



KENT SOCIAL SERVICES

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September- December Senior Center Newsletter



Town of **Kent**
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BIMONTHLY NEWSLETTER FOR KENT SENIORS

Welcome to Fall! We are looking forward to cooler temperatures and brilliant fall colors. This newsletter will cover September - December so be sure to keep it handy! We are excited to share lot's of new programs this Fall!

Senior Lunches & Celebrations

- **Wednesday 9/13 1:30 pm Ice Cream Social** provided by Kent Social Services
- **Thursday 9/21 noon Lunch** provided by Kent Park & Rec
- **Wednesday 9/27 noon Lunch** provided by Kent School
- **Wednesday 10/11 noon Oktoberfest Lunch** provided by Kent Lions Club
- **Wednesday 10/25 noon Lunch** provided by Marvelwood School
- **Monday 11/6 noon Lunch & Brain Games** provided by Village Crest
- **Thursday 11/9 noon Veteran's Day Lunch** provided by Kent Park & Rec
- **Wednesday 11/15 noon Thanksgiving Lunch** provided by South Kent School
- **Wednesday 12/13 noon Holiday Lunch** provided by Kent Lions Club

September-December Issue

Thank you to Kent School for printing of the newsletter.



16 Swifts Lane, Kent, CT 06757 | (860) 927-1586

Senior Center Activities



Chair Yoga with Elaine

Our very popular Chair Yoga with Elaine continues during September-December at 10 am on Mondays.

This class is great for those who want to incorporate stretching and movement into their lives. Elaine is an experienced instructor who can help you at your current fitness level. **There is a suggested donation of \$5 per session***



Balance, Bend & Stretch

10 am on Wednesdays with rVNA starting September 27th

This new class will help seniors with exercises that will improve balance and flexibility. According to the U.S. Centers for Disease Control and Prevention (CDC) and others: More than one out of four Americans age 65+ falls each year. Falls are the leading cause of fatal and nonfatal injuries among older adults.

There is a suggested donation of \$5 per session*



Coffee and Conversation on Kent History

On every third Wednesday (9/20, 10/18, 11/15), the Senior Center will host a program about Kent history, with guests. Register by calling 860 927-2055 or emailing ssassist@townofkentct.org.



Crafts with Elaine

Elaine Donahue, a talented crafter, will offer monthly craft projects on Mondays starting September 18th from 11:30-12:30 and continuing 10/16, 11/13 and 12/11.

The first program will be Scrabble Letter Creations. Register by calling 860 927-2055 or emailing ssassist@townofkentct.org.



Short Story Book Group

Come join us for a monthly book group for Seniors discussing short stories beginning Thursday, September 14, 2023 at 11 am. This program will be hosted by the Kent Memorial Library's Libby Mueller at the Kent Senior Center. Advance registration is required. Call 860-927-2055 or email ssassist@townofkentct.org.

anyone who cannot afford a program fee should contact Social Services at 860-927-1586

Programs For Kent Seniors



Bingo and RummiKub & Coffee

Kent Park and Recreation will be continuing its popular Bingo on the first and third Tuesdays and RummiKub Club on the second and fourth Tuesdays. Both programs will be held 2-3:30 pm. Come for the fun and companionship at the Senior Center!



RVNAhealth: Health Promotion Program

In cooperation with the Kent Community Fund, RVNAhealth, a visiting nurse association serving the area, provides a Health Promotion Program that aims to keep residents, especially elders, healthy at home. The program provides a monthly nursing assessment, medication review, disease management and education as well as assistance with obtaining a Lifeline emergency alert system, if warranted.

For further information, please contact Olivia DoVale, RN, BSN at 203-438-5555 Ex. 1090.

Transportation

We understand that transportation is an ongoing issue for Kent Seniors. FISH is no longer providing transportation due to insurance issues. If you need medical transportation, you can call the Northwest Transit District Dial-a-Ride program (860-489-2535). If they are not able to accommodate you, contact Geer Dial-a-Ride at 860-824-7067. The Northwest Transit "Kent Bus" is available for travel to New Milford for errands & locally in Kent.



Meals on Wheels

A dedicated group of Kent volunteers delivers Meals on Wheels (MOW) on Mondays and Wednesdays of each week. The program is open to all home-bound seniors regardless of income who are sixty years of age or older – with a doctor's recommendation. Spouses and disabled dependents of an eligible senior are also eligible for MOW. Registration for the Meals on Wheels program is handled by the Western Connecticut Area Agency on Aging. The toll-free number is 1-800-994-9422.

September

2023

Monday	Tuesday	Wednesday	Thursday
4 Closed- Labor Day Holiday	5 Bingo w/ Park & Rec 2-3:30pm	6	7
11 Chair Yoga 10am	12 RummiKub w/ Park & Rec 2-3:30pm	13 Ice Cream Social 1:30pm	14 Library Book Group 11am
18 Chair Yoga 10am Crafts w/ Elaine 11:30am	19 Bingo w/ Park & Rec 2-3:30pm	20 Kent History Program 11am	21 Kent Park & Rec Lunch 12pm
25 Chair Yoga 10am	26 RummiKub w/ Park & Rec 2-3:30pm	27 Balance Class w/ RVNA 10-11am Social Services Lunch w/ Kent School 12pm	28 Technology Help 10-11am

October

2023

Monday	Tuesday	Wednesday	Thursday
2 Chair Yoga 10 am	3 Bingo w/ Park & Rec 2-3:30 pm	4 Balance Class w/RVNA 10 am	5
9 Closed Columbus Day Holiday No Yoga	10 RummiKub w/Park & Rec 2-3:30	11 Balance Class w/RVNA 10 am Oktoberfest Lunch 12 pm	12 Library Book Group 11 am
16 Chair Yoga 10 am	17 Bingo w/ Park & Rec 2-3:30 pm	18 Kent History Program 11 am	19
23 Chair Yoga 10 am	24 RummiKub w/Park & Rec 2-3:30	25 Balance Class w/ RVNA 10 am	26 Technology Help 10-11 am
30 Chair Yoga 10 am	31		

November

2023

Monday	Tuesday	Wednesday	Thursday
		1 Balance Class w/ RVNA 10am	2 Library Book Group 11am
6 Chair Yoga 10am Village Crest Lunch & Learn 12pm	7 Bingo w/ Park & Rec 2-3:30pm	8 Balance Class w/ RVNA 10am	9 Kent Park & Rec Veteran's Day Lunch 12pm
13 Chair Yoga 10am Crafts w/ Elaine 11:30am	14 Rummikub w/ Park & Rec 2-3:30pm	15 Kent History Program 11am Social Services Lunch w/ South Kent School 12pm	16 Technology Help 10-11am
20 Chair Yoga 10am	21 Bingo w/ Park & Rec 2-3:30pm	22 Closed Thanksgiving Holiday	23 Closed Thanksgiving Holiday
27 Chair Yoga 10am	28 Rummikub w/ Park & Rec 2-3:30pm	29	30

December

2023

Monday	Tuesday	Wednesday	Thursday
4 Chair Yoga 10am	5 Bingo w/ Park & Rec 2-3:30pm	6	7 Technology Help 10-11am
11 Chair Yoga 10am Crafts w/ Elaine 11:30am	12 Rummikub w/ Park & Rec 2-3:30pm	13 Social Services Holiday Lunch w/ Kent Lion's Club 12pm	14 Library Book Group 11am
18 Chair Yoga 10am	19 Bingo w/ Park & Rec 2-3:30pm	20	21
25 Closed Christmas Holiday No Yoga	26 Rummikub w/ Park & Rec 2-3:30pm	27	28

Senior Center Special Event



Kent Social Services and Kent Park & Rec will offer a special Halloween craft with **CreateEscape studio**. The event will be held at 1:30 pm on October 5th at the Kent Senior Center, 16 Swifts Lane. The charge for the class is \$20. Registration is limited to the first 10 participants. Call the Senior Center at 860-927-2055 or email ssassist@townofkentct.org to register.

Kent Social Services Update



Renter's Rebate Program

If you are 65 or older or totally disabled and your annual income is \$40,300 or less if single, and \$49,100 or less if married, you are eligible for a rebate from the State of Connecticut. **The filing period is April 1 - October 1, 2023.** To schedule an appointment, call Kent Social Services 860-927-1586 after April 1st.



Energy Assistance

Energy assistance through the Connecticut Energy Assistance Program (CEAP) helps low income households pay their primary heat source bills. Qualifying income limits are as follows: 1 person household making under \$41,553 a year or 2 person household making under \$54,338 a year.

The Social Services will begin accepting applications on September 18th.

To make an appointment please contact us at 860-927-1586 or via email at socialservices@townofkentct.org.



Kent Food Bank

The Kent Food Bank is open Fridays from 10am to 12pm. Registration is required prior to participating (call the office to register). Please bring reusable bags! Donations: Donations are always welcomed and appreciated, please call 860-927-1586 to schedule a drop off time.

Samantha Hasenflue, Director of Social Services
Rosemary Jones, Social Services Assistant

Contact Us

To make an appointment or for any questions/concerns please contact us at 860-927-1586 or via email at socialservices@townofkentct.org
Samantha Hasenflue- Director of Social Services
Rosemary Jones- Social Services Assistant

Kent Social Services | 41 Kent Green Blvd. | Kent, CT 06757

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