

# Discover Granby Program Guide



Library \* Parks & Recreation \* Senior Services  
Social Services \* Youth Services

**Fall & Winter 2023-24 / [www.Granby-CT.gov](http://www.Granby-CT.gov)**

# How To Reach Us...

*A message from Director of Human Services,*

Personally, I enjoy Autumn and early Winter seasons; the crisp air, fall foliage, and all the holiday celebrations with family and friends. It's a great time to get out and discover Granby. Your Senior Center is an active, vibrant place with well rounded options to keep up with friends, keep fit, keep learning, keep positive and keep connected. Through active grant seeking, sponsorships and travel commissions, costs are kept to a minimum. See back cover for a great, no cost program for seniors. With school back in session, support for youth and their families is available at the YSB. See page 2. And for those who experience financial hardship this winter Social Services connects you with available assistance programs. Granby has so much to offer! *Discover* what awaits you.

*Sandra Yost, Director of Human Services*



## Parks & Recreation

860-653-8947

[www.GranbyRec.com](http://www.GranbyRec.com)



### Parks & Recreation Hours

The Parks & Recreation Office is located inside Salmon Brook Park, 215 Salmon Brook Street.

Mon/Tue/Wed: 8:30 AM-4 PM

Thursday: 8:30 AM-6 PM

Friday: 8:30 AM-12:30 PM

Email: [recreation@granby-ct.gov](mailto:recreation@granby-ct.gov)

Website: [www.GranbyRec.com](http://www.GranbyRec.com)

Phone: (860)653-8947



## Library

860-844-5275

[www.granby-ct.gov/157/library](http://www.granby-ct.gov/157/library)

### Granby Public Library Hours

Mon/Wed/Thu: 10 AM-8 PM

Tuesdays: 10 AM-6 PM

Fri/Sat: 10 AM-2 PM

Sun: Closed

### Cossitt Branch Library Winter Hours

Tue/Wed/Thu: 3-7 PM

Email: [GranbyLibrary@granby-ct.gov](mailto:GranbyLibrary@granby-ct.gov)

Main Branch Phone: (860) 844-5275

Cossitt Branch Phone: (860) 653-8958

**Library Cards:** Residents are eligible to register for a free Card. You can borrow materials from any public library in CT, download items from the digital catalog, and access the Granby Public Library's databases.

**Information:** Library programs, new events, and updated program details are posted on the digital calendar. A Library Card is not needed to participate.

### Funding for Library Programs & Events :

Many of the Library programs included in this book are paid for by The Friends of the Granby Public Libraries and are provided to you at no cost. Please consider supporting the Friends to help the GPL serve you!



## Senior Center

860-844-5350

[www.schedulesplus.com/granby](http://www.schedulesplus.com/granby)

### Senior Center Hours

Monday - Friday 8:30 AM to 4 PM

Email: [senior@granby-ct.gov](mailto:senior@granby-ct.gov)

Website: [granby-ct.gov/278/Senior-Services](http://granby-ct.gov/278/Senior-Services)

**Annual Membership** \$5 Granby residents;  
\$10 non-residents

**Annual Van Fee:** \$10 Senior Van

Membership and van fees are due September 1

**Program Cancellations:** Programs may be cancelled due to insufficient registrations. No School: Programs are cancelled. School delay: all programs will run on schedule. Early dismissal: all afternoon and evening activities are cancelled.

## Social Services

(860)844-5351

Confidential appointments for benefit counseling and enrollment

Email: [socialservices@granby-ct.gov](mailto:socialservices@granby-ct.gov)

Website: [granby-ct.gov/225/Social-Services](http://granby-ct.gov/225/Social-Services)



## Youth Services

Register (860)844-5355

Confidential appointments for youth and family counseling

Email: [ahcox@granby-ct.gov](mailto:ahcox@granby-ct.gov)

Website:

[granby-ct.gov/285/Youth-Service-Bureau](http://granby-ct.gov/285/Youth-Service-Bureau)



# Youth Services Bureau (YSB)



## Counseling Services

Register: Call 860-844-5355  
for confidential intake

Ages: Children up to age  
18 & their family

Where: Youth Service Bureau

Fee: Free

Granby YSB offers services to assist Granby youth and their families with many life issues and concerns. Our experienced and professional staff provides individual and family counseling to assist you to finding an appropriate provider for your needs. We can address:

- Common developmental Issues
- School behavior or peer issues
- Family issues
- Suicide ideation
- Depression
- Cutting
- Anger management
- Eating disorders
- Alcohol and drug concerns
- Grief and loss

## SMART Recovery Support

Ages: Grades 8-12

Date: Mondays

Time: 6-7PM

Where: Youth Service Bureau

Fee: FREE

SMART stands for Self-Management and Recovery Training and is the leading evidence-based addiction recovery program. This support group is for youth with any form of addictive behaviors (shopping, eating, substance abuse, etc.). Call 860-844-5355 for additional information.

## WOW - We're on Our Way

Ages: Grades 9-12

Date: Tue, Oct 3 - Apr 30

Time: 7-8:30 PM

Where: Youth Service Bureau

Fee: \$125

WOW is a positive youth development program for those identifying as girls in grades 9-12. This group focuses on breaking down boundaries and building relationships, and addressing issues facing teens in a positive, fun and engaging environment.

## Our Whole Lives—OWLS

Ages: Children up to age  
18 & their family

Date: Thurs, Oct 19 - April 25

Time: 6-7:30PM

Where: Youth Service Bureau

Fee: Free

Comprehensive sexual health class. Topics include human anatomy and reproduction, puberty and its bodily and emotional impacts, gender, sexual attraction, and sexuality. Birth control and reproduction will be covered. Parents are required to return permission forms and attend a virtual parent meeting covering curriculum prior to youth admission.

## The Vibe Drop-in

Ages: Grades 5-7

Date: Fridays

Time: 5:30-7PM

Where: Youth Service Bureau

Fee: FREE

The goals of Vibe are diversity, acceptance, and a safe space to be yourself while meeting peers, having fun and developing social communication skills. This limited sized group requires referral from parents and/or school staff to attend.

## The Vibe Drop-in

Ages: Grades 8-10

Date: Fridays

Time: 7-9PM

Where: Youth Service Bureau

Fee: FREE

The same Vibe goals apply for this older youth group. Small staff led group conversations and facilitated activities are included. This limited sized group requires referral from parents and/or school staff to attend.

# Social Services

The focus of the Social Service 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.

## Granby Local Assistance Program

Granby residents facing financial hardship may access funds once in a twelve-month period. The gross household income cannot exceed 60% of State Median Income, unless extenuating circumstances can be verified.

## Energy Assistance

The following programs are available should you need help with energy costs.

## Connecticut Energy Assistance (CEAP)

CEAP is designed to help offset home energy costs of Connecticut's lower income families, specifically those households whose annual income falls at or below 60% of the state median income (\$79,910 for a family of four in 2023). Be advised that benefit levels are lower than last year due to less allocated state funding this year.

## Eversource Assistance

Winter protection for income eligible households prevents shutoff between November 1, 2023 through May 1, 2024. NuStart Program offers forgiveness of overdue balances as on time, monthly budget payments are made. Call Eversource at 800-286-2828 or visit [eversource.com/BillHelp](https://eversource.com/BillHelp).

## Operation Fuel

Operation Fuel ([operationfuel.org/about/how-we-help/](https://operationfuel.org/about/how-we-help/)) offers emergency energy assistance for heating expenses for households who meet program guidelines with incomes at or below 100% of the State Median Income

Social Services  
Confidential  
appointments:  
860-844-5351

# Library / Kids and Families



SCAN ME



GRANBY PUBLIC LIBRARY  
F.H. COSSITT BRANCH LIBRARY

## Granby Public Library

All library programs  
require registration.

Register on our website,  
[www.granby-ct.gov](http://www.granby-ct.gov), or  
by calling the library at  
860-844-5275.



## Annual Gingerbread Houses!

All Ages!

When: Sat, Dec 2

Time: 10:30-11:30 AM

Where: Senior Center

Families are invited to join us for this delicious program! Build and decorate your own gingerbread house. The library will provide all the supplies. Awards will be given! Registration required.

## Weekly Storytimes

*\*Some of these may not run EVERY week, be sure to check the library website for the most updated info!*

### Baby Rhyme Time

Ages: 0-18 months,

When: Tuesdays, 10:30-11 AM

Babies and caregivers are invited to join us for an interactive lap-sit program featuring a story, nursery rhymes, songs, and baby sign language. Registration required.

### Mother Goose on the Loose

Ages: 18 mos-4 yrs.

When: Wednesdays, 10:30-11 AM

Our preschool friends are invited to join us for an early literacy program featuring nursery rhymes, stories and music activities that promote language development, visual literacy, social and emotional skills. Registration required.



### Mini Movers

Ages: 14 mos-4 yrs.

When: Fridays, 10:30-11 AM

Our preschool friends are invited to join us for this fun interactive program featuring songs, dancing, scarves, and shaker egg activities. Registration required.

### Nightfall Stories and Stretch

Ages: 4-7 yrs.

When: Thursdays,  
6-6:30 PM

Children are invited to join us for an independent mindfulness program featuring stories, stretches, and an interactive activity. Registration required.



## Movable Mummy

Grades: 4-6

When: Mon, Oct 16

Time: 6-7 PM

Celebrate the Halloween season by creating your very own spook-tastic, miniature mummy figure that can be arranged into various poses for display. Registration is required

## Halloween Parade

Ages: Birth to 5

When: Tue, Oct 31

Time: 10:30-11 AM

Join us for some Halloween stories, songs and a costume parade around the library. Everyone gets a goodie bag. Sponsored by the Friends of the Library.

## Brick-by-Brick: Lego Challenge

Ages: 5-11

When: Wed, Nov 8

Time: 4-5 PM

Calling all LEGO® fans! Come to the library to build, create, and have fun. The library provides the LEGOs®.



## TEEN BOOK BOX SUBSCRIPTION



## We've now got Teen Subscription Boxes!

Curated for grades 6-12

Sign up each month for a box of goodies from your library! Each box will include library items as well as freebies for you to keep. Sign up on our library website!



# Library/ Kids and Teens



SCAN ME



## Teen Mondays

Grades: 6-12

Time: 3-3:30 PM Snack & Social  
3:30-5 PM Program

Register online!

## Felted Pumpkin

Date: Mon, Oct 23

It's pumpkin time!

Learn how to needle felt wool and create your own felted pumpkin to take home!

Experienced Fiber Artist

Angelina Fleury will walk you through the magical process of transforming wool into 3D objects using a barbed needle. All materials included. Space is limited, Registration required.



## Felted Reindeer

Date: Monday, Dec 4

"Now Dasher! Now Dancer! Now Prancer, now Vixen!" Angelina Fleury is back to help you make your own felted reindeer for the holidays.

Experienced Fiber Artist Angelina Fleury will walk you through the magical process of transforming wool into 3D objects using a barbed needle. All materials included. Space is limited; Registration required.



## Teen Advisory Board

Grades: 7-12

Join TAB for a fun and exciting way to help plan teen library programs, tell us what kind of books, movies and music teens want and gain experience and credit towards community service hours. TAB members also get opportunities to be teen volunteers at the library! **Find out more...attend on Oct 30 from 6-7 PM at the library. Pizza will be served, register online.**

Check out these other programs also available for 10th-12th grade!

## Stop the Bleed

Ages: Adults & 10th-12th grade

When: Sat, Oct 21

Time: 10 AM-12 PM

## The Art of the Book

Ages: Adults & 10th-12th grade

When: Wed, Nov 15

Time: 5-6:30 PM

## Crafters Cafe

Ages: Adults & 10th-12th grade



We are so excited to announce the First Annual

**GRANBY  
CHILDREN'S  
BOOK FESTIVAL  
FALL 2023**

Nov 4 from 10 AM-2 PM at Wells Road School

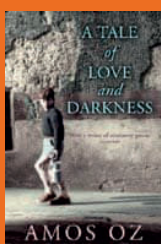
Authors! | Giveaways | Vendors! | Book Shop! | Kids Activities! | Food Trucks! | Story Walk & Storytimes. A collaboration with the Granby Education Foundation, Granby Public Schools and the Granby Public Library.

Unless noted, Library Programs are FREE and in person at GPL!

# Library / Adult Programs



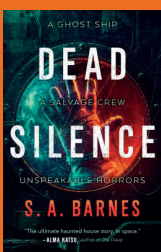
## Something About the Author



Ages: Adults  
Dates: Oct 2, Nov 6,  
Dec 4  
Time: 1:30-2:30 PM  
Focused on a single author's works each month. October features "A Tale of Love & Darkness" by

Amos Oz. Registration requested.

## Sci-Fi Fans



Ages: Adults  
Dates: Last Wed of Month  
Time: 6-7 PM  
Each month focuses on Sci-Fi and Fantasy titles. October features "Dead Silence" by S.A. Barnes

## Millennials Read!

Ages: "Millennials"  
Dates: First Wed of Month  
Time: 6:30-7:30 PM

At this no-stress book discussion, join readers in their 20's, 30's and 40's to talk about current book picks. You don't need to be reading anything in particular to participate. A partnership between Bloomfield, Simsbury and Granby libraries. Open to all.

## Traditional New England Cider Making

Ages: Adults  
When: Thurs, Oct 5  
Time: 6:30-7:30

The beverage we know today as apple cider is not the same cider produced in the 18th and 19th centuries. Learn why, and hear about the mills, machinery, and products of New England's cider making tradition from historian Dennis D. Picard. *Sponsored by The Friends of the Granby Public Libraries and Salmon Brook Historical Society.*

## Monday Movie Matinee

Ages: Adults  
When: 2nd Mon every month  
Time: 1:30-3:30 PM

Oct 16 - *80 for Brady*  
Nov 13 - *The Lost King*  
Dec 11- *Muppet Christmas Carol*  
Jan 8- *TBD*

Stop by and relax with a feature film and snack. Registration required.

## Lifestyle Medicine Series

Ages: Adults  
When: 2nd Thur of month  
Time: 6:30-7:30 PM

Oct 12- *Brain Health*  
Nov 9th- *Heart Health*

Chronic diseases, such as heart disease, cancer, diabetes, stroke and Alzheimer's, are the leading causes of death and disability in the United States. Lifestyle Medicine addresses their underlying causes and offers prevention and treatment methods based on lifestyle factors with Kathleen Olchowski, RN and LM practitioner.

## Passion for Papercraft

Ages: Adults  
When: 4th Mon of the Month  
Time: 1-2:30 PM

Oct 23- *Autumn Paper Sculpture*  
Nov 27- *Quilling a Greeting Card*  
Jan 22- *Origami Teacup*

Find creative bliss and try something new at monthly paper craft workshops for adults. All materials are provided. Register early as space is limited. *Sponsored by The Friends of the Granby Public Libraries.*

## Films of Alfred Hitchcock

Ages: Adults  
When: Wed, Oct 18  
Time: 6:30-7:30 PM

**This is a virtual program.** Alfred Hitchcock is probably the most famous film director who ever lived. For five decades, he made fifty-four films! This presentation looks at his achievements as "the master of suspense!" *Sponsored by The Friends of the Granby Public Libraries*

## Stop the Bleed

Ages: Adults & 10th-12th grade  
When: Sat, Oct 21  
Time: 10 AM-12 PM

Learn to take life-saving measures in an emergency situation. Join the Granby Ambulance Association as they bring a national awareness campaign to Granby. There is no fee. Space is limited. *Sponsored by Granby Public Library and Granby Ambulance Association.*

## Friends of Holcomb Farm Celebrate 30 Years

Ages: Adults  
When: Thurs, Oct 26  
Time: 6:30-7:30 PM

Share in the excitement as The Friends of Holcomb Farm celebrate 30 years as stewards of this 300+ acre West Granby gem. Learn the history of the farm and all it offers today. View highlights of Holcomb Farm on display at Granby Public Library through the month of October. *Sponsored by Granby Public Library and The Friends of Holcomb Farm.*

## Aaron Draper Shattuck: Granby Artist & Inventor

Ages: Adults  
When: Sun, Oct 29  
Time: 2-3 PM  
Where: Community Room Senior/Youth Services Center

David Kimball, Stagecoach Gallery, offers a glimpse into the life and work of Granby's own, Aaron Draper Shattuck. Don't miss the display of original artwork on loan from private collections. *Sponsored by The Friends of the Granby Public Libraries, Granby Artists Association, and Salmon Brook Historical Society.*



# Register online

## Discover Cedar Hill Cemetery

Ages: Adults  
When: Thur, Nov 2  
Time: 6:30-7:30 PM

Discover the distinguished heritage of Cedar Hill Cemetery in a presentation featuring its notable residents and historical memorial artwork. This Connecticut cemetery is known as the final resting place of well-known politicians, industrialists, writers, actors, artists and educators, including. *Sponsored by The Friends of the Granby Public Libraries.*



## The Library of Things

The Library of Things is a special collection of tools, equipment, and games for patrons to borrow. Need something for a one time project? Want to try something out before you buy it? Check out the Library of Things!

### Items include:

- telescope
- a metal detector
- fishing gear
- binoculars
- radon detector
- hiking equipment
- compass and guides
- bird watching guides
- And much more to come!

New programs added all the time! Visit our library website for more programs!

## The Art of the Book

Ages: Adults & 10th-12th grade  
When: Thur, Nov 16  
Time: 5-6:30 PM

Boring books be banished! Calligrapher Debby Reelitz takes you on a journey to make a unique book structure. We're breaking the rules about what books should look like and be. All materials provided. *Sponsored by The Friends of The Granby Public Libraries.*

## American St. Nick

Ages: Adults  
When: Tue, Dec 5  
Time: 2-3:30 PM

On the 79<sup>th</sup> anniversary, join us for a moving true story of WWII American soldiers who put down their weapons to bring Christmas to the children of war-torn Wiltz, Luxembourg. The one-hour documentary will be followed by a meet and greet with the producer and author of the book, *American St. Nick*. Peter Lion is a seven-time Emmy winning producer/director and Connecticut resident. *Sponsored by The Friends of the Granby Public Libraries, Granby Senior Services, Salmon Brook Historical Society, and Shannon Shattuck American Legion Post 182.*

## 19th Century Christmastide

Ages: Adults  
When: Wed, Dec 13  
Time: 6:30-7:30 pm

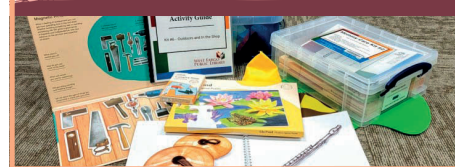
Enjoy a selection of holiday songs popular in Victorian England and America in the late 1800s. Learn the origin of the music from historians Rick Spencer and Dawn Indermuehle. Sing along! *Sponsored by The Friends of the Granby Public Libraries and Salmon Brook Historical Society.*

## Crafters Café Modern Calligraphy

Ages: Adults & 10th-12th grade  
When: Wed, Jan 17  
Time: 2-3:30 pm

Learn to write in this fun and playful lettering style! Calligrapher Debby Reelitz instructs adults and older teens in this dynamic and creative form of calligraphy. All materials provided. *Sponsored by The Friends of Granby Public Library.*

## Memory Kits



## Granby Public Library now has Memory Care Kits!

Memory Care Kits are designed to bridge the gap between caregivers and patients, these kits provide a valuable resource for individuals and families dealing with memory-related challenges. Memory Care Kits are thoughtfully curated collections of memories, activities, and items designed to stimulate a memory loss patient's mind.

### Each kit contains:

- DVDs/CDs
- Picture Books
- Short Stories
- Fidgets
- Activity
- Book for caregiver
- Caregiver resource guide

Available for checkout just like any other library material, Memory Care Kits spark connections between caregivers and patients. Whether you are a caregiver, family member, or friend of someone with memory needs, these kits will provide a welcoming and compassionate space for shared experiences and cherished memories. This new project would not be possible without a grant written by Matthew Becker and the GEF (Granby Education Foundation).



Unless noted, Library Programs are FREE and in person at GPL!

# Parks & Recreation / Special Events



## Fall Mini Photo Sessions

Welcome Fall! Time to grab your cider donuts, hot chocolate, and capture some beautiful pictures with your family, significant other, pet...you name it.

Kristen Weldon

Photography is excited to be back at Holcomb Farm this year with a beautiful backdrop in what is hopefully the peak of the fall colors. There are two dates to pick from and sessions are 15-20 minutes each. The cost is \$160 and you will receive 15-20 fully edited digital images. Visit [GranbyRec.com](http://GranbyRec.com) to reserve your spot today.



## TRUNK-OR-TREAT

OCT  
29

@ SALMON BROOK PARK

215 SALMON BROOK STREET, GRANBY, CT

1:30PM - 3:00PM

REGISTER A TRUNK @  
[WWW.GRANBYREC.COM](http://WWW.GRANBYREC.COM)

## HOWL-O-WEEN

### DOG FESTIVAL

OCT. 7 & 8: 10AM- 5PM

SALMON BROOK PARK

SALMON BROOK PARK ROAD, GRANBY

FOOD TRUCKS - CRAFTERS - VENDORS - MUSIC

FREE

DOG CONTESTS - KID'S ACTIVITIES  
& TRICK-OR-TREATING



EVENT BY





PRESENTED BY GRANBY PARKS & RECREATION

**SATURDAY, NOV 18**

# COMEDY NIGHT AT THE HOLCOMB FARM

FEATURING  
**THE BEST  
COMEDIANS AROUND**

FEATURING

DOORS OPEN AT 7 PM  
SHOW STARTS AT 8 PM

ENJOY A GREAT NIGHT OF COMEDY AT HOLCOMB FARM FEATURING PREMIER COMEDIANS, DELICIOUS COCKTAILS, AND GREAT COMPANY! RESERVE AN ENTIRE TABLE FOR YOU AND YOUR FRIENDS, CO-WORKERS, OR CLIENTS, OR COME FOR A FUN DATE NIGHT AND MEET SOME GREAT PEOPLE. THIS EVENT ALWAYS A HUGE SUCCESS AND SELLS OUT QUICKLY - SO ACT FAST!

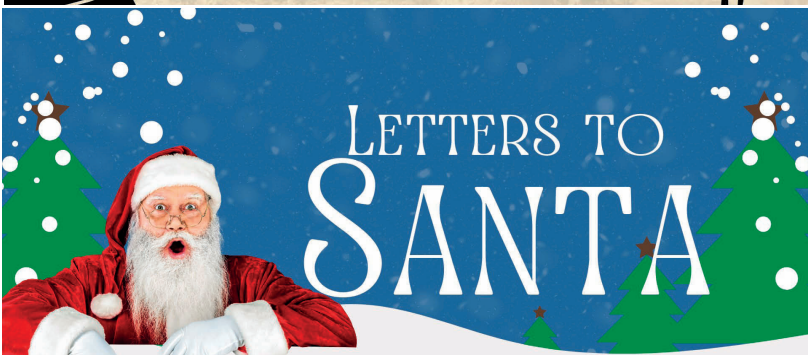
**\$45 PER PERSON / \$360 TABLE**



# HOLIDAY marketplace

**AT HOLCOMB FARM  
DECEMBER 2, 2023 | 10AM - 4PM**

GRAB A CUP OF COFFEE OR A DELECTABLE HOLIDAY COCKTAIL AS YOU SHOP FROM LOCAL CRAFTING VENDORS AND SMALL BUSINESSES. RING IN THE HOLIDAY SEASON WITH SOME HOLCOMB FARM CHEER!



## LETTERS TO SANTA


Imagine the excitement in your house when your child receives a personalized letter from Santa!! Our team of Elves are ready to help Santa spread some holiday cheer and good wishes! Each letter is sure to add some magic to the Christmas season and can set a worried mind at ease, as each reader learns that he or she is, indeed, on Santa's "good" list!



## Holcomb Farm - Weddings & Events

Reach out to Special Events Coordinator, [Jamie Savva](mailto:jsavva@granby-ct.gov) at [jsavva@granby-ct.gov](mailto:jsavva@granby-ct.gov) to inquire about hosting an event at the Farm.

SCAN ME

## BREAKFAST WITH *Santa* at the Holcomb Farm

**SUNDAY, DEC 10**  
8:30 AM and 10:30 AM Seatings  
\$10 kids under 12 / \$15 adults

Bring your little ones to this wonderful holiday tradition presented by the Granby Parks & Recreation Department. Includes a delicious full breakfast, kids crafts and activities and photos with Santa.

Register: [www.GranbyRec.com](http://www.GranbyRec.com)



# Parks & Recreation / Preschool Programs



## Granby Nature Preschool at the Holcomb Farm

Ages: 3 to Kindergarten  
Follows the Granby Public Schools Calendar  
Held at the Holcomb Farm Preschool Classroom

Granby Nature Preschool is a farm and nature preschool for 3-, 4-, and 5-year-olds based at Holcomb Farm in West Granby. We are a 5-day program for morning, afternoon or full day, except Fridays which are half day, with visits or visitors to/from local farms and nature trails. We embrace outdoor living and learning, and are outside for some part of every day except in extreme weather. Our beautiful, serene indoor classroom space enhances our learning through community living, relationship building, caring for one another and our plants, and with art, movement, music and storytelling activities.

Rolling Enrollment – GNP offers rolling enrollment while spaces are still available for new students including children who turn 3 after school begins. New students start at the 1st of every

month and are pro-rated on a monthly basis. GNP follows the Granby Public School calendar. For more information and questions please contact Director Amanda Hochschartner, M.Ed at [info@granbynaturepreschool.com](mailto:info@granbynaturepreschool.com)

### Ongoing Enrollment

Morning, Afternoon and full day options available!

#### Mornings:

Mon through Fri from 9:15-11:45 AM

#### Afternoons:

Mon through Thur from 12:45-3 PM

#### Full Day:

Mon through Thur from 9:15 AM- 3:15 PM and  
Fri from 9:15-11:45 AM

**Lunch Bunch:** 11:45-12:45 PM  
Optional add-on for half days

### Granby Nature Preschool Admissions Tours

Time: 1-2 PM

Dates: Oct 27, Nov 17, Dec 15, Jan 19

Prospective parents are invited to come to Granby Nature Preschool and Kindergarten at Holcomb Farm and learn about our program, to see our indoor and outdoor classrooms, and to ask questions about our school.

### Play Dates at Granby Nature Preschool Holcomb Farm

Age: 2-4

Dates: Friday Afternoons,  
Oct 6, Nov 3, Dec 1, Jan 5

Time: 1-2:30 PM

Where: Holcomb Farm Pre-K

Fee: Free

These monthly playdates are opportunities for any parent/guardian and their child to meet and play with others. The mostly unstructured sessions include free play and conversation, and may include a story, a nature walk in the meadows or woods, or a nature project. Bring your own nut free snack. GNP encourages healthy snacks in waste-free containers.

### JUMPBUNCH "Little Jumpers"

Age: 18 months - 3 years

Dates: Friday Mornings

Time: 9:30-10 AM

Where: Salmon Brook Park Gathering Rm

Fee: \$109/session

JumpBunch classes are 30 minutes of structured fun. Classes open and close with obstacle courses and creatively scripted songs using ribbon wands, stretch bands, scarves, rhythm sticks, bubbles and maracas & feature a different sport or fitness activity each week. We strive to have little or no "sit and wait" time and children will have the chance to touch and experience each sport with their own piece of equipment each class.

### Soccer Shots

#### Mini-Toddlers- Sundays

Ages: 2 years old

Dates: Sunday Mornings

Time: 8:15-8:45 AM

Where: Salmon Brook Park

Fee: \$105

Soccer Shots Mini is designed for 2 year olds. It is a high-energy weekly program introducing young children to fundamental soccer principles such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

### Super Soccer Shots

#### Classic Program -Sundays

Ages: 3-5

Dates: Sunday Mornings

Time: 9-9:45 AM, 10-10:45 AM

Where: Salmon Brook Park

Fee: \$130

Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

### After School Fall Field Hockey Clinic @ Wells Rd

Grades: 3-5

Dates: Tuesdays

Time: 3:40-4:40 PM

[www.GranbyNaturePreschool.com](http://www.GranbyNaturePreschool.com)

Register: [www.GranbyRec.com](http://www.GranbyRec.com)





# Parks & Recreation / Youth Programs

Fee: \$115

Join the fun while learning the game of field hockey. No experience necessary. Develop fundamental skills with drills and scrimmages designed to teach stick handling, passing, receiving, dribbling and basic game play. Coached by Mrs. Laflamme.

## After School Fit & Fun Running Club @ Wells Rd

Grades: 3-5

Dates: Tuesdays

Time: 3:30-4:30 PM

Fee: \$115

Children will improve their fitness, and learn the basics of running. Through games, drills and other activities, your child will be prepared to finish their first race or take steps towards improving their running ability. Students will be introduced to the basics of running with Mrs. Busbey, an avid runner and teacher! This fun and engaging program will teach your child to love being active.

## After School Mad Science @ Wells Rd

Grades: 3-5

Dates: Thurs, Oct 19-Dec 21

Time: 3:30-4:30 PM

Fee: \$205

Theme: CRAZY CHEMWORKS ~ We'll learn about the tools scientists use in their laboratories, as well as atoms, molecules and reactions, acids and bases, fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling and see some very cool dry ice demonstrations. Continue the science at home with fun labware take-homes and experiments.

## After School Art Class with Mrs. Lankford @ Wells Rd

Grades: 3-5

Dates: Mondays

Time: 3:20-4:20 PM

Fee: \$175

Join Wells Road art teacher, Mrs. Lankford for creating and building with clay, paint, printmaking, fiber arts, and more. Kids will learn about a different artist or type of art and use that as inspiration for their own

artworks. Students will continue to build on their drawing, painting, and sculpting skills they have from art class during the school day. They will have the opportunity to try new materials and techniques that they probably have not had the chance to try before.

## After School Art-ventures @ Wells Rd

Grades: 3-5

Dates: Wednesdays

Time: 3:30-4:30 PM

Fee: \$205

This art-rageous program is truly like a trip to the zoo. Design Stuffed Teddy Bears, create Owl Paintings on canvas, and sculpt Clay Peacocks with zany feathers. Color real Rubber Duckies, paint Ceramic Bunny Banks and make Wooden Animal Puzzles in the style of Oaxacan alebrijes. We'll also pop into the zoo food court to create Mixed Media Sandwich Collages and Pasta Relief Clay Tiles and visit the photo booth to make Cardboard Mustache Masks and draw Minion Self-Portraits. Art-explorers experience painting, drawing, sculpting, fabric design, decoupage, collage, and more.

## After School Mondays PE Games with Mr. Migneault @ Wells Rd

Grades: 3-5

Dates: Mondays

Time: 3:40-4:40 PM

Fee: \$115

Students will be active and have fun participating in the PE activities such as "The Game", Capture the Flag, Climbing Wall and Tchouk Ball, as well as Teamwork Challenges like "Mission Impossible", "The Maze" and other games and activities you would find in a Wells Road PE Class.

## After School Tchouk Ball w/ Mr. Migneault @ Wells Rd

Grades: 3-5

Dates: Thursdays

Time: 3:40-4:40 PM

Fee: \$115

Tchouk Ball is a fast paced, moving and passing game with teams and two rebound nets. Teams of 6-8 players try and move the ball close to the net and score points by bouncing the ball off the net so it hits the ground. Very

fast-paced and fun activity that Mr. Migneault's students really enjoy!!

## MPower Sports Youth Running

Ages: 6-14

Dates: Wednesdays

Time: 5-6 PM

Where: Salmon Brook Park

Fee: \$95

Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your child will feel when they cross the finish line of the MPower Youth Running Festival 5K on November 12, 2023! We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games, and core strength exercises.

## McArdle School of Irish Dance

Ages: 5-16

Dates: Tuesdays

Time: 5-6 PM

Where: Salmon Brook Park Gathering Rm

Fee: \$175

Exciting new program! Come learn traditional and contemporary Irish Step Dancing, ceili dancing, and group figures. Irish dance is a lively, quick, and very fun game. Classes are taught by Jack McArdle T.C.R.G. who has over 35 years experience, including performances at Carnegie Hall and on Irish TV. Jack achieved certification as a master teacher of Irish Dance.

## Food Explorers: Fall Desserts @ Wells Rd

Grades: 3-5

Dates: Tuesdays

Time: 3:30-4:30 PM

Fee: \$98

Join Food Explorers for some delicious fall desserts! Each week you'll make a brand new recipe focused on fall flavors and ingredients. You'll be making: Vanilla Chai Cake Pops, Apple Cinnamon Pancakes, Pumpkin Lasagna, Chocolate Orange Energy Bites. All recipes are nut free.

# Parks & Recreation / Youth & Teen

YOUR CHILDREN WILL LOVE  
**GRANBY**  
RECREATION  
**AFTER SCHOOL!**

## Granby After School Care

### After School Childcare for Kelly Lane & Wells Road Schools

Granby Parks and Recreation is now offering after school care to be held at Kelly Lane School for children in grades K-5. Kelly Lane students are dismissed from their classrooms after school and brought directly to the cafeteria and Wells Road students will be bussed over to Kelly Lane School. After School Care is available Monday - Friday from 3:30pm - 5:30pm. The Director of the program is Melissa Young, current Media Teaching Assistant at Kelly Lane School. During the two hours of after care, your child will be kept busy with many fun games, crafts, and gym time. 5 day/week OR 2 day/week options available.



### Food Explorers: Brunch Club & Holiday Desserts

Grades: 3-6  
Dates: Thursdays  
Time: 4-6 PM  
Where: Holcomb Farm Kitchen  
Fee: \$158

Each week children will create a recipe from our new "Brunch Club" menu along with a holiday themed dessert recipe. This class will provide dinner and a snack. Children will be making the following recipes: Avocado Pancakes & Mini Gingerbread Cheesecakes, 4 Fold Quesadillas & Hot Chocolate Croissant Bites, Pumpkin Ricotta Toasts & Cinnamon Sugar Skewers and Breakfast Burritos & Chocolate Peppermint Energy Bites.

### After School Mad Science

#### @ Kelly Ln

Grades: K-2  
Dates: Wednesdays  
Time: 3:30-4:30 PM  
Where: Kelly Lane School  
Fee: \$205

Theme: CRAZY CHEMWORKS ~ We'll learn about the tools scientists use in their laboratories, as well as atoms, molecules and reactions, acids and bases, fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling and see some very cool dry ice demonstrations!

### After School Art-ventures

#### @ Kelly Ln

Grades: K-2  
Dates: Fridays  
Time: 3:30-4:30 PM  
Where: Kelly Lane School  
Fee: \$205

Just for Fun Art-ventures lead children on an imaginary tour through the world's greatest art museums, inspiring creativity through exposure to the FUN-damentals of artist's tools, techniques, and art forms. Draw Oil Pastel Flowers, create colorful canvases, and design upside down and inside out Watercolor Paintings. Sculpt Swirly Clay, Burlap Landscape Collages, and decorate Paper Mache Boxes. Children bring home beautiful masterpieces each week.

### After School Mondays PE Games with Mr. Norton

#### @ Kelly Ln

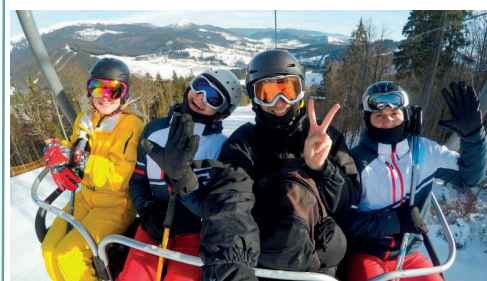
Grades: K-2  
Dates: Mondays  
Time: 3:30-4:30 PM  
Fee: \$115

Students will be active and have fun participating in the PE activities such as Capture the Flag, Climbing Wall, Tag Games, floor hockey, kickball, basketball, and many other fun games that will promote the development of individual skills while instilling team work and confidence.

### After School Rock Wall with Mr. Norton @ Kelly Ln

Grades: K-2  
Dates: Tuesdays  
Time: 3:30-4:30 PM  
Fee: \$115

Students will learn various ways to climb a rock wall while improving their muscular strength, endurance and balance. Through our daily activities students will have many challenges including timed activities, & use of different paths. All of these challenges and skills will be presented in a fun and positive environment.



### Ski Sundown After School

Grades: 3-12  
Dates: Fri, Jan 5-Feb 2  
Where: Ski Sundown, New Hartford CT

Must purchase bus seat. Lessons and equipment rentals are available for an additional fee, if needed. Prices and details are on our website. Participants will travel from their school to Ski Sundown via a Post Road Stages coach bus. At the conclusion of the night, they will be brought back to their school for parent pick up.



# Parks & Recreation / Youth, Teen & Adult

## Chess Wizards

### Winter Break Camp

Ages: 6-12

Dates: Dec 26, 27, 28, 29

Time: 9 AM-3 PM full day or 1/2 day  
9 AM-12 PM or 12-3 PM

Where: Holcomb Farm Workshop

Fee: \$350 full day/\$243 half day

Chess Wizards is a premier chess education company providing fun, informative and challenging chess lessons to students. It teaches important life concepts, such as learning the ability to win graciously and accept defeat with dignity and sportsmanship.

## Safe@Home Class by Safe Sitter

Grades: 4-6

Dates: Sat Morning

Time: 9-10:30 AM

Where: Salmon Brook Park Gathering Rm

Fee: \$35

Prepare kids to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter First Aid Chart and learn a system to help them assess and respond to injuries and illnesses.

## SafeSitter Babysitting Class

Grades: 6-8

Dates: Sat, Oct 28

Time: 9 AM-2 PM

Where: Salmon Brook Park Gathering Rm

Fee: \$120

Prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The Instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR! Please bring a lunch. Refrigeration is available. Topics include: Babysitting as a business; Infant & Child choking rescue; Injury Prevention & Management; Behavior Management; Safety for the Sitter; Child Care Essentials and more.



## GRANBY YOUTH

# BASKETBALL

## RECREATION BASKETBALL

Boys & Girls in Grades K - 8

1 practice and 1 game per week

A great recreational program where your child will learn new skills, build community and be part of a team. Local play in Granby and surrounding towns. A wonderful introduction to basketball.

## TRAVEL BASKETBALL

Boys & Girls in Grades 5 - 8

2 practices and 2 games per week

Is your child interested in playing on the travel team? Join the Granby High School Varsity Basketball Coaches for a free clinic on October 10 at the Middle School Gym followed by freeplay on October 11 & 12 from 6:30-8:30 PM. Registration required

## ADULT BASKETBALL

The Adult basketball program for ages 18 & up consists of pick up games from 7-9 PM at the High School Community Gym on Tuesday evenings. \$75 for a season pass or \$5 drop in fee for residents. Non residents drop in fee is \$10 per night.

**REGISTER HERE: [WWW.GRANBYREC.COM](http://WWW.GRANBYREC.COM)**

## TAZ Fitness Challenge

Ages: 18 & up

Dates: Tue & Thur Mornings

Time: 8-9 AM

Where: Salmon Brook Gathering Rm

Fee: \$30

Join long time certified & motivating fitness instructor, Terri Ziemnicki for this high energy, low impact fitness class which includes a full body cardiovascular, interval and strength training workout. All fitness levels welcome. Please bring your weights, exercise mat and water bottle. Come be a part of this fun class and great workout.

## TAZ Low Impact Fitness

Ages: 18 & up

Dates: Tue & Thur

Time: 9-10 AM

Where: Salmon Brook Gathering Rm

Fee: \$30

Join long time certified & motivating instructor, Terri Ziemnicki for this easy to follow low impact class including cardiovascular and strength training exercises to fun and motivating music. This is a great class for all levels and especially for the senior population. Balance and stretching exercises are incorporated.

Register: [www.GranbyRec.com](http://www.GranbyRec.com)

# Parks & Recreation / Adult Programs



## Pickleball

### Morning Pick-Up

Ages: 16 & up

Dates: Tuesdays, Sept 12-Oct 17

Time: 10am-12pm

Where: Salmon Brook Park Tennis Courts

Fee: \$10 Residents; \$25 Non-Residents

This is a new program! Space is limited. For 6 weeks on Tuesday mornings, enjoy playing with different people. The courts will be reserved for you to play pick up games with those in the group. This is open to the first 18 people. We will have a monitor check off names to make sure you are registered, but games will be played with a round robin format. Bring your own paddles or we have some to borrow. This is not pickleball lessons. Those registered should already know the basics of the game.

### Adult Evenings Beginner/Intermediate Program with Kim

Ages: 14 & up

Dates: Mondays

Time: 5:30-7 PM

Where: Salmon Brook Park

Fee: \$65

This program is for anyone new to this fun sport and/or who has played but is really looking to fine tune their skills. Each week, games will be set up with rotating partners. Paddles and balls are provided, but you can also bring your own equipment. Please bring your own water bottle. Come join in on this great activity, meet some new people and get some outdoor exercise.

### Pickleball: Adult Evenings Beginner/Intermediate Program with Eric

Ages: 14 & up

Dates: Tuesdays and/or Thursdays

Time: 5-6:30 PM

Where: Salmon Brook Park

Fee: \$65

This program is for anyone new to this fun sport and/or who has played but is really looking to fine tune their skills. Our instructor, Eric McPheat, will teach all the skills and game rules during this 6-week program. He will set up games each week with rotating partners. Paddles and balls are provided, but you can also bring your own equipment.

### Fall & Winter Paint Nights with Paint Craze

Ages: 16 & up

Dates: Thur, Oct 12

(fall theme) at Salmon Brook Pk

Wed, Dec 6

(winter theme) at Holcomb Farm

Time: 6:30-8:30 PM

Fee: \$40 each night

Grab a friend or two and join us for a fun evening of canvas painting 11"x14". Perfect for a gift or a personalized welcome sign! All supplies and instruction are provided. No artistic skill required! Feel free to bring food and beverages to enjoy while you paint.

### Pawsitive Steps Dog Training Beginner Classes

Ages: 16 & up

Dates: Thursdays

Time: 6:30-7:30pm

Where: Salmon Brook Park Gathering RM

Fee: \$185

Join well-known certified dog trainer Kim Michalewicz to learn how to effectively communicate with your best friend. Time will be spent learning to socialize your dogs to a variety of situations. Learn about normal canine behavior and how to problem solve to help your dog fit into our human world. Appropriate household behavior, handler attention, basic obedience and coming when called will be covered. Open to all dogs. There is no prerequisite for this class. \*Please contact Kim with any questions. 860.614.6625 or kim\_michalewicz@hotmail.com.

### Pawsitive Steps Intermediate Dog Training

Ages: 16 & up

Dates: Mondays

Time: 6:30-7:30 PM

Where: Salmon Brook Park Gathering Rm

Fee: \$185

Join well-known certified dog trainer Kim Michalewicz to build upon the skills from the beginner classes. Learn how to effectively communicate with your best friend. Time will be spent socializing your dogs to a variety of situations. Reiterate the teachings of normal canine behavior and how to problem solve to help your dog fit into our human world. Appropriate household behavior, handler attention, basic obedience and coming when called will be covered. \*Please contact Kim with any questions. 860.614.6625 or kim\_michalewicz@hotmail.com.

### New York City - On Your Own Bus Trip

Ages: All ages

Dates: Sat, Dec 2

Time: 7 AM-7 PM

Fee: \$58

Enjoy the Big Apple at your own pace. See Chinatown, Little Italy, Central Park, a museum, the zoo, a Broadway show or shop - use your imagination. These are our usual drop off points in the city: The Metropolitan Museum of Art, The Plaza Hotel, and Rockefeller Center.

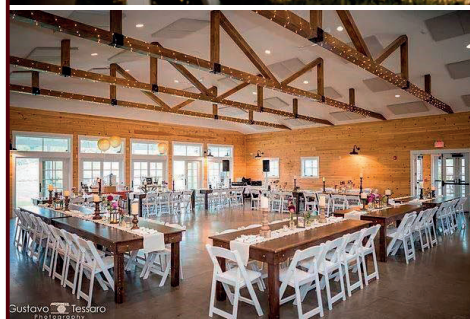
### Fall Mini Photo Sessions

Welcome Fall! Time to grab your cider donuts, hot chocolate, and capture some beautiful pictures with your family, significant other, pet...you name it.

Kristen Weldon Photography is excited to be back at Holcomb Farm this year with a beautiful backdrop in what is hopefully the peak of the fall colors. There are two dates to pick from and sessions are 15-20 minutes each. The cost is \$160 and you will receive 15-20 fully edited digital images. Visit GranbyRec.com to reserve your spot today.



# Parks & Recreation / Rentals, Weddings & Events



## Holcomb Farm – Weddings & Events

When it comes to charm and simplicity, look no further than *Holcomb Farm – Weddings & Events*. Whether you are planning your next office retreat, family reunion, graduation party, or your dream wedding, we've got you covered. Our facility boasts a beautiful stone fireplace, wood beamed architecture, and built in bar as well as a covered patio, stone fire pit, and idyllic views in every direction. The genuine combination of rustic elegance makes this venue unique and treasured by all who experience it.

Reach out to Special Events Coordinator, [Jamie Savva jsavva@granby-ct.gov](mailto:Jamie.Savva@granby-ct.gov) to inquire about hosting your event at Holcomb Farm.

### Workshop at Holcomb Farm

Located at the beautiful Holcomb Farm, the workshop area is a great space to host a small party, a class or hold a birthday party. With a capacity of 50 people, the space has one bathroom (handicap accessible), tables and chairs. Fee is \$60 per hour with a 2 hour minimum



### Picnic Pavilions

All outdoor pavilions have picnic tables with benches. Salmon Brook has charcoal grills. The perfect spot for a birthday party, special event, cookout or family gathering! Residents: \$35 off season, \$65 peak season (June, July & August) Non-Residents: \$60 off-season, \$95 during peak season.

### Gathering Room at Salmon Brook Park

A beautiful setting conveniently located in Salmon Brook Park. The space has a beautiful gas fireplace, heat, air conditioning, shades, access to the prep kitchen, tables and chairs for 98 people.

Register: [www.GranbyRec.com](http://www.GranbyRec.com)



# Senior Services / Senior Van & Trips



## Senior Transportation Service

All vans are equipped with wheelchair accessibility.

**Who can ride?:** Seniors 60+ and/or persons with disabilities who are residents of Granby.

**Where does the Van go?:**

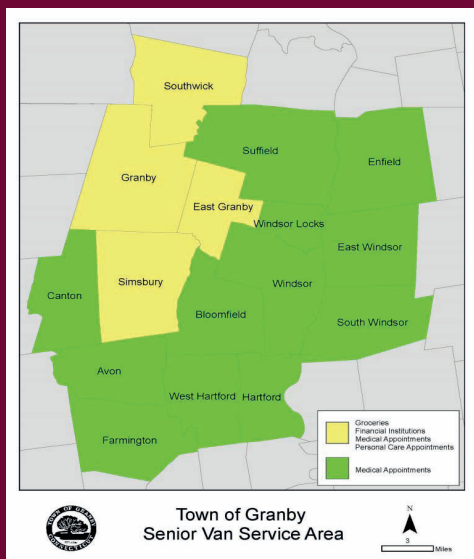
- Medical Appointments
- Grocery Shopping
- Senior Center lunches/events
- Personal Care Appointments

**Cost:** \$10 Annual fee with active Granby Senior Center Membership

**How to Schedule a Ride:**

Call 860-844-5350

Van operates Mon– Fri, 9 AM–4 PM. Out-of-town medical appointments may be made no earlier than 9:30AM and no later than 2 PM. Must schedule at least 2 weeks in advance.



## Hebron Harvest Fair

Date: Fri, Sept 8  
Time: Depart at 9:30 AM  
Fee: \$10

It is fair season, so let's spend the day at the fair! Crafts, food vendors, animals, special events, entertainment and more... it's all at the Hebron Harvest Festival!

## Old Drake Hill Bridge Foliage

Date: Thur, Oct 5  
Rain Date: Fri, Oct 6  
Time: Depart at 9:30 AM  
Fee: \$15, Lunch included

Old Drake Hill Flower Bridge, located in Simsbury, is an amazing 1892 metal truss flower bridge spanning the Farmington River. The Flower Bridge committee will do a 20-minute interactive presentation on the history and transformation of this one lane car bridge into a pedestrian only flower bridge. After a tour, there will be time for an outdoor box lunch from Fitzgerald's Foods.



## Blown Glass Ornament Making At Silver Street Glass

Date: Wed, Nov 1  
Time: Depart at 9:45AM  
Fee: \$40

You will have a selection of colors to choose from for your piece. Because of covid-19 you will be using an inflating hose instead of putting your mouth on blowpipes. With assistance from the glass blower instructor, you will apply color frit to hot glass, melt the color and shape your item. All hot worked glass must be annealed overnight (cooled down slowly) and can be picked up at a later date.

See Center Life Newsletter for Monthly Dine & Drive and Shopping Trip Details

## Trips with Friendship Tours

### The Turkey Train Winnepesaukee Railroad

Date: Tue, Oct 10  
Fee: \$142

Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee. A stop at the NH Liquor store then board the train. Hart's Turkey Farm Dinner will be served on board the train. Following the train ride visit Mill Falls.

### Winner, Winner Chicken Dinner

Date: Thur, Nov 9  
Fee: \$90

One of the biggest restaurants on earth, Wright's Farm serves this classic chicken dinner, all-you-can-eat. After time in the gift shop, we will keep our winning streak going with a visit to Bally's Twin River Casino- with over 4,000 slot machines & live table games. (No casino bonus at this time.)

### Christmas in Newport

Date: Thur, Dec 7  
Fee: \$133

The Glitter of Gold- The Sparkle of Silver... Visit two of the most magnificent Mansions! Visit The Breakers and The Elms and enjoy lunch at Johnny's Restaurant at Wyndham in Middletown, Rhode Island.



## Did you know...

The Granby Senior Center has partnered with Collette Travel to offer once in a lifetime group travel experiences?

Our next group travel trips include:

- Italian Vistas (Fully booked)
- Cultural Treasures of Japan (2024)
- Alaska Discovery Land and Cruise (2024)
- Magical Christmas Markets of Austria (2024)



# Senior Services / Programs

## Elder Fraud Presentation

Date: Wed, Oct 4

Time: 10 AM

Fee: FREE

Join Thomas Faeth, Vice President & Security Officer of Northwest Community Bank for an Elder Fraud seminar. Elder Fraud is defined as a financial fraud scheme that targets senior citizens. This seminar will go over the most common types of Elder Fraud and, more importantly, how to protect yourself against them.

## Old Testament Survey Class

Date: Wed, Oct 4- Nov 15

Time: 10 AM

Fee: FREE

This seven-week overview of Old Testament history will familiarize you with the key biblical people, events and promises to Israel. The people will include Adam and Eve, Noah, Abraham, Moses, David and others. Events discussed will include the creation and fall of man, the flood, the Exodus and the 10 Commandments, and the exile and return of Israel. The rich poetical literature of Psalms and Proverbs will also be covered. The class will be led by Skip Mission, a lifelong Granby resident with over twenty years of adult Bible teaching experience.

## "Edna in Millbrook"

Date: Fri, Oct 13

Time: 10 AM

Fee: FREE

Join author, Faith Tyldsley for a book review and conversation.

## Do we have your email?

The Granby Senior Center has gone electronic! Our bi-monthly newsletters are emailed to active Senior Center members. Please be sure your membership is up to date and the Center has your accurate email address in order to receive the current newsletter. Newsletters can also be found at the Center, at the Library and in the Vans.

## Iconography of Tombstones

Date: Wed, Oct 18

Time: 10 AM

Fee: FREE

Take a stroll through a cemetery, and you'll see intricate carvings on the monuments to the deceased. While these symbols and shapes may look strange to us today, some say morbid or even hair-raising, the shapes and symbols held important connotations for our ancestors. They meant something; a unique virtue or a value of the dearly departed or an indicator to how they earned their living. Symbols evolved as attitudes toward death changed, Victorians savored sending cryptic messages. Join us and learn about some of the carvings, carvers and how some of our forefathers wanted to remember a person passed.

## The Stonewall Speakers

Where: Zoom virtual event

Date: Fri, Oct 6

Time: 10 AM

Fee: FREE



**LGBTQ+**  
Come Out and Connect!

The Stonewall Speakers, an LGBT speakers bureau, will have speakers who will tell their individual stories touching on their personal history, their coming out and their experiences along their journey. You will hear about the founding of the Stonewall Speakers, when, how and why we were formed. We will have a panel of 3 individuals representing the LGBTQ+ community speaking.

## A History of Huskies Hoops: Legacy of Greatness

Date: Fri, Nov 3

Time: 10 AM

Fee: \$3

Celebrate the history and greatness of the UConn basketball teams with this fun, lively and enlightening presentation hosted by award-winning sportswriter and author Marty Gitlin.



## 7 Connecticut Inventions

Date: Wed, Nov 8

Time: 10 AM

Fee: FREE

Innovation is often defined simply as a new idea, device or method of accomplishing something. To be an innovation that helped to change the world, the invention must extend beyond delivering a better solution. These innovations often disrupt or radically alter how a problem is defined, perceived and solved. All of these CT innovations proved critically important in their time and some remain with us as time marches forward. Join us as we uncover some of the background stories about several Connecticut innovations that changed the lives of people around the world.



## Origami Boxes

Date: Wed, Nov 15

Time: 2 PM

Fee: FREE

Gail Altschwager is teaching this free course. Each participant will make a decorative box using modular origami and receive complete written instructions to take home in time for the holidays. The origami paper will be provided free of charge.

## Spiral Stars

Date: Wed, Dec 13

Time: 2-4 PM

Fee: FREE

Gail Altschwager is teaching this free course. Each participant will make a six-pointed Spiral Star using modular origami and receive complete written instructions to take home in time for the holidays. Origami paper will be provided free of charge.

# Senior Services / Programs & Special Events



## Ongoing Programs

### Ask the Attorney

Date: 1st Wed of the month

Time: 10 AM- 12 PM

By Appointment only

Fee: FREE

By appointment at the Granby Senior Center. Specializing in Elder Law. Please call to set up an appointment for a free half-hour consultation.

### Music Jam "Back in Time"

Date: Every Wednesday

Time: 11:30 AM- 1 PM

Fee: FREE

Music from all different genres, grab your instrument and join in the fun!

### Crafting Corner

Date: Every Monday

Time: 10 AM

Fee: FREE

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

### Camera Club

Date: First Mon of the month

Time: 7 PM

Fee: \$10 Annual Membership

### Set Back

Date: Every Tuesday

Time: 1 PM

Fee: FREE

### Cribbage

Date: Every Fri at 3 PM

Date: Every Tue at 6 PM

Fee: FREE

## Women's Breakfast

Date: First Wed of the month\*

Time: 8:30 AM

Fee: \$5

Each month the Women's breakfast committee coordinates a delicious meal along with a fabulous guest speaker. Menu and guest speaker are decided amongst committee. Guest speaker information can be located in the current Senior Center Newsletter. \*Subject to change

## Men's Breakfast

Date: Second Fri of the month\*

Time: 8:30 AM

Fee: \$5

Each month the Men's breakfast committee coordinates a delicious meal along with a fabulous guest speaker. Menu and guest speaker are decided amongst committee. Guest speaker information can be located in the current Senior Center Newsletter. \*Subject to change

## Let's Get Technical!

Date: Tue, Oct 17- Nov 7

Time: 1 PM

Fee: 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 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

## Medicare Made Perfectly Clear

Date: Fri, Oct 20

Time: 1 PM

New to Medicare? Coming off a Group sponsored plan? Already have Medicare but not sure if you're on the right plan? All of these questions and more will be answered by Madison Roberson, from Roberson Tierney & Associates.

## Senior Fall Social

Date: Fri, Oct 6

Time: 12 PM

Where: North Barn Pavilion

Fee: FREE

Come enjoy great company and good food. Meet and greet your fellow seniors. RSVP by September 29 by calling 860-844-5352.

## Thanksgiving Luncheon

Date: Thurs, Nov 16

Time: 12 PM

Fee: \$5

A Center tradition that we all love! We will be serving a traditional home cooked turkey dinner with stuffing, mashed potatoes, vegetables and pumpkin pie for dessert.



## Holiday Dinner

Date: Wed, Dec 13

Time: 5 PM

Fee: \$8

It is holiday season, so let's celebrate together! Enjoy a catered meal with entertainment by the one and only "The Elderly Brothers"!

## CRT Lunch

Tuesday's and Thursday's at 12 PM

Let someone else do the cooking!

Community Café offers a healthy, low cost lunch for seniors 60+ and the opportunity to join with others. Senior Van Transportation provided to Granby residents.

Call the Center for more information at 860-844-5350.





# Senior Services / Health & Wellness

## Gentle Movement

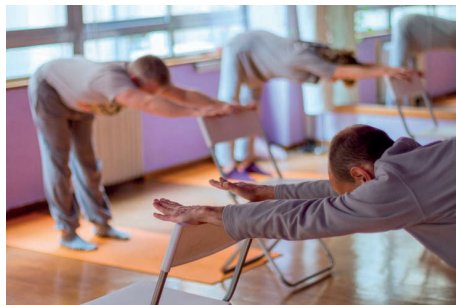
Date: Monday's

Time: 11:15 AM

See Center Life Newsletter for session details and cost

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

Instructor: Paula Pirog



## Chair Yoga

Date: Tuesday's

Time: 2:30 PM

See Center Life Newsletter for session details and cost

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. Instructor: Paula Pirog

## Yoga

Date: Tuesday's

Time: 4 PM

See Center Life Newsletter for session details and cost

Strength building sequences, standing and on the mat. Includes balance and Pilates floor work. Instructor: Paula Pirog

## Chi-Gong (Virtual)

Date: Wednesday's

Time: 9-9:45 AM

See Center Life Newsletter for session details and cost

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. Assessable and beneficial to all levels. Instructor: Mary Ellen Mullins

## Tai Chi Yang Style 24 Forms 1-6 -NEW!

Date: Wednesday's

Time: 2:45 PM

See Center Life Newsletter for session details and cost

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

## Tai Chi/ Qi Gong

Date: Thursday's

Time: 9 AM

See Center Life Newsletter for session details and cost

Continuing the forms in the beginner's course, we will learn some of the fundamentals of Tai Chi and eight of the many forms. First half of class consists of Qi Gong warmups that are suitable for all abilities.

Instructor: Mary Ellen Mullins

## Line Dancing with Jim

Date: Wednesday's

Time: 1:30 PM

See Center Life Newsletter for session details and cost

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! Beginners and advanced dancers welcome!

## All about Balance

Date: Thursday's

Time: 2:45 PM

See Center Life Newsletter for session details and cost

This class focuses on strength for balance efficiency, such as squats, hand held weight maneuvers, and walking drills, as well as core conditioning. Instructor: Paula Pirog

## Everybody's Exercise

Date: Thursday's

Time: 1:30 PM

See Center Life Newsletter for session details and cost

This exercise class is suitable for anyone and everyone! Taught by Mary Root, this class will include strength and weights, some cardio, balance and flexibility. All movements can be modified for chair or standing. Mary will personalize your routine based off of current flexibility, strength, etc.

## Flu Clinics

Date: Wed, Oct 11

Time: 2-4 PM

Where: Senior Center

Date: Sat, Oct 21

Time: 10 AM-12 PM

Where: Senior Center

Tis the season! Protect yourself and get vaccinated. Call Farmington Valley VNA at 860-651-3539 to schedule your appointment.



## Hearing Screenings

See Center Life Newsletter for details

## Footcare by Sarah

Date: 2nd Wed of the month

Time: Appointment only

Fee: \$35 not covered by Insurance

## Blood Pressure/ Blood Sugar Clinic

Date: Thursday's

Time: 11 AM-12:30 PM

Courtesy of the Farmington Valley Visiting Nurses Association

## Healthy Minds

By appointment only

Situations such as 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.

# Senior Center

## Tai Ji Quan:

Moving for Better Balance  
Evidence-Based Program



### ***What does your balance have to do with movement?***

*Everything*, according to scientific evidence and therapeutic testing in communities around the world. The program centers on moving your body to improve stability, posture, coordination, walking and range of motion for foot, leg and hip strength. Participants report that, with practice, their daily activities become easier to do, and with lower risk of falling.

**Register *TODAY* by calling 860-844-5352**  
**Eligible participants are age 60+. Space is limited.**

**Begins  
November 1**

**24 week program**  
**Wed & Fri at 9:30AM**

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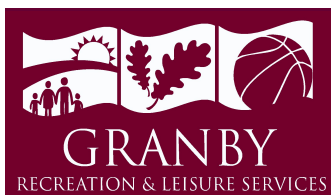


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