

Discover Granby Program Guide

- Library
- Parks & Recreation
- Youth Services
- Social Services
- Senior Services



Winter & Spring 2024
www.Granby-CT.gov

How To Reach Us...



Parks & Recreation

860-653-8947
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
Website: www.GranbyRec.com
Phone: (860)653-8947



Youth Services

Register (860)844-5355

Confidential appointments for youth and family counseling

Email: ahcox@granby-ct.gov
Website: granby-ct.gov/285/Youth-Service-Bureau



Senior Center

860-844-5350
www.schedulesplus.com/granby

Senior Center Hours
Monday - Friday 8:30 AM to 4 PM
Email: senior@granby-ct.gov
Website: 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
Website: granby-ct.gov/225/Social-Services

Library

860-844-5275
www.granby-ct.gov/157/library



Granby Public Library Hours

January-March
Mon/Wed/Thu: 10 AM-7 PM
Tuesdays: 10 AM-6 PM
Fri/Sat: 10 AM-2 PM
Sunday: 1- 4:00 PM

April- December

Mon/Wed/Thu: 10 AM-8 PM
Tuesdays: 10 AM-6 PM
Fri/Sat: 10 AM-2 PM
Sun: Closed

Cossitt Branch Library Hours

Tue/Wed/Thu: 1-6 PM
Second Saturday of the Month 10-2 PM

Email: 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!

A message from Director of Parks & Recreation

On behalf of the staff at Granby Parks & Recreation I welcome you to partake in the many recreational opportunities in this program guide. As a department, our goal is to provide the Granby community with a diverse offering of quality recreational opportunities while making you feel welcome each and every time you visit. We welcome ideas on how we can improve the myriad of activities in our community. Please come out and enjoy all we have to offer this winter and spring!

Your Parks & Recreation Team!



Kristine Vincent, CPRP
Director



Daphne Shinder
Recreation Supervisor



Terri Ziemnicki
Recreation Supervisor



Jamie Savva
Special Events Coordinator

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

Grades: 8-12

Date: Mondays

Time: 6-7 PM

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

A positive youth development program for those identifying as girls. Focuses on breaking down boundaries and building relationships, and addressing issues facing teens in a positive, fun environment.

The Vibe Drop-in

Grades: 5th-7th / 5:30-7PM
8th-10th / 7-9 PM

Date: Fridays

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. 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.

Parenting Class

For Families Struggling With Chronic Absenteeism

The YSB is offering a 6-week class focusing on helping parents strengthen their skills. The class will also specifically apply these parenting skills to address school-avoidant children. The class will meet on Wednesday evenings from 7 to 9 PM at the Youth Services/Senior Center beginning in late April. For more information or to register for this free class call (860) 844-5355.

8th Grade "Red Carpet Dance"

The 8th grade Red Carpet Dance will be held this spring! Details will be published on the Youth Service Bureau page on the Town of Granby website.

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**. Confidential appointments 860-844-5351.

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 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). Benefit levels may be 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.

Operation Fuel

Operation Fuel (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 guidelines who are in crisis.

Renters Rebate Elderly (65+) and/or Disabled

Applications for the Renters Rebate program will be accepted beginning April 1—Oct 1, 2024.



Granby Public
Library

New Monthly Arts and Crafts Programs



Grades 2 & 3

1 Wed/month

4-4:30 PM

Library, Main Branch

Free

Upcoming Date: Wed, Feb 7
Valentine Keepsake Box



Grades 4 & 5

1 Wed/month

4-4:45 PM

Library, Main Branch

Free

Upcoming Date: Wed, Feb 21
Ribbon Art

Weekly Storytime Fun!

Check library website for exact dates as some classes may not meet every week.

Baby Rhyme Time

Ages: 0-14 mos

Day: Tuesdays

Time: 10:30-11 AM

Where: Library, Main Branch

Fee: Free

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

Mother Goose on the Loose

Ages: 2 yrs-4 yrs.

Day: Wednesdays

Time: 10:30-11 AM

Where: Library, Main Branch

Fee: Free

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.

Toddler Time

Ages: 15 mos-24 mos

Day: Thursdays

Time: 10:30-11 AM

Where: Library, Main Branch

Fee: Free

Toddlers and their caregivers are invited to join us for an interactive program featuring a story, nursery rhymes, songs, and baby sign language.

Mini Movers

Ages: 14 mos-4 yrs.

Day: Fridays

Time: 10:30-11 AM

Where: Library, Main Branch

Fee: Free

Young children and their caregivers are invited to join us for this fun, interactive program featuring songs, dancing, scarves, and egg shaker activities.

Nightfall Stories and Stretch

Ages: 4-7 yrs

Day: Thursdays

Time: 6-6:30 PM

Where: Library, Main Branch

Fee: Free

Children are invited for an independent mindfulness program featuring stories, stretches, and an interactive activity.

13th Annual Take Your Child to the Library Day With "The Giant Room"

Ages: ALL

Day: Sat, Feb 3

Time: 10 AM-2 PM

Where: Library, Main Branch

Fee: Free

Stop by today to celebrate everything the library has to offer. Activities, crafts, and of course BOOKS! Stop in to see what other fun surprises we have in store.

Solar Eclipse

Ages: All

Day: Mon, Apr 8

Time: 1-2:30 PM

Where: Library, Main Branch

Fee: Free

Families are invited to join us on the front lawn to view the 2024 Solar Eclipse! Participate in fun space themed activities, and games prior to the viewing. Special glasses will be provided for viewing the eclipse safely. Sponsored by SEAL and Star Net Registration required.

Pumpnickel Puppets

Ages: 4 yrs and up

Day: Tuesdays

Time: 10:30-11 AM

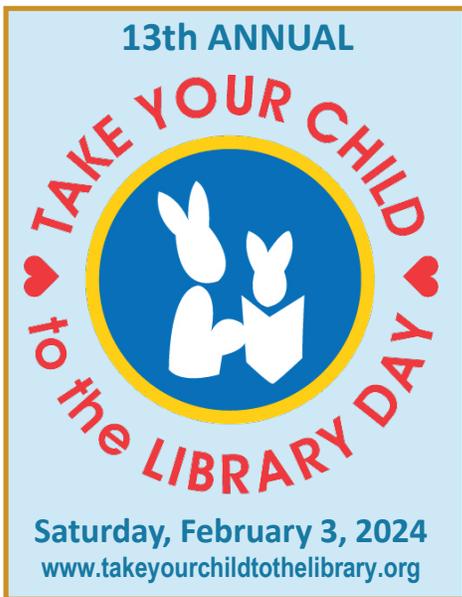
Where: Library, Main Branch

Fee: Free

Join an adventurous princess as she journeys to Mystery Mountain to visit the Great Green Dragon. Along the way you'll meet Zelda the babysitter, a silly bat, Sir

Cossitt Creation Station

George and his clumsy dog, and of course the lovable dragon. Will Sir George slay the dragon? Not to worry, everything ends happily in this fun show. Presented with large colorful hand puppets and live voices and sound effects. Registration required.



Sew Simple Series

All materials and sewing machines are provided. Contact library staff if you prefer to bring your own sewing machine. Space is limited; register to attend.

Sponsored by the Friends of the Granby Public Libraries and anonymous donors.

Customized Laces

Day: Wed, Mar 13

Time: 4-5 PM

Where: Cossitt Branch

Fee: Free

You are invited to a beginner sewing workshop. Learn to make customized shoelaces with instructor Sandy Salazar. Great for sports teams, bridal parties or to jazz up your favorite kicks!

Cloth Napkins

Day: Wed, Mar 20

Time: 4-5 PM

Where: Cossitt Branch

Fee: Free

Ages 16 and up are invited to Join us for a workshop to make unique, double-sided, cloth napkins. Use them for special occasions, picnics on the beach, concerts in the park or on your everyday table!

Teen Programs!

Sponsored by The Friends of the Granby Public Libraries. Registration required.

Let It Snow!

Ages: Gr. 6-12

Day: Tue, Feb 20

Time: 3:30-5 PM

Where: Library, Main Branch

Fee: Free

Experienced Fiber Artist Angelina Fleury is back to walk you through the magical process of transforming wool into 3D objects using a barbed needle. This month she will show you how to make an adorable melting snowman! All materials included. Space is limited.

Honey Heist

Ages: Gr. 6-12

Day: Mon, Mar 11

Time: 3:30-5 PM

Where: Library, Main Branch

Fee: Free

Join us for an exciting tabletop role-playing game where you get to plan the ultimate heist! There are two things you must know: 1. Your plan is complex and requires precise timing. 2. You're a BEAR! A light snack will be provided.

Cossitt Creation Station!

Ages 16 and up are invited to visit the new Cossitt Creation Station at the F. H. Cossitt Library Branch to see the latest in library services! The Cossitt Creation Station features a variety of machines and equipment from 3-D printers, laser cutters, and digitization tools, to sewing machines and Cricut die-cutters. Be sure to visit the library's upper level to get a library card (good at any Connecticut library!) and to browse for favorite books and movies. Space is limited; **Register to attend a demonstration or workshop.**

3D Printer Demo

Day: Tue, Mar 12

Time: 2-3 PM & 4-5 PM

Where: Cossitt Branch

Fee: Free

Cricut Mug Press Demo

Day: Thur, Mar 14

Time: 2-3 PM & 4-5 PM

Where: Cossitt Branch

Fee: Free

Laser Cutter Demo

Day: Tue, Mar 19

Time: 2-3 PM & 4-5 PM

Where: Cossitt Branch

Fee: Free

Digitization Demo

Day: Thur, Mar 21

Time: 2-3 PM & 4-5 PM

Where: Cossitt Branch

Fee: Free



Zippered Bag

Day: Wed, Mar 27

Time: 4-5:30 PM

Where: Cossitt Branch

Fee: Free

Zip-A-Dee-Do-Da! Advanced beginner sewers are invited to make a zippered bag with instructor Sandy Salazar.





Something About the Author Book Club

Ages: Adult

Dates: Mondays

Feb 5 - *Amanda Gorman*

Mar 4 - *Eliza Griswold*

Time: 1:30-2:30 PM

Each month, the *Something About the Author* book club focuses on the works of a single author. Stop by and discuss your favorite. Registration requested.

Sci/Fi Fantasy Book Club

Ages: Adult

Dates: Wednesdays

Feb 28 - *The Echo Wife*

Mar 27 - *Rosewater*

Time: 6-7 PM

Join us each month to discuss a variety of titles from the Sci/Fi and Fantasy genre. Each month features a different title and are always available for checkout at the Main Library. Registration requested.

Millennials Read

Ages: 20, 30 and 40 somethings
First Wed of the Month

Time: 6:30-7:30 PM

At a different local venue each month! At this no-stress book discussion, join readers to talk about current book picks. You do not need to be reading anything to participate. A partnership between Bloomfield, Simsbury, and Granby libraries and open to all. We hope to see you there.

The American Revolution: Artifacts and Stories from Across Connecticut

Ages: Adult and Older Teen

Day: Feb 1-29

Time: During open library hours

Where: Library, Main Branch

Fee: Free

Enjoy a traveling exhibit from the Connecticut Museum of Culture and History collection that features the people and events in Connecticut that helped influence the Revolutionary War and shape the new nation. No registration; drop in to view the exhibit during regular library hours.

The Musick Of Connecticut's Revolution: "What A Glorious Crash They Made!"

Ages: Adult & Older Teen

Day: Thur, Feb 22
(snow date Feb 29)

Time: 6:30-7:30 PM

Where: Library, Main Branch

Fee: Free

With songs published or performed in Connecticut during the American Revolution, Richard Franklin Donohue will illuminate the colony's often overlooked contribution to this spirited repertoire. Register to attend. *Sponsored by the Friends of the Granby Public Libraries and Salmon Brook Historical Society*

Sweet Sorrow: Historic Songs of Love, Pursuit, Connecting and Parting

Ages: Adult & Older Teen

Day: Sun, Feb 11, (Snow date Mar 3)

Time: 2-3:00 PM

here: Library, Main Branch

Fee: Free

We're celebrating matters of the heart

in an entertaining, amusing and light-hearted musical journey through the adventures and misadventures of lovers through time. Register to attend. *Sponsored by the Friends of the Granby Public Libraries and Salmon Brook Historical Society.*

Monday Movie Matinee

Join us the second Monday of the month for a feature film and complimentary snack. Check the Library calendar for listings closer to the date.

Seating is limited; Dates: Feb 12, Mar 11, Apr 8, May 13

February Movie- The Big Year

Ages: Adult

Day: Mon, Feb 12

Time: 1:30-3:30 PM

Where: Library, Main Branch

Fee: Free

Watch a terrific comedy to crow about! Jack Black, Steve Martin, and Owen Wilson portray three amateur bird watchers competing to become the ultimate 'birder.' Register to save a treat and complimentary movie treat.

The Magic of Fred Astaire

Ages: Adults

Day: Wed, Feb 14

Time: 6:30-7:30 PM

Where: VIRTUAL

Fee: Free

Brain Rose highlights the charm and romance of the greatest dance partner in Hollywood history. Fred Astaire! Whether it was partnering Ginger Rogers, Rita Hayworth, Cyd Charisse or a hat rack—or dancing on the ceiling or on roller skates, he made everything appear easy and elegant. Register to receive Zoom link. *Sponsored by the Friends of the Granby Public Libraries.*

A Celebration of Tap

Ages: Adult and Older Teen Day:
Sun, Feb 25
Time: 2-3 PM
Where: Senior Center Community Rm
Fee: Free

From early minstrel shows in 19th century America to the introduction of 'tap shoes' in the 1920s, Corey Hutchins shares the history of tap and delivers a first-rate performance of this uniquely American form of dance. Corey toured with Riverdance, performed for celebrities including First Lady Michelle Obama, and is the Founder and Artistic Director of CT Tap and the Connecticut Tap Intensive. Register to attend.

Passion for Papercraft: Book Page Floral Wreath

Ages: Adult
Day: Mon, Feb 26
Time: 1-2:30 PM
Where: Library, Main Branch
Fee: Free

Give old words new life when you learn to make paper blossoms from discarded paperbacks. Crafters will arrange the floral designs on a circular form and take home the written word as a spring wreath! All materials are provided. Space is limited; register to attend. *Sponsored by the Friends of the Granby Public Libraries.*

Travel Talk: Northern Forest Canoe Trail

Ages: Adult
Day: Wed, Mar 6
Time: 6:30-7:30 PM
Where: Library, Main Branch
Fee: Free

Avid paddler & Granby resident Tom Salvini presents highlights and challenges of his 2023 solo paddle adventure of the 740 mile Northern Forest Canoe Trail. The longest inland water trail in the nation winds through four states and one Canadian province. Presentation includes images affirming the beauty of the landscape & waterways as well as discussion of logistical planning, weather, accommodations & safety. Register to attend.

Spymistress: The Story of Allied Women Spies of WWII

Day: Thur, Mar 7
Time: 6:30-7:30 PM
Where: Virtual
Fee: Free

Several women risked their lives to uncover the enemy's secrets during World War II. Some were professionally trained; others were simply masters of intrigue and deception. Hear about the women and their respective missions from John Cilio, historian and author. Register to receive the Zoom program link. *Sponsored by the Friends of the Granby Public Libraries and Salmon Brook Historical Society.*

Celtic Fiddle with the Carroll Sisters

Ages: Adult and Older Teen
Day: Sat, Mar 16
Time: 2-3 PM
Where: Senior Center Community Rm
Fee: Free

Sisters Emilie and Nora Carroll are known for their lively Celtic fiddle music and perform throughout the northeast. The public is welcome to enjoy traditional tunes, beautiful harmonies, and unique musical arrangements. Don't be surprised if special guests make an appearance and add to the festivities! Register to attend. *Sponsored by the Friends of the Granby Public Libraries.*

Passion for Papercraft: Colorful Kaleidoscope

Ages: Adult
Day: Mon, Mar 25
Time: 1-2:30 PM
Where: Library, Main Branch
Fee: Free

Use brightly colored origami paper to create an object that cleverly mimics a traditional kaleidoscope. Visit the library to view a sample of the unique craft. All materials are provided. Space is limited; register to attend. *Sponsored by the Friends of the Granby Public Libraries.*

Crafters Café: Mood Mingle Watercolor and Zen Art

Ages: Adult
Day: Wed, Apr 3
Time: 6-7:30 PM
Where: Library, Main Branch
Fee: Free

Immerse yourself in the world of emotions as you explore the enchanting medium of watercolors and the meditative art of zen drawing with instructor Katherine Tolve. Create a 4"x6" masterpiece showcasing an Alpha Tangle—a unique pattern that mirrors your artistic expression. Take home your beautifully framed artwork. All materials provided. Register to attend. *Sponsored by the Friends of the Granby Public Libraries.*

Passion for Papercraft: Floral Heart Greeting Card

Ages: Adult
Day: Mon, Apr 22
Time: 1-2:30 PM
Where: Library, Main Branch
Fee: Free

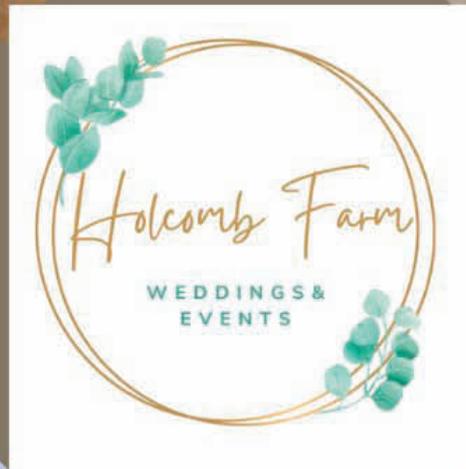
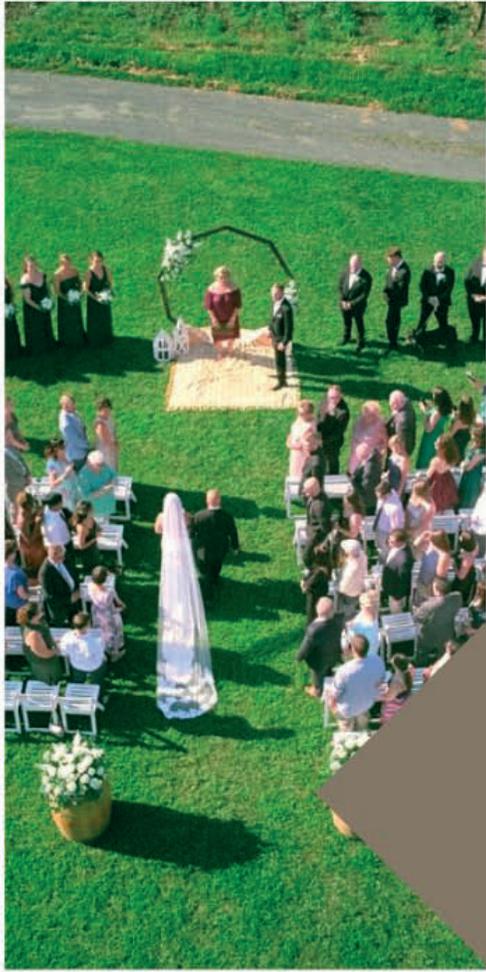
Celebrate Mother Earth by creating a quilled floral greeting card that includes wildflower seed paper. All materials provided. Space is limited; register to attend. *Sponsored by the Friends of the Granby Public Libraries.*

Kinetic Ukuleles Spring Sing!

Ages: All
Day: Sat, May 4
Time: 2-3 PM
Where: Library, Main Branch Lawn
Fee: Free

Music director Jim Lenn leads the Kinetic Ukuleles in a celebration of spring. The much-loved Connecticut ukulele ensemble delivers a good-time vibe with timeless songs of the 50s, 60s, and 70s, plus a handful of contemporary tunes. Wear your floral shirt, sing along, and welcome spring! The performance is free and there are no tickets, but registration is a must. Bad weather moves the performance indoors. *Sponsored by the Friends of the Granby Public Libraries.*

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.

Special Events Coordinator, Jamie Savva jsavva@granby-ct.gov to inquire



Comedy Night at Holcomb Farm... Celebrating Women's History Month!

Date: Sat, Mar 9
 Time: Doors open at 7 PM
 Show starts at 8 PM
 Where: Holcomb Farm
 Fee: \$50 per person
 \$400 per table

Join us at Holcomb Farm as we celebrate Women's History Month with an evening of fantastic comedians! Invite your friends, neighbors, and co-workers as you enjoy delicious cocktails from Two Pour Guys and enjoy a hilarious night out. This event is adults only and always sells out quickly - so reserve your seat as soon as possible!

Granby Skate Day

Ages: All ages
 Date: Sat, Feb 24
 Time: 2-4 PM
 Where: International Skating Center of Connecticut
 Fee: \$5 per person
 Stay tuned for more information about Granby Skate Night - don't miss out on hot cocoa, cookies, and a chance to skate with your friends! Follow us on Instagram @granbyrec and Facebook @GranbyRecreation for more information.

The Great Granby Egg Hunt!

Ages: 1-10 to Participate (all ages invited to enjoy the day!)
 Date: Sat, Mar 30
 Time: 10 AM-12:30 PM
 Where: Salmon Brook Park
 Fee: \$5 per "Egg Hunter"
 Easter time is here!! Don't miss out on our annual Easter Egg Hunt at Salmon Brook Park! Children ages 1-10 are invited to attend this wonderful community event. Enjoy coffee and snacks, bounce houses, arts and crafts, meet the Easter Bunny, and pick from three different age group Easter Egg Hunts. Sign up today!

Junk in your Trunk/ Sports Equipment Swap

Date: Sat, May 11
 Time: 9 AM-1 PM
 Where: Salmon Brook Park
 Fee: \$25 per Trunk/Selling Space
 Free to Swap/Free to Shop
 Welcome to Granby Rec's 3rd annual Junk-in-your-Trunk Community Yard Sale. This year, we are so excited to expand our Junk celebrations; in addition to our well-loved community yard sale, we are also providing a space to swap out those gently used and out-

grown cleats, gloves, bats, helmets, etc. Kiddos in need of some new season gear? Donate what doesn't fit and grab something that does! (Crafters & small businesses welcome!)



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! Rented in four hour time blocks...book yours today!

Workshop at Holcomb Farm

Located at the beautiful Holcomb Farm, the workshop area is a great space to host a business meeting, 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 \$65 per hour with a 2 hour minimum

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. The perfect spot for Birthday Parties, Showers and meetings.



Granby Nature Preschool

Ages: 3-5

Dates: Follows the Granby School calendar

Where: Holcomb Farm

Fee: Full day and Half day options available

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 plan to be outside for some part of every day except in extreme weather. Indoors in our space at The Barn at Holcomb we will enhance our learning through community living, relationship building, caring for one another and our plants, and with art, movement, music and storytelling activities. Program is 5 days/week half day or full day.

Martocchio Music: Mommy, Daddy, Music & Me

Ages: 18 mos-3 yrs/10-10:50 AM
3-5 yrs/11-11:50 AM

Dates: Wed Mornings

Where: Martocchio Music,
1 Massaco St, Simsbury

Fee: \$100

Develop your child's ability to understand the concepts of music, rhythm and dance by singing, dancing and using real musical instruments. Bend & Stretch to your favorite songs, different sounds, Sing & Dance, Creative Corner, counting & colors, Guitar Time and more.



Soccer Shots Mini-Toddlers

Ages: 2

Dates: Sun, Apr 4-Jun 9

Time: 8:15-8:45am

Where: Salmon Brook Park Fields

Fee: \$105

High-energy weekly program introducing 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.

Soccer Shots: Preschool

Ages: 3-5

When: Winter: Wednesdays,
5-5:40pm at Kelly Lane Gym

Spring: Sun, Apr 21-June 9
9 or 10 AM at Salmon Brook

Fee: \$130

Soccer Shots 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 PE Games with Mr. Norton

Grades: K-2

Dates: Winter: Wednesdays

Spring: Wed, Mar 25-May 20

Time: 3:30-4:30 PM

Where: Kelly Lane School

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 PE Games with Mr. Migneault

Grades: 3-5

Dates: Winter: Mondays

Spring, Mon, Mar 25-May 20

Time: 3:40-4:40 PM

Where: Wells Road School

Fee: \$115/session

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 Art Class with Mrs. Lankford

Grades: 3-5

Dates: Winter: Mondays

Spring: Mon, Apr 1-Jun 3

Time: 3:20-4:20 PM

Where: Wells Road School

Fee: \$175

Create & build with clay, paint, print-making, fiber arts, and more. Each week, 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 Rock Wall with Mr. Norton

Grades: K-2

Dates: Winter: Tuesdays

Spring, Tue, Mar 19-May 14

Time: 3:30-4:30 PM

Where: Kelly Lane School

Fee: \$115

The essential skills, techniques, and important safety information will be taught, including 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, & the use of different paths. All these challenges and skills will be presented in a fun and positive environment.

After School Indoor Field Hockey Clinic

Grades: 3-5

Dates: Tuesdays

Time: 3:40-4:40 PM

Where: Wells Road School

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. The program will be coached by Mrs. Laflamme.

After School Soccer Shots

Grades: K-2

Dates: Wednesdays

Time: 3:30-4:30 PM

Where: Kelly Lane School

Fee: \$140

The certified coach will be from the Soccer Shots coaching staff. Kids will learn the fundamentals of soccer while focusing on individual skill, fitness, and sportsmanship. Children will be challenged through fun games and team interaction and introduced to competition.



"MPower"

Youth Sports Running

Ages: 6-14

Dates: Wed, Apr 17-May 29

Time: 6-7 PM

Where: Salmon Brook Park Band Shell

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 Celebrate! West Hartford 5K on June 9, 2024! MPower Youth Running will prepare them with form and pacing while we build endurance over the weeks through a combination of running drills, games, and core strength exercises. For more information, www.MPowerYouthSports.com.



Food Explorers "Cheese Please"

Grades: 1 & 2 at Kelly Lane

Wed, Feb 7-28

3-5 at Wells Rd

Fri, Feb 16-Mar 15

Time: 3:30-4:30 PM

Fee: \$98

Join Food Explorers deliciously cheesy recipes! We'll be making three cheese pizza bites, personal nachos, fried mozzarella bites, and cheesy smashed potatoes. Recipes are nut free but do contain dairy, eggs and gluten.

Food Explorers "Spring Desserts"

Grades: 1 & 2

Dates: Wed, Apr 24-May 15

Time: 3:30-4:30 PM

Where: Kelly Lane School

Fee: \$98

Join Food Explorers as we make blueberry trifles, fruit tarts, fruit cobbler, and ambrosia. All recipes are nut free but will contain dairy, eggs and gluten.

Art-ventures at Kelly Ln

Grades: K-2

Dates: Fri, Feb 23-May 10

Time: 3:30-4:30 PM

Fee: \$205

On a wild journey through the animal kingdom, art adventurers discover a multitude of kooky critters-as well as their own creativity--while exploring various techniques, tools, textures and materials. Stained glass giraffes, fabric dogs, ceramic elephants, wooden snakes, colorful dinosaurs, and clay lions with fluffy fiber manes.



After School Care for Kelly Lane & Wells Rd Students

Grades: K-5

Dates: Jan through June

Time: Pickup anytime between 3:30 and 5:30 PM

Where: Kelly Lane

Fee: Full week and 2-days/week options available

Affordable after school child care now available for Wells Rd and Kelly Lane Students until 5:30 PM. (Wells Rd students are bussed over to Kelly Lane after school). 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 supervised and kept busy with many fun games, crafts, and gym time.

Art-ventures Wells Rd

Grades: 3-5

Dates: Wed, Feb 21-Apr 24

Time: 3:30-4:30 PM

Fee: \$205

Experiment with new and mysterious mediums and discover surprising techniques to transform familiar materials into magical masterpieces. Sculpt clay lizards, create colorful ceramic piggy banks, whimsical Model Magic owls and scratch a work of art inspired by the artist, Miro. Wave wands over T-shirts to form magical designs using fabric printing inks and stir a few unexpected items into a "fluffy goop".



Martocchio Music: After School Vocal/Theater Ensembles with Julie Rumbold

Grades: K-2

Dates: Tuesdays

Time: 3:30-4:30 PM

Where: Kelly Lane School

Fee: \$160

This exciting new program will teach young students singing, theater and movement through the vast repertoire of Disney tunes and end with a theatrical performance of selected Disney songs. Classes are taught by Julie Rumbold, vocal and theater instructor at Martocchio Music. Julie will concentrate on vocal technique, theater presence and movement.

Martocchio Music: Middle School String Ensemble

Grades: 6-8

Dates: Tuesdays

Time: 7-8 PM

Where: Martocchio Music, 1 Massaco St, Simbsury

Fee: \$175

These string ensembles are for violin, viola, cello and bass; all experience levels. Students will play music together, learn how to be their own conductor, further their musical and listening skills, and most importantly, have a good time! Playing in small groups together (chamber music) helps students become more well-rounded musicians, embraces collaboration and community, and inspires further musical endeavors.

Martocchio Music: High School String Ensemble

Grades: 9-12

Dates: Mondays

Time: 7-8 PM

Where: Martocchio Music, 1 Massaco St, Simbsury

Fee: \$175

Come join the Martocchio Music Student String Ensembles! These string ensembles are for violin, viola, cello and bass; all experience levels. Students will play music together, learn how to be their own conductor, further their musical and listening skills, and most importantly, have a good time!



After School MAD Science

Grades: K-2 at Kelly Lane
Wed, Feb 21-Apr 24
3-5 at Wells Road
Thur, Feb 22-Apr 25
Time: 3:30-4:30 PM
Fee: \$205

Children overcome a series of challenges using basic materials, simple machines, tips from famous inventors, and most importantly, their minds. With a bit of ingenuity, they create catapults and forts, construct working light sticks, and assemble a set of circuits with batteries & bulbs.



Spring 2024 Flag Football Program

Dates: Apr-Jun
Time: TBD
Where: East Granby Farms
Fee: BD

NFL Flag Football is the premier youth football program for boys and girls, providing young players a fun and exciting opportunity to engage in a non-contact, continuous action sport, while learning lessons in teamwork. There will be three age groups available. Level 1 age group is for players ages 6 - 8, Level 2 age group is for players 9-11, and Level 3 age group 12 -14. The Granby team will be playing other teams from Suffield and East Granby.

Salmon Brook Park Summer Day Camp

Registration open in February!
Registration for the summer day camp program is opening! This year we have added a new preschool age, full day program for the little ones. Our camps are a great opportunity for your little one to enjoy a traditional summer camp experience with fun games, activities, special events and an amazing camp staff!

We also have an array of sports and enrichment summer camps to keep your children busy all summer long! From basketball and baseball to science and technology, there's something for everyone.

If you have an idea for a new program, please let us know! Email the Director of Parks & Recreation, Kristine Vincent at kvincent@granby-ct.gov with your cool new idea!

April Break Music Camp

Grades: 4-12
Dates: Mon-Fri, Apr 8-12
Times: 9 AM-1 PM
Where: Martocchio Music,
1 Massaco St, Simsbury
Fee: \$325

Cool Cats: Grades 4 and 5
Kid Rock: Grades 6, 7 and 8
Loud & Proud: Grades 9, 10, 11
and 12

Have fun, make new friends and play in a rock/blues band this spring break! We emphasize vocal and ear training, rhythm class, instrument workshops and original song writing. Learn to solo on your instrument. Design a band t-shirt, take a pizza break, and at the end of the week participate in a concert performance. One year of playing experience, please.



April Vacation Granby Bears Youth Basketball (Co-ed) Clinic

Grades: K-8
Dates: Mon-Wed, Apr 8-10
Times: 9 AM-12 PM
Fee: \$70

Led by the Granby Memorial Girls Varsity Basketball Coach, Mike D'Angelo, join us for a few days during April School Vacation week for some fun in this Co-ED skills clinic which will be held outdoors at Salmon Brook Park OR inside the high school gym if inclement weather. Coach D'Angelo, his coaching staff and players will work with the kids on ball handling, passing, shooting and incorporate skills games.



Safe@Home Class by Safe Sitter

Grades: 4-6
Fee: \$35
Where: Salmon Brook Park House

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.

McArdle Irish School of Dance

Ages: 5-16
Dates: Tuesdays
Time: 5-6 PM
Where: Salmon Brook Park House
Fee: \$175

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.



Aroma Yoga

Ages: 18 & up
Dates: Thursdays,
Feb 8, Mar 14,
Apr 18, May 23
Time: 6:30-7:30 PM
Where: Salmon Brook
Park House
Fee: \$18 for each
class

Immerse yourself in a yoga class designed to delight your senses and unwind your body. Experience the wonderful synergy of yoga and essential oils. Open to all levels. Bring your own yoga mat and water. Aubrey Schulz is the instructor for this delightful class.

Combination Safe Boating / Personal Watercraft Course

Ages: 10 & up
Dates: Tue, May 7 and Thur, May 9
Time: 5-9 PM
Where: Salmon Brook Park House
Fee: \$20

Upon completing this course and passing the exam the participant will have satisfied the DEEP's requirements and will be able to apply for their Certificate of Personal Watercraft Operation (CPWO). There is a separate cost for the Certificate and is NOT included in this class fee.



Foxwoods Resort Casino Bus Trip

Ages: All ages
Dates: Tue, Feb 20
Fee: \$45

Take a break this winter and join us for a family-friendly bus trip to Foxwoods Resort Casino. Coach bus departs Granby Town Hall at 8 AM and depart Foxwoods at 4 PM. You will have ample time to do some shopping at the Tanger Outlets, and/or check out Monza World-Class Karting in the Family Zone. The Family Zone also features an arcade, and many other fun things to do. You can opt for a spa day, do some gambling, enjoy a meal or go to the museum.

Scrapbooking Spring Weekend/Crafting Event in April 2024

Ages: 16 & up
Dates: Fri, Apr 26 from 1-9 PM
Sat, Apr 27 from
9 AM-9 PM
Where: Holcomb Farm North Barn
Fee: Fri \$25 / Sat \$40
Both Classes \$60

A wonderful opportunity to scrapbook and leave supplies set up overnight in our secure facility. Please feel free to bring your own food or other beverage. There will be demonstrations and classes. Enjoy the fun crafting with fellow crafters! You may contact Cheryl Bliss at blister123@cox.net if you have any questions.

Basketball-Adult Rec Program

Ages: 18 & up
Dates: Tue & Thur Evenings
Time: 7-9 PM
Where: High School Community Gym
Fee: \$75 season pass/\$5 drop-in
Non-residents \$10 drop-in

Pick-up games for 2 hours. Drop-in fees are cash only. Driver's license needs to be shown at check in. For those who choose drop-in registration only - please check the Granby Recreation website Monday and Thursday afternoons after 3 pm for updates or cancellations.

Martocchio Music: Adult String Ensemble

Ages: 18 & up
Dates: Mondays
Time: 1-2pm
Where: Martocchio Music,
1 Massaco St, Simsbury
Fee: \$175

This ensemble is for adults of all ages and experience levels. Students will play music together, learn how to be their own conductor, further their musical and listening skills, and most importantly, have a good time! We will learn and play all types of music, including Baroque, folk tunes, classical, romantic, pop, film music, and more! There is a 20% military and senior discount

Martocchio Music: Evening Adult Rock Ensembles with Elijah Atwood

Ages: 18 & up
Dates: Tuesdays
Time: 7-8 PM
Where: Martocchio Music
Fee: \$175

Unlock the inner rock star in you! Plunge into the diverse history of Rock and Blues by forming your very own Rock Band. Students will sharpen their playing skills, learn the classics both old and new, write their own tune, name their ensemble and make their own band t-shirts!

Introduction to Artificial Intelligence & Hands-on Use

Ages: 18 & up
Dates: Thur, Feb 22-Mar 7
Time: 6:30-8 PM
Where: Holcomb Farm Workshop
Fee: \$65

Entry level artificial intelligence education (context, history and terminology), highlight the primary players in the space and cover some real life examples along with guided hands on use of multiple AI platforms (generative AI bots and text to image technologies). Each session will also include a "highlights, headlines and happenings" section that will be dedicated to current, timely AI topics that could span from government and regulation, legal action, products

and feature releases, etc. You will need to bring your own laptop.



Pawsitive Steps Dog Training Beginner & Intermediate Classes

Ages: 18 & up
Dates: Mon / Intermediate
Wed / Beginner
Thur / Beginner *
Time: 6:30-7:30pm
Where: Salmon Brook Park House
Fee: \$185

Join well-known certified dog trainer Kim Michalewicz & learn how to effectively socialize your dog. 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. For the Intermediate Classes, please speak with Kim prior to registering so that she can approve so class is appropriate for their dog. *Please contact Kim with any questions 860.614.6625.

TAZ Fitness Challenge

Ages: 18 & up
Dates: Tue & Thur Mornings
Time: 8-9 AM
Where: Salmon Brook Park House
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 Park House
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.

Grandparents: Getting Started

For new grandparents covering the following topics: Guided discussions on- Child Development/Child Care, Behavior Management, Injury Prevention/First Aid, Choking Infant & Infant CPR; Demonstration: Diapering, Demonstration & Practice Choking Infant & Child CPR. The CPR portion is NOT a certification, but you will be able to practice CPR training.

www.GranbyRec.com for dates

Pickleball

Ages: 14 & up
Where: Salmon Brook Park
Tennis Courts

Dates: Mondays
Apr 15-May 20 with Gigs
Time: 4-5:30 PM / \$55
5:30-7pm \$65

Dates: Thursdays
Apr 18-May 23 with Kim
Time: 4:30-6 PM / \$65
6-7:30pm \$65

Do you want to learn the game of Pickleball.....Or do you already know how to play and looking for a place to play this fun game with your friends and also meet new people? All abilities are welcome! Equipment will be provided, or you are welcome to bring your own racquet. Please wear sneakers and bring your own water bottle. Instructors will be teaching the game/rules to any interested beginners and will set up tourneys for the experienced players.



Senior Van 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?:

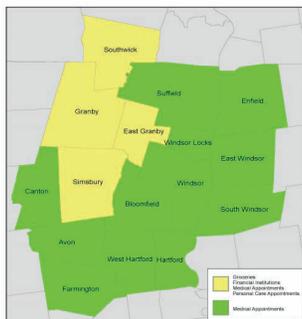
- Medical Appointments
- Grocery Shopping
- Senior Center lunches/events
- Personal Care Appointments

Cost: \$10.00 Annual fee with active Granby Senior Center Membership

How to Schedule a Ride:

Call 860-844-5350

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



Town of Granby Senior Van Service Area

Yale University Art Gallery

Date: Fri, Feb 9

Time: Depart at 9 AM

Fee: \$5

Stop at Atticus Cafe Downtown for a quick bite to eat before heading over to The Yale University Art Gallery. You will have time to visit the gallery with a guided tour at 12:30 PM.



New England Air Museum

Date: Thur, Feb 15

Time: Depart at 9 AM

Fee: \$20

The New England Air Museum (NEAM) is an American aerospace museum located adjacent to Bradley Airport. The museum consists of three display hangars with additional storage and restoration hangars. Its collections include aircraft ranging from early flying machines to supersonic jets, as well as engines, and other pieces of flight-related equipment.

Mohegan Sun

Date: Mon, Mar 25

Time: Depart at 8:45 AM

Fee: \$15

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.

Magic Wings Butterfly Conservatory

Date: Tues, Apr 30

Time: Depart at 8:45 AM

Fee: \$20

The Lepidoptera source in features 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!

Hill-Stead May Market

Date: Fri, May 3

Time: Depart at 9:30 AM

Fee: \$15

May Market is produced with enormous support by The Hill-Steaders, volunteer ambassadors of Hill-Stead, who have supported the museum with fundraising and outreach initiatives for over 30 years. This serves as a fundraiser in support of Hill-Stead's gardens, grounds, and trails. Visit with vendors, do some shopping and tour the gorgeous grounds. Lunch after at Butchers and Bakers.

Did you know...

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

Spain and Portugal Informational

Date: Wed, Mar 13

Time: 2 PM

Fee: FREE

Tracy, our Collette Representative, will be here for an informational presentation on our upcoming trip to Spain and Portugal. Traveling Oct 5–19, 2024

We Are Angels

Date: Wed, Feb 14

Time: 1 PM

Fee: FREE

Granby Resident, Tina Angeli, is a spiritual Psychic/ Medium/ Channel Healer and the director of the S.O.U.L. Center in Granby, CT. She teaches classes in metaphysics, past life regression and inner growth. She will be sharing her book as well as messages with the audience as spirit guides her.



Painting Party

Date: Fri, Feb 16

Time: 10 AM

Fee: \$10

Come out and enjoy a fun winter project! No experience needed. You will transfer your design on to canvas, so no artistic ability needed!

Ways of Listening: The Journey of the Countess

Date: Mon, Mar 4

Time: 2 PM

Fee: 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 Shake-

speare 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.

The Sport of Prohibition

Date: Mon, Mar 25

Time: 10 AM

Fee: 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.

Spymistresses— A Story of Allied Women Spies of WWII

Date: Mon, Apr 22

Time: 2 PM

Fee: 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. Many take dangerous risks, complete their missions and live to tell the tale; others don't. 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.



AARP Tax Aide Program

Appointments starting on Feb 13- Apr 3

Tuesdays and Wednesday afternoons

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. Tax-Aide volunteers are located nationwide, and are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code. To make an appointment please call 860-844-5350

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.



St. Patrick's Day Lunch

Date: Fri, Mar 15
Time: 12 PM
Fee: \$5

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!

Tulip Dinner

Date: Wed, Apr 17
Time: 5 PM
Fee: \$5

The birds are chirping, flowers blooming and the weather is warming up! Come celebrate SPRING! Enjoy a delicious meal with entertainment by the Willie & Jan Band!

Veterans' Lunch

Date: Wed, May 22
Time: 12 PM
Fee: Senior Center Veterans are free, Senior Center non-veterans \$8.

We will be honoring our veterans and remembering the ones who gave the ultimate sacrifice with a special lunch and entertainment by the one and only, Elderly Brothers.

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.

Ask the Realtor- NEW!

Date: 2nd Wed of the month
Time: 10 AM-12 PM
By appointment only
Fee: FREE

By appointment at the Granby Senior Center. Lifelong resident of Granby, Judy Guarco has worked for 20+ years representing both buyers and sellers in CT and MA.

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

CRT Lunch

Tues and Thurs 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.**

Music Jam "Back in Time"

Date: Every Wed
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 Mon
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 Tues
Time: 1 PM
Fee: FREE

Cribbage

Date: Every Fri at 3 PM
Date: Every Tue at 6PM
Fee: FREE

Hearing Screenings

See Center Life Newsletter for details

Exercise Programs

Footcare by Sarah

Date: 2nd Wed of the month
Time: Appointment only
Fee: \$35 not covered by Insurance

Blood Pressure/ Blood Sugar Clinic

Date: Thursdays
Time: 11 AM- 12:30 PM
Courtesy of the Visiting Nurse & Hospice of Litchfield County.

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.

Gentle Movement

Date: Mondays
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



Yoga

Date: Tuesdays
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

Chair Yoga

Date: Tuesdays
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

Chi-Gong (Virtual)

Date: Wednesdays
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/ Qi Gong

Date: Thursdays
Time: 9 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

Line Dancing with Jim

Date: Wednesdays
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!

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

Date: Wednesdays
Time: 2:45 PM
See Center Life Newsletter for session details and cost
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. It takes time and a commitment to learn Tai Chi as the forms are linked together and progressive. This session works on Forms 1-6. Instructor: Mary Ellen Mullins

Everybody's Exercise

Date: Thursdays
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.

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

RECYCLE RIGHT. EVERY TIME.

Use this guide to learn **What's IN** and **What's OUT** of your bin.

What's IN?

Follow these steps before placing acceptable items into your recycling bin.

DO: empty, clean, rinse, and repeat for each item. | **DON'T:** shred, box, or bag items.



PAPER & CARDBOARD



Newspapers & magazines, food and beverage cartons, mixed paper and flattened boxes



GLASS



Bottles and jars



METAL



Food and beverage cans, aluminum foil and foil containers



PLASTIC



Jugs, tubs and lids

What's OUT?



No plastic bags or plastic wrap
(Return to retailer)



No styrofoam or black plastic containers
(Throw them in the trash)



No clothing or linens
(Use donation programs)



No tangles
(No hoses, wires, chains or electronics)



No combustibles
(No propane tanks, batteries, and non-food grade aerosol cans like spray paint and pesticides)

GRANBY'S DEPARTMENT OF PUBLIC WORKS

Hazardous Waste Disposal: Hazardous waste must be disposed of properly. Granby holds three free collections per year. The collections will run from 8 AM to 1 PM and will be open to residents from Avon, Canton, Farmington, Granby, Suffield, and Simsbury. Proof of residency is required. Paper shredding also available during these events/2 box limit. Shredding begins at 8:30 AM. Latex and oil paint are accepted at the Granby Transfer Station.



Saturday, April 20th
Farmington High School
10 Monteith Drive
Farmington

Saturday, June 8th
Simsbury DPW
66 Town Forest Drive
Simsbury

Saturday, Oct 19th
Simsbury DPW
66 Town Forest Drive
Simsbury

Introducing the new RecycleCT Wizard app
Now your smartphone is even smarter with the new RecycleCT Wizard app. It takes the guess work out of deciding What's In and What's Out of your bin. Download today!



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