | |