



Town  
of **Kent**  
CONNECTICUT

**SENIORTIMES**

BIMONTHLY NEWSLETTER FOR KENT SENIORS

As we enter Spring and flowers pop out of the ground, our thoughts turn to Senior Center programming, renter's rebate and the end of the heating season. In this newsletter, we are presenting our schedule for April, May and June, as well as information on Social Services resources and some of the Park and Rec programs of interest to Seniors.

We encourage you to come to our lunches and to try some of our programs! **Please keep in mind that advance registration is required for lunches and other programs.** We need to know how much food and supplies to have ready and there is limited seating in the Senior Center.

## SENIOR CENTER RENOVATIONS!

 Tuesday, April 2nd to  
Friday, April 5th 

We are excited to announce that the Senior Center will be closed temporarily to upgrade the flooring in the main room!

Bingo will be held at another location on April 2nd, please keep your eyes open for an email from Park and Rec!

April -June 2024 Issue

Thank you to Kent School for printing the newsletter.

### Lunches for Seniors:

**April 8th – Lunch & Learn – 11:30**

**April 12th- P&R Lunch- Noon**

**April 24th – Senior Lunch – Noon**

**April 29th – Lunch & Learn – 11:30**

**May 3rd- P&R Lunch- Noon**

**May 20th – Lunch & Learn – 11:30**

**May 22nd – Senior Lunch – Noon**

**June 7th- P&R Lunch- Noon**

**June 17th – Lunch & Learn – 11:30**

**June 26th – Senior Lunch – 11:30**



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

# APRIL

**\*Park & Rec lunch  
Friday, April 12th  
from 12-2pm**

MON	TUE	WED	THU
1 Chair Yoga 10am	2 <b>Closed for Renovations</b>  Bingo 2pm * location TBD	3 <b>Closed for Renovations</b>	4 <b>Closed for Renovations</b>
8 Chair Yoga 10am  WCAAA Lunch & Learn 11:30am	9  Rummikub 2pm	10  Trooper Donohue Fitness 11am	11  Make It & Take It 11am
15  <b>No Chair Yoga</b>	16  Bingo 2pm	17  Kent History 11am	18  Short Story Group 11am
22 Chair Yoga 10am	23  Rummikub 2pm	24  Senior Lunch by Marvelwood 12pm	25
29 Chair Yoga 10am  Leo Ghio 11:30am Lunch & Learn	30	1	2

# MAY

**\*Park & Rec lunch  
Friday, May 3rd  
from 12-2pm**

MON	TUE	WED	THU
29	30	1 Make It & Take It 11am	2 RVNA Exercise & Strength 11am
6 Chair Yoga 10am  Lee Sohl Lunch & Learn 11:30am	7  Bingo 2pm	8  Mother's Day Craft 10am	9 RVNA Exercise & Strength 11am  Mother's Day Tea 1:30pm
13  Chair Yoga 10am	14  Rummikub 2pm	15  Kent History 11am	16  Short Story Group 11am
20 Chair Yoga 10am  Marty Lindenmayer Military Talk 11:30am	21  Bingo 2pm	22  Lunch 12pm provided by Kent School	23  RVNA Exercise & Strength 11am
27  <b>Closed for Memorial Day</b>	28  Rummikub 2pm	29	30  RVNA Exercise & Strength 11am

# JUNE

**\*Park & Rec lunch  
Friday, June 7th  
from 12-2pm**

MON	TUE	WED	THU
3 Chair Yoga 10am	4 Bingo 2pm	5 Kent History 11am	6 RVNA Exercise & Strength 11am
10 Chair Yoga 10am	11 Rummikub 2pm	12 Make It & Take It 11am	13 RVNA Exercise & Strength 11am
17 Chair Yoga 10am  Alzheimer's Association Lunch & Learn 11:30am	18 Bingo 2pm	19 <b>Closed for Juneteenth</b>	20 Short Story Group 11am
24 Chair Yoga 10am	25 Rummikub 2pm	26 Senior Lunch 11:30am McCall Center Speaker	27

# Highlighted Senior Center Programs



## Lunch and Learn

Get ready for a thrilling 3-month learning extravaganza! Introducing our Learning Series, complete with engaging "Lunch and Learn" sessions. Dive into various programs and special topics led by experts, and get the chance to pick their brains with questions and discussions!

Registration is required, a simple, light lunch will be provided.

## Make It & Take It!

Come spice up your life at the Senior Center! Let's whip up a storm in the kitchen with your fellow foodies, then feast together like royalty! Plus, snag a takeaway container to relive the deliciousness at home or spread the joy with a pal! Don't forget to RSVP for this culinary fiesta! Limited to the first eight registrants.

## Balance & Exercise with rVNA

Age appropriate stretching and balance with Stacie Perachi, an rVNA physical therapist



## Mother's Day Craft

Join Jacque Peterson to make a beautiful Mother's Day craft on Wednesday, May 8th at 10 am. Advance registration required.

## History Club

Join the Kent Historical Society and others for programs reliving Kent's special history.



**Mother's Day Tea** – May 9th at 1:30

**Father's Day Celebration** – June 13th at 1:30 pm

# Social Services Program Updates



## Renters' Rebate Program

**2024 APPLICATION PERIOD OPENS APRIL 1ST**

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room or living in cooperative housing, or a mobile home may be eligible for this program.

Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies.

## Energy Assistance/ CEAP Applications

**Applications close on May 31, 2024. Deliverable fuel bills must be submitted by June 17, 2024. Remember that CEAP is an annual benefit so you need to apply each year to receive assistance.**

The Connecticut Energy Assistance Program (CEAP) helps Connecticut residents afford to heat their homes. Applications for CEAP typically take 30-45 minutes. Basic benefits towards your heating bill range between \$180 to \$530 depending on your income level, household size and whether there is a vulnerable member in the household. These benefits are usually paid directly to your utility company or fuel supplier. Households that heat with deliverable fuels like oil or propane may be eligible for additional fuel deliveries.

CEAP recipients may also be eligible for matching payment plans, protection from shut-offs, and replacement and/or repairs for heating equipment.

The program is administered by Connecticut's Department of Social Services in partnership with local Community Action Agencies (CAAs) throughout the state.

## General Assistance

As a reminder, Kent Social Services (860-927-1586/[socialservices@townofkentct.org](mailto:socialservices@townofkentct.org)) is able to assist with many issues or applications.

To list a few:

- Department of Social Services Applications (SNAP/EBT, Health Insurance, QMB program, Cash Assistance)
- Housing applications
- Monetary funding/ grant applications for emergency needs
- Funding for individuals with a Cancer diagnosis
- Sign up for Kent Food Bank or Kent Diaper Bank
- Energy Assistance (CEAP and Operation Fuel)
- Any questions or concerns you may have



## Park & Recreation Programs for Seniors

### Bridge

Looking to play cards and make new friends? Come join the Bridge Club! This wonderful card game is always a fun time and is also a great way to socialize, make friends, and give your brain some good exercise too! Experienced Players meet Thursdays - 1:00pm to 4:00pm. New Players meet Saturdays - 1:00p to 4:00pm. Groups meet at the Congregational Church Parish Hall at 99B North Main Street (behind the Thrift Shop).

To sign-up please contact Robert Norton @ 860-672-8158 (call or text), or the Park and Rec Department at (860) 927-1003 or [parkandrec@townofkentct.org](mailto:parkandrec@townofkentct.org)



### Senior BINGO

All of our area seniors are invited to join Kent Park & Rec for our twice-monthly afternoon of BINGO at the Kent Senior Center. It's free of charge and advanced registration isn't necessary - just come join us ready to have some fun and win some cool prizes courtesy of Park & Rec! This program takes place on the 1st and 3rd Tuesdays of every month from 2:00p to 3:30p at the Kent Senior Center at Templeton Farms. Refreshments are provided. Bingo will be held in a different location on 4/2.

### The RummiKub Club

All of our area seniors are invited to join Kent Park & Rec for our twice-monthly afternoon of RummiKub at the Kent Senior Center. It's a simple game, lots of fun, and best of all this activity is brought to the public free of charge. Advanced registration isn't necessary. This program takes place on the 2nd and 4th Tuesdays of every month from 2:00p to 3:30p at the Kent Senior Center at Templeton Farms. Light refreshments are provided.

### Aqua Aerobics

Join aqua aerobics instructor Mo Van Moffaert for this fun and exciting approach to fitness! This 8-week program is a great way to enjoy some time in the pool while also taking part in low impact water exercise which is easy on your joints but still very healthy for your bones and muscles! Designed for active seniors but great for all ages 50 and over. The program runs through April 3rd from 8:30-9:30 am at Kent School Pool. Cost is \$45 per participant. Call the Park and Recreation Office at 860-927-1003 for dates beyond April 3rd.



## **Senior Resources**

### **Transportation**

Northwest Connecticut Transit District (NWCTD) offers Dial-a-Ride bus service to New Milford and Kent on Monday and Wednesday mornings. Reservations are first come, first served and must be made at least 24 hours in advance. To reserve, call 860-489-2535. Buses are handicapped accessible and a one way trip fare is \$2. The Transit District also offers Inter-Regional transportation to medical appointments on a first come, first served basis to places such as Yale-New Haven Hospital, UConn Medical and Newington VA. To reserve, call 860-489-2535.

### **Senior Housing**

Kent has affordable housing complexes at Templeton Farms (all elderly residents, owned by Kent Village Housing for the Elderly, Inc.), South Common and Stuart Farm (Kent Affordable Housing). All three support residents on limited incomes.

### **Meals on Wheels**

Kent volunteers deliver meals to homebound seniors on Mondays and Wednesdays. The program is open to homebound seniors of any income who are 60 years of age or older with a doctor's recommendation. Spouses and disabled dependents of an eligible Senior also qualify for Meals on Wheels. To register, call the Western CT Area Agency on Aging at 1-800-994-9422.

### **Jane Lloyd Fund**

The Jane Lloyd fund provides financial assistance to Seniors and others in treatment for cancer. Call Social Services at 860-927-1586.

### **Tax Preparation Services**

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$60,000 or less, persons with disabilities, the elderly and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. Call 1-800-906-9887.

### **Grief Support Groups**

Goshen Community Care & Hospice Tuesday Afternoons 4:15-5:45 running April 2-May 21 Church of Christ Congregational in Goshen.

Visiting Nurse & Hospice of Litchfield County holds a program Friday mornings 9:30-11 am Call 860-733-9575 to register for either program.

# Lunch & Learn Series

A light lunch is funded by the Kent Senior Center and the Kent Community Fund

Monday, April 8th at 11:30am

Beatriz Torres, Kiara Carchi, Amanda Halle, and Gina Greene from the Western Connecticut Area Agency on Aging will be presenting information on the service navigation department, choices, and caregiver programs..



\*You must register in advance by calling 860-927-2055 or by emailing [ssassist@townofkentct.org](mailto:ssassist@townofkentct.org)

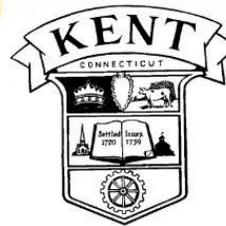
Monday, April 29th at 11:30am



Leo Ghio, Project Director at the Northwest Hills Council of Government, will join us for a presentation and discussion about hot topics pertaining to Kent. Come ready to discuss transportation and hear about programs and initiatives that pertain to Kent!

Monday, May 6th at 11:30am

Lee Sohl, Kent Animal Control Officer will join us for another discussion about pets! Lee will be bringing one of her furry, four legged companions with her for this discussion! Come ready with questions about pet safety and care!



Monday, June 3rd at 11:30am

\*Not listed on calendar!



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Danielle Niesz, RN from RVNA, Catherine Bachrach from the Kent Community Fund, and Mary Ann VanValkenburg, Ambulance Volunteer from the KVFD will be joining us for a wonderful conversation about physical health topics, RVNA services, financial assistance/ grants available to Kent residents and safety!

Monday, June 17th at 11:30am

Carolyn DeRocco from the Alzheimer's Association will be joining us to present an overview of what services are offered through the agency. Carolyn will be available to answer questions as well as pick a few topics to explain in further detail.

ALZHEIMER'S ASSOCIATION