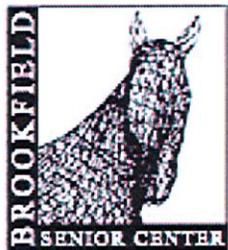


Brookfield Senior Center

“.... a place where things are happening!!”



November 2016

Monday through Friday 8:00am – 4:00pm

100 Pocono Road, Brookfield CT 06804

Telephone: 203-775-5308

http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index

Director of Senior/Social Services: Ellen Melville - emelville@brookfieldct.gov

Senior/Social Services Program Coordinator: Amy Diezemann – adiezemann@brookfieldct.gov

Social Services Coordinator: Lorraine Kelley – lkelly@brookfieldct.gov



**American
Red Cross**

Home Fire Preparedness Campaign ...reducing fire deaths one step at a time....

The Brookfield Senior Center has partnered with the American Red Cross and the Brookfield Volunteer Fire Department to offer you new smoke detectors for your home.

During your home visit by the Red Cross, you will receive:

- Installed smoke alarms if no working smoke alarms are present in your home
- Guidance in the development of a Family Disaster Plan
- Valuable emergency preparedness tips and information

All demonstration and installation services will be performed by Red Cross-trained volunteers and/or licensed/insured professionals. *Please sign up at the front desk.*



Senior Center Holiday Boutique Saturday, December 3, 10:00 am - 2:00pm

Join us for this year's annual Boutique. This is your chance to get into the holiday spirit, buy some handmade items, holiday decorations and treats!

Mark your Calendar - don't forget

Bingo – Monday, November 7 at 10:30am. Join us for laughter, fun and games!

Men's Breakfast – Join us **Friday, November 4 at 9:30am** for our October Men's Breakfast. Please sign up so that we know how many to expect.

Friends of Brookfield Senior Center will be meeting Tuesday, November 8 at 11:00am. Please join as we discuss happenings at the Senior Center. Refreshments will be provided.

Farkle – Mondays at 1:00pm. Join us for fun dice game and an afternoon of laughter.

Let's Talk is Wednesday mornings at 11:00am. Join this friendly group that discusses one topic each meeting. No political discussion is allowed.

Ask an Attorney Round Table - Wednesday, November 16 at 9:30am. Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Space is limited so please sign up early.*

Housatonic Probate Judge Martin Landgrebe – Due to the Thanksgiving holiday, Judge Landgrebe will not be visiting this month. Judge Landgrebe will offer his time on Friday, December 30.

Blood Pressure Screening (New Milford VNA) – Tuesday, November 22 at 11:30am.

Scrabble Play is Fridays at 11:00am and Wednesdays at 1:30pm. Join us to meet some new friends!

***Are you from The Bronx?
Monday, November 21 at 11:00am***

We often hear “are you from The Bronx?” around Brookfield Senior Center. Join this group on Monday, November 21 at 11:00am. We will share memories and experiences and meet other “Bronx transplants.” We may live in Connecticut now, but our hearts will always be in The Bronx!

**Brookfield Trekkers
Wolfe Park**

***Thursday, November 3 at 9:00am
(Rain date: Thursday, November 10th)***



Our last hike for the season will be at Wolfe Park, Monroe. We will follow the loop trail around Great Hollow Lake and then take a trail through the woods where we can see a few rock towers which people have constructed. Cost \$3.00. Please pay when you sign up. Stay tuned! We are hoping to continue our outdoor adventures with snowshoeing over the winter.

Seeking your old jewelry!



Our Boutique committee is seeking your old jewelry for our jewelry sale table at the Holiday Boutique.
Please drop off with Ellen or Amy.
Thank you!

Calling All Musicians and Conductors!



We are looking for a musical director with choral/choir talents to lead the Brookfield Senior Center musical group **Sharps & Flats**. This group is comprised of 12-15 singers and 3 instrumentalists that meet Thursday mornings at 10:30am at the Senior Center. Occasionally the group entertains at area nursing homes and BSC functions.

Good leadership skills, a good “ear,” patience and a love of good ‘ole (sappy) tunes are a must. Pay commensurate with experience, though not more than 200% of previous leaders’ compensation! Benefits – Reasonably priced lunch after practice. Please see Ellen if interested.

SweetHART Telephone Numbers:

Reservations: (203) 748-2511

Will call/pickups, cancellations and confirmations: (203) 830-4399

Comments/questions: (203) 744-4070

Improve Your Mind & Body

Zumba Gold is on Mondays at 9:30am. This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. *Come and join the fun!*

Yoga with Kris on Mondays and Wednesdays from 2:30pm – 3:45pm. Join us for a gentle Vinyasa flow class. This class focuses on proper alignment, movement modifications (if needed) and your breathing.

Strength/Balance with Claudia is on Mondays at 1:00pm. Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

Line Dancing with Jill on Tuesdays at 9:30. Everyone will enjoy this fun and entertaining class! Beginners welcome.

Chair Yoga is on Tuesdays at 1:00pm with Kris. It's a great class for those who have hip or knee limitations. This class will give you all of the benefits of a traditional yoga class without getting on the floor!

Tai Chi with Susan is on Wednesdays at 9:30am. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Also join us for **Advanced Tai Chi at 6:45pm on Thursdays.**

Functional Strength and Balance with Cassie on Wednesdays at 1:00pm. Join this great program and start moving again!

Low Impact Aerobics is on Thursdays at 9:30am with Claudia. Great for all levels.

Walk & Talk on Thursdays at 11:00am with Cassie will continue through November, weather permitting.

Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am. This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

Zumba with Coleen is on Saturday mornings at 9:30am. It's the perfect way to start your weekend!

Please consult your personal physician before beginning any new exercise class.

Ongoing Classes/Activities:

Scrabble Play is Wednesday at 1:30pm and Fridays at 11:00am.

Wood Carving Group meets Mondays at 1:00pm. Join this group and learn something new! Bring your friends.

Quilting Group meets Tuesday mornings at 10:00am.

Wii Bowling is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

Knitting group meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas.

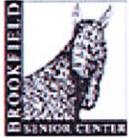
Painting and Drawing with Adele meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

Sharps & Flats Band and Singing group meets Thursdays at 10:30am. Join this fun group of musicians and singers.

Brookfield CARES Hope and Support Group: Brookfield CARES meets weekly at Brookfield Senior Center on Monday evenings at 7:00pm. This group is for all those with loved ones affected by substance abuse or other at-risk behaviors and is facilitated by an experienced drug and alcohol abuse counselor.

Alzheimer's Support Group: *Wednesday, November 9 from 6:30pm – 8:00pm and Wednesday, November 23 from 1:00pm – 2:30pm:* For caregivers, family members or friends of people affected by Alzheimer's disease or Dementia. This ongoing educational group meets in a safe and caring environment twice a month. Please join us as often as you like!

Brookfield Senior Center



P.O. Box 5106
100 Pocono Road
Brookfield, CT 06804



Check us out on Facebook

Senior Center Membership: Those wishing to use Senior Center services must become members. Brookfield residents age 60 and over can join the Senior Center at no cost. Nonresidents age 60 and over will be charged a \$20 annual membership fee. Underage spouses may become members and may participate in activities with their spouses who are registered members.

Only participants with current memberships are allowed to attend Senior Center activities. All members must sign in at the front desk upon entering the Senior Center and before participating in any activities. This is a safety measure so staff is aware of who is in the building. This also allows us to track how many seniors we serve.

Personal Conduct: The Brookfield Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is therefore necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully towards them and each is responsible to act respectfully towards others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination towards any person for any reason will not be tolerated.

Town of Brookfield employees are here to serve you. They should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.

Escape With Us!



Saturday Night Fever- The Musical at Westchester Broadway Theatre: Thursday, November 10. Saturday Night Fever is a mega-musical based on the film that became a cultural phenomenon. Cost is \$98pp.

Governor's Mansion & Wadsworth Atheneum: Sunday, December 4. We will start at the Governor's Mansion to enjoy their festive holiday decorations. Lunch is at Carbone's Kitchen in Bloomfield, followed by a trip to Wadsworth Museum of Art and the Annual Festival of Trees. Cost is \$88pp. *Wait List Only.*

Mama Mia- at Westchester Broadway Theatre: Thursday, March 30, 2017. Join us for this great show full of great songs and lots of energy! Cost is \$99. Now accepting reservations.

May 21- June 3, 2017: Cruise to the British Isles. More information available at the Center.

September 25 – 28, 2017: Three night visit to Niagara Falls, Skylon Towers, Fallsview Casino and Peller Estates Winery. More information available at the Center.

Some Other Trips we are working on for 2017 – more information and more trips in coming newsletters:

Thursday, April 20, 2017: Lunch at the Culinary Institute and an afternoon visit to FDR's home.

Monday, May 15: Lunch at Aqua Turf and an afternoon enjoying the music of Glenn Miller.

Thursday, June 22: A visit to the Intrepid Sea, Air & Space Museum and the Circle Line Cruise.

July: A visit to Tanglewood.

Tuesday, August 29: Lake George Luncheon Cruise and more.

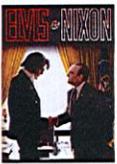
September: our 5th Annual Mystery Trip!

Sunday, October 1: Hairspray at Thomaston Opera House.

Look to future newsletters and our trip board at the Senior Center for more details!

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which **final** payment is received.*

Movie Matinee presents:



Wednesday, November 2, 1:00 pm: Elvis and Nixon. Among the many strange episodes that took place in Richard Nixon's presidential administration, one of the most bizarre was Elvis Presley's surprise visit to the White House, followed by a secret meeting with the nation's commander-in-chief. (Cast: Michael Shannon, Kevin Spacey, Alex Pettyfer, and more).

Wednesday, November 9, 1:00 pm: The Boss. After serving time in lockup for insider trading, corporate tycoon Michelle Darnell sets out to reshape her public image. But her hilarious attempts at forgiveness make it difficult to find redemption. (Cast: Melissa McCarthy, Peter Dinklage, Kristen Schaal, and more.)



Wednesday, November 16, 1:00 pm: Money Monster. Landing in dire financial straits after following a stock tip from bombastic TV persona Lee Gates, fuming Kyle Budwell takes the lout hostage on live television and threatens to kill him unless he turns the stock price around before the closing bell. (Cast: George Clooney, Julia Roberts, Jack O'Connell, and more.)

News You Can Use from Brookfield Social Services

Lorraine Kelley, LCSW

(203) 775-7312

It's that time of the year and we are preparing for the holidays and the cold weather – ugh.

Eversource's supplier rate will go up in January, but for now their rate is very competitive at 6.606 cents per kwh. Your November Eversource bill will be easier to read and will have the supplier rate in a box so it will be easy to find. There are many energy programs that one can take advantage of to save money. Go to www.Energizect.com to find out about tests to check on the efficiency of your home's heating system and ways to get rebates to help you to weatherize and change out old appliances that may be causing your electric bills to rise. Low-income individuals and families may be eligible for free weatherization services.

If your income is below **\$33,880.70** for singles and **\$44,305.54** for couples and your liquid assets are not more than \$12,000 for renters and \$15,000 for homeowners, you may be eligible for the CT Energy Assistance program (**CEAP**) to help with fuel and energy bills. Also, through this program you may be able to obtain free furnace repairs or replacements. For those of you who have been on the program in the past, you must reapply again this year. We are currently accepting applications for new applicants and households who heat with deliverable fuels. We will begin taking electric-heated households next month. Please contact Social Services to set up an appointment at 203-775-7312.

Medicare D and Medicare Advantage Plan open enrollment is in full swing. If you haven't already, please pick up a PIF form and return the completed form to the Senior Center, so Peter Cronin and his volunteers can help you to determine whether or not you need to change plans for next year. They are very good at making sure that you get the best plan for you!

The Connecticut Home Care Program for Elders (CHCPE) can help seniors remain in their own homes when it becomes difficult to manage to take care of oneself without some assistance. Please call or make an appointment at Social Services for more information and/or to apply.

Shop Now for 2017 Medicare Rx Plans

Insurance companies change their drug plan formularies and copays each year. You are given an opportunity to review and change your prescription coverage, known as Medicare Part D. Be on the lookout for notices you receive from your prescription plan listing changes they are making for the upcoming year. Even if you are satisfied with your current coverage, you should look at other Medicare Rx plans to determine if there is one that will better suit your needs. If you would like help comparing the Medicare Part D plans for 2017, we have it right here at the Senior Center.

- Complete a form (PIF) listing your medications before December 1, 2016. Forms are available at the Senior Center
- Return the form to the Senior Center for one of our volunteers to do a drug plan comparison
- When the results are ready, you will be contacted. An appointment can then be scheduled to review the comparison or switch plans if you choose.

FISH

Transportation for medical appointments between 9:00am – 2:00pm; Monday – Friday.



Ambulatory disabled and/or seniors in Brookfield may call (203) 616-9678 to submit their request at least 3 days but no more than 7 days before the appointment.

Hearing Screenings

Wednesday, November 30th 9:00am – 1:00pm

Debbie Heckmann, MA, MM, Licensed Clinical Audiologist, will return to the Brookfield Senior Center to offer private and confidential hearing screenings.

Please sign up at the front desk for a free 30-minute screening.

Friday Lunch and Learn~

Friday, November 4 at 12:00noon: Rescheduled from last month, *Meet Argo, Brookfield's new K-9 officer.* Sergeant Jeff Osuch is his handler and will join us to explain what Brookfield's K-9 does. Please sign up so we know how many to expect.

Friday, November 18 at 12:00noon: Did you know that as a customer of Eversource you can choose your electric supplier? Bring your bill along and the staff at the Public Utilities Regulatory Authority (PURA) will explain:

- The process of selection, including information about your licensed electric suppliers
- How you may reduce your electric bill by switching and
- Whether choosing a supplier is right for you

Complimentary light lunch is provided. Please sign up at the front desk so we know how many to expect.

December Garden Club Wednesday, December 7 at 12:30pm

We will be making holiday arrangements for your wall or door using fresh greens. Sign up for this fun and creative class!



Holiday Boutique Planning Committee Tuesday, November 8 at 1:00pm

We're getting down to the wire! Our committee of elves is busy planning for this year's Holiday Boutique. Come with your creative ideas and thoughts to help us plan for another fabulous fundraising event!

Strengthening and Strategies for Getting up From the Floor

Beginning Thursday, December 7 at 1:00pm

In this class we will work on strengthening the muscles you need to get up from and down on the floor. If you are already able to get up and down, we will work on strengthening your body work on balance on and off the floor. If you are currently unable to get up and down, we will strengthen the muscles you need to be able to do this by yourself.

Introducing a new class and some new strategies!

Please speak with Cassie before/after the Wednesday Functional Strength to see if this is appropriate for you!

Brookfield Senior Center ~ Adopt a family at Thanksgiving Final collection of items: Friday, November 18 by 12:00noon



Last year, Brookfield Social Services and the generous Brookfield community brightened Thanksgiving for over 133 residents in need during the holiday. This included 83 children and 50 adults. Join your friends at the Senior Center this year by adopting a family and providing a full Thanksgiving feast. The list of needed items is located at the front desk. *Please sign up!* The collection container will be next to the front desk. Spread the good will in Brookfield!



Holiday Gala 2016 Friday, December 16 at 12:00 noon

Reserve your seat for the Holiday Gala. Join us for a gala lunch and entertainment by The Elderly Brothers! *Cost is \$15 per person.*

WANTED

Items for BSC Holiday Boutique

We are now seeking donations.

BSC is accepting good useable household items, holiday decorations, linens, vintage items etc.

Please bring in items that are clean and in working condition.

Drop off for these donations will be at the Center on **Tuesday, November 29 and Wednesday, November 30 between 9:00am to 3:00pm. and Thursday December 1 between 9:00am and 12:00noon. We will not be able to accept donations after this time.**

We are also accepting donations of jewelry in clean and working condition. Bring your donation to the Center at any time during business hours.

Please give to Ellen or Amy.

Due to limited space we cannot accept:
Clothing, toys, baby or exercise equipment, electronics, appliances or large furniture.

Our Boutique will be held on
Saturday, December 3 from 10:00am – 2:00pm



SENIOR ACTIVITIES ~ NOVEMBER 2016

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
	<p>1</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>2</p> <p>9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:00 Movie Matinee: Elvis and Nixon 1:30 Scrabble 2:30 Yoga \$</p>	<p>3</p> <p>9:00 Brookfield Trekkers*\$ 9:30 LI Aerobics \$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk* 12:00 Lunch Program* 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>4</p> <p>9:30 Men's Breakfast* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Lunch & Learn – <i>Argo, Brookfield's New K-9 Officer*</i></p>	<p>5/6</p> <p>9:30 Saturday Zumba\$</p>
<p>7</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 10:30 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>8</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 11:00 FOBSC Meeting 12:00 Lunch Program* 1:00 Holiday Boutique Planning Meeting 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p> 	<p>9</p> <p>9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Movie Matinee ~ The Boss 1:00 Functional Strength & Balance\$ 1:30 Scrabble 2:30 Yoga \$</p> <p>6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>10</p> <p>9:00 Brookfield Trekkers*\$ (rain date) 9:30 LI Aerobics \$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk* 12:00 Lunch Program* 1:00 Bridge & Poker 1:00 Mahjongg 6:45 Advanced Tai Chi\$</p> <p>Westchester Broadway Theatre Trip 9:30AM Departure</p>	<p>11</p> <p>VETERANS DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>12/13</p> <p>9:30 Saturday Zumba\$</p>
<p>14</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>15</p> <p>9:00 Mahjongg 9:30 Line Dancing \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>16</p> <p>9:30 Tai Chi \$ 9:30 Ask an Attorney* 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:00 Movie Matinee ~ Money Monster 1:30 Scrabble 2:30 Yoga\$</p>	<p>17</p> <p>9:30 LI Aerobics\$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk* 12:00 Lunch Program* 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>18</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Lunch & Learn ~ <i>Eversource, PURA and Electric Suppliers*</i></p>	<p>19/20</p> <p>9:30 Saturday Zumba\$</p>
<p>21</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 11:00 Are you from the Bronx?*</p> <p>12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>22</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 11:30 Blood Pressure NM VNA 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>23</p> <p>9:30 Tai Chi <i>cancelled</i> 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ <i>cancelled</i> 1:00 Alzheimer's Support Group 1:30 Scrabble 2:30 Yoga <i>cancelled</i></p>	<p>24</p> <p>HAPPY THANKSGIVING</p>  <p>SENIOR CENTER CLOSED</p>	<p>25</p> <p>HAPPY THANKSGIVING</p>  <p>SENIOR CENTER CLOSED</p>	<p>26/27</p> <p>9:30 Saturday Zumba\$</p>
<p>28</p> <p>9:30 Zumba Gold\$ 9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>29</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting <i>cancelled</i> 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>30</p> <p>9:00 – 1:00 Hearing Screening* 9:30 Tai Chi\$ 10:00 Knitting <i>cancelled</i> 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:30 Scrabble 2:30 Yoga\$</p>	<p>1</p> <p>*Sign Up Required</p> <p>\$ Fee Required</p>	<p>2</p> <p>Lunch is served Monday through Thursday 12:00 Noon</p> <p>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</p>	<p>3</p> <p>Mark your calendar! SATURDAY DECEMBER 3 10-2</p>  <p>HOLIDAY BOUTIQUE</p>