

# Brookfield Senior Center

*".... a place where things are happening!!"*

## October 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](http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index)

Director of Senior/Social Services: Ellen Melville - [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

Senior/Social Services Program Coordinator: Amy Diezemann - [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)

Social Services Coordinator: Lorraine Kelley - [lkelley@brookfieldct.gov](mailto:lkelley@brookfieldct.gov)



### **Halloween Party!**

**Friday, October 28 from 12noon – 2:00pm**



Dress in your finest Halloween Costume and join us for the ghoulish festivities! Haunting food and costumed friends! Prizes for best costumes! Frightening pictures to take home! Pumpkin decorating! Line dancing and more! We'll have a howling good time!

*Please sign up at the front desk by Tuesday, October 25<sup>th</sup>.*

**Brookfield Commission on Aging**  
**Wednesday, October 12 at 12:00noon**  
**Brookfield Senior Center**

The Brookfield Commission on Aging seeks to enhance the lives of present and future generations of our town's older citizens. The Commission will be holding its October meeting at Brookfield Senior Center. All are invited to join us!

***Mark your Calendar - don't forget***

**Bingo – Monday, October 3 at 10:30am.** Join us for laughter, fun and games!

**Men's Breakfast – Join us Friday, October 7 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, October 11 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, October 19 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 - Friday, October 28 at 9:30am.** This is your opportunity to meet with and ask questions of our local Probate Judge. He will answer your questions about wills, probate, conservatorship and more in confidential one-on-one sessions. *Please call to schedule an appointment.*

**Blood Pressure Screening (New Milford VNA) – Tuesday, October 25 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, October 17 at 11:00am***

We often hear “are you from The Bronx?” around Brookfield Senior Center. Join this group on Monday, October 17 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!

***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!

***SweetHART Telephone Numbers:***

Reservations: (203) 748-2511

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

Comments/questions: (203) 744-4070

***Brookfield Trekkers***

***White Memorial Conservation Center  
Tuesday, October 4 at 9:00am  
(Rain date: October 11)***



White Memorial is an environmental education center and nature museum on 4000 acres of land in Litchfield, CT. The main purpose of the preserve is for conservation, education, research and recreation. We will explore a few miles of trails that lead us to an overlook of Bantam Lake, around ponds, and along the Bantam River. There is a wide variety of plant and animal life, especially birds, so bring along your binoculars and cameras.

***Huntington State Park  
Tuesday, October 18 at 9:00am  
(Rain date: October 25)***

We are returning to Huntington State Park in Redding again this fall. It is a popular spot for hikers, bikers, kayakers and horseback riders. We'll take an easy walk on the wide and well maintained trails through woodlands and by the pond and check out the sculptures of bears and wolves that welcome visitors. Huntington State Park is a beautiful place to soak in the fall foliage.

*Please sign up at the front desk and pay \$3.00 fee 2 days in advance so we know how many to expect.*

## *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 is a playful yoga class that will focus 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.

**NEW: 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 is on Thursdays at 11:00am with Cassie.**

**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. **The 4-Strings Ukulele Group** meets Thursdays at 1:00pm.

**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, October 12 from 6:30pm – 8:00pm and Wednesday, October 26 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!



**Thomaston Opera – Dream Girls: Sunday, October 16.** Follow the music and lives of the music trio, The Dreamettes! Pre-show lunch will be at Black Rock Tavern in Thomaston, CT. Cost is \$81pp. *Just a few seats left!*

**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.*



### **Annual Flu Shot Clinic** **Sponsored by Western Connecticut Home Care, Inc.**

**Monday, October 17 1:00pm – 3:00pm**  
(No appointments necessary)

Flu vaccine will be billed to Medicare Part B or Anthem, Blue Cross, ConnectiCare, Health Net, Oxford, Aetna, CIGNA. Proof of coverage must be presented. Bring your insurance card.

**Copays and deductibles may apply.**  
**If you are not covered by one of these insurers, payments may be made by check, cash, MasterCard or VISA.**



### **Brookfield Community Health Fair** **Monday, October 17 from 1:00pm – 3:00pm**

Regional Hospice and Home Care is sponsoring a Health Fair at Brookfield Senior Center during our flu clinic. Join us and meet local health agencies and providers. See the flier at the center for more information!

### **Movie Matinee presents "Alfred Hitchcock October"**



**Wednesday, October 5 at 1:00pm – *The Birds*.** The townsfolk of Bodega Bay -- including gorgeous socialite Melanie and her love interest, Mitch -- face a massive avian onslaught, with the feathered friends inexplicably attacking and killing at random.

**Friday, October 7 at 1:00pm – *North by Northwest*.** What if everyone around you was suddenly convinced that you were a spy? This classic from master director Alfred Hitchcock stars Cary Grant as an advertising executive who looks a little too much like someone else and is forced to go on the lam (helped along by Eva Marie Saint).

**Wednesday, October 12 at 1:00pm – *Rear Window*.** As his broken leg heals, wheelchair-bound L.B. Jefferies (James Stewart) becomes absorbed with the parade of life outside his window and soon fixates on a mysterious man whose behavior has Jefferies convinced a murder has taken place.

**Wednesday, October 26 at 1:00pm – *The Man Who Knew Too Much*.** While vacationing in Morocco, American tourist Ben McKenna (James Stewart) learns of an assassination plot but can't turn to the police without endangering his young son, who's been kidnapped to ensure McKenna's silence. Director Alfred Hitchcock's suspenseful remake of his 1934 thriller features a rare dramatic turn by Doris Day as Ben's wife and makes legendary use of the Oscar-winning tune "Whatever Will Be, Will Be (Que Sera, Sera)."

## NEW SOCIAL SERVICES COORDINATOR

Hello! My name is Lorraine Kelley, the new Social Services Coordinator in Brookfield. As I'm sure you all know, Jeanette Holliday retired at the end of August and she will be dearly missed. I have huge shoes to fill and I will certainly continue the wonderful work that she has done. I know that some of you may remember me as I previously worked for Brookfield Social Services. I have been a Senior Services Counselor and Municipal Agent for the Elderly in the Town of New Milford. Although I miss the seniors there very much, I would like to reconnect with those I knew and get to know many new faces. You'll have to help me with names for a while, especially the rotating, volunteer receptionists!! I have always loved the Town of Brookfield and I know it is because of the wonderful people here. I am here to answer any questions you may have or help you learn about programs and services that may be of benefit to you. I don't require an appointment for a quick hello, but please make an appointment if you would like more of my time. I look forward to meeting you!

### APPLY NOW! CT ENERGY ASSISTANCE PROGRAM

The Energy Assistance program begins in November. If your income is below \$33,880.60 for individuals and \$44,305.40 for couples, you may be eligible for CEAP. Assets for homeowners cannot exceed \$15,000 and Renters \$12,000. Please call Social Services at (203) 775-7312 for details and to set up an appointment.

#### What do I need to apply?

- Current gross income from Social security, pensions, employment, unemployment, interest and dividends.
- Current bank statement(s) from all accounts, i.e. checking, savings, money markets, etc.
- Electric bill

### THE COMMUNITY ACTION AGENCY OF WESTERN CT (CAAWC)

CAAWC has announced that all electric-heated households who participated in the CT Energy Assistance Program (CEAP) last year will receive a \$375 award that will be deposited into their accounts in November or December. This is an extra award due to the low fuel prices and warm weather which left the program with a credit. This is not the new award, so these households will still need to apply for energy assistance again this season. It also cannot take the place of a Matching Payment.

#### *Seeking Scrabble Players!*

Some Scrabble diehards would love for you to join them on Wednesday afternoons at 1:30pm and Friday mornings at 11:00am!



#### *Wednesday Lunches are Back!*

Beginning in October, our Wednesday lunch program will return to Brookfield Senior Center. Please remember to call the kitchen phone (203-775-5237) at least two days in advance to sign up.



#### *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.

#### *Friends of Brookfield Senior Center Tuesday, October 11 at 11:00am*

*Note day and time change!*

Everyone who is a member of our Center is a member of the Friends of Brookfield Senior Center. This group helps plan for future events, advises and assists the Director, plans our fundraising events, socializes and celebrates every month with festive snacks. Plan on joining us as we begin another program year. Make your voice heard and make some new friends!



## ***Friday Lunch and Learn~***

**Friday, October 14 at 12noon:** *Safe Banking for Seniors.* People's United Bank has partnered with the American Bankers Association in the Safe Banking for Seniors Campaign. The program aims to help seniors understand, recognize and avoid financial fraud and appreciate the benefits of working with a reliable financial caregiver. Safe Banking for Seniors also emphasizes the vital role that banks play in preventing financial fraud and exploitation, protecting customers' financial assets and supporting financial caregivers in managing, coordinating and planning the financial lives of seniors under their care.

**Friday, October 21 at 12:00noon:** *Meet Argo, Brookfield's new K-9 officer.* Sergeant Jeff Osuch is his handler and will join us to explain what a Brookfield's K-9 does. Please sign up so we know how many to expect.

Please sign up for these events by Wednesday of the week so that we know how many to prepare for.  
Thank you!

## ***Holiday Boutique Planning Committee***

***Tuesday, October 11 at 1:00pm***

Our committee of elves is busy planning for this year's Holiday Boutique. Everyone who is interested in participating is invited to attend. Come with your creative ideas and thoughts to help us plan for another fabulous fundraising event!



### ***Are You Saving the Most Money on Your Prescription Drugs?***

***Tuesday, October 4 at 10:45am***



Join Peter Cronin to find more about Medicare Part D - Open Enrollment period and how you can determine whether you still have the best plan *for you*.

If you prefer, you can pick up your 2017 Personal Information Form (PIF) at the center to complete. Once completed, please return the PIF to the Center and our volunteers will make an appointment to assist you.

### ***Tech Assistance with Chris***

***Friday, October 7 and 14***

***9:30am to 11:30am***

iPads? iPhones? Kindle? Internet? E-mail?  
FaceBook?

If you find yourself struggling with technology, Chris Burr, a sophomore at WestConn, is here to help! Chris will be offering his assistance with any of these devices and more. Technology can be tough. Join him for these learning sessions to make life easier!

*Please sign up. 30 minute time slots are available.*



## ***AARP Safe Driving***

***Friday, October 14 from 9:00am – 1:00pm***

The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips for adapting your driving to compensate for physical and cognitive changes that come with aging. By law, Connecticut residents age 60 and older who complete this class qualify for a minimum of 5 percent automobile liability insurance discount. *Cost is \$15/AARP members and \$20/nonmembers. Please sign up and pay in advance.*

**Brookfield Garden Club Fall Event**  
**Wednesday, October 19 at**  
**12:30pm**

Join our favorite friends from the Garden Club of Brookfield as we create a fall arrangement. We will be making flower arrangements in pumpkins! This is always one of our favorite events, so please sign up early to save your spot!



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**What's Cookin' with Judy Prager**  
**Tuesday, October 25 at 10:45am**  
**"Many Uses for a Roasted Chicken"**

If you have ever seen those roasted chickens at the grocery store and thought you'd love to buy it but would get tired of eating chicken for a week in a row, then this class is for you! Judy always brings delicious and healthy recipes for us to try.

*Please sign up so she knows how many to expect.*

**Tuesday, October 18 from 9:00am – 1:00pm**  
**Hearing Screenings**

Debbie Heckmann, MA, MM, Licensed Clinical Audiologist, will be at Brookfield Senior Center to offer private and confidential hearing screenings. Please sign up.

  
**CONCIERGE HEARING CARE**  
Hear Better – Live Better

**TEN COMMANDMENTS**

(For Those Who Interact with the Hearing Impaired)

1. Thou shalt not speak from another room.
2. Thou shalt try to speak face-to-face at all times.
3. Thou shalt get the attention of the person with a hearing problem before speaking. (Do not start speaking while they are reading or concentrating on something else.)
4. Thou shalt use different wording if repetition is needed.
5. Thou shalt not speak with your back towards the person with a hearing problem (or their back towards you).
6. Thou shalt not start speaking and walk or turn away from a person with a hearing problem.
7. Thou shalt not speak in competition with something else (radio, television, water running).
8. Thou shalt try to remove obstructions while speaking. (Move your hand from your face, for example.)
9. Thou shalt try to speak distinctly and at a s-l-o-w-e-r pace.
10. Thou shall try to be patient and understanding.

203-819-2590  
Debbie Heckmann, MA, MM  
Licensed Clinical Audiologist

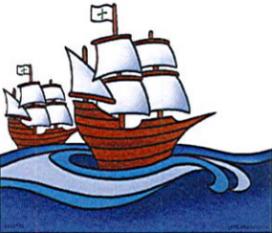


# SENIOR ACTIVITIES ~ OCTOBER 2016

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
3 9:30 Zumba Gold \$ 9:30 Canasta 10:00 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$  7:00 Brookfield CARES	4 9:00 Brookfield Trekkers*\$ 9:00 Mahjongg 9:30 Line Dancing\$ <i>cancelled</i> 9:30 Wii Bowling 10:00 Quilting 10:45 Medicare Part D Program 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	5 9:30 Tai Chi\$ <i>cancelled</i> 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:00 Movie Matinee: <i>The Birds</i> 1:30 Scrabble 2:30 Yoga \$	6 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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg  6:45 Advanced Tai Chi\$ <i>cancelled</i>	7 9:30 Men's Breakfast* 9:30 Tech Assistance* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee: <i>North by Northwest</i>	8/9 9:30 Saturday Zumba\$
10  <b>CLOSED FOR COLUMBUS DAY</b>  	11 9:00 Brookfield Trekkers( <i>raindate</i> )*\$ 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\$	12 9:30 Tai Chi\$ <i>cancelled</i> 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 12:00 Commission on Aging Meeting 1:00 Functional Strength & Balance\$ 1:00 Movie Matinee: <i>Rear Window</i> 1:30 Scrabble 2:30 Yoga \$ 6:30 Alzheimer's Support 7:00 Stamp Club	13 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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg  6:45 Advanced Tai Chi\$ <i>cancelled</i>	14 9:00 AARP Safe Driving\$ 9:30 Tech Assistance* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Lunch & Learn: <i>Safe Banking for Seniors</i>	15/16 9:30 Saturday Zumba\$  <b>SUNDAY</b>   <b>THOMASTON OPERA HOUSE TRIP TO DREAM GIRLS DEPARTS 10:30</b>
17 9:30 Zumba Gold \$ 9:30 Canasta 11:00 Are you from the Bronx?*           12:00 Lunch Program* 12:30 Mahjongg 1:00-3:00 Flu Clinic 1:00-3:00 Community Health Fair 1:00 Farkle & Games <i>cancelled</i> 1:00 Strength/Balance\$ <i>cancelled</i> 1:00 Wood Carving <i>cancelled</i> 2:30 Yoga\$ <i>cancelled</i> 7:00 Brookfield CARES	18 9:00 Brookfield Trekkers*\$ 9:00 Mahjongg 9:00 – 1:00 Hearing Screenings* 9:30 Line Dancing \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	19 9:30 Tai Chi \$ 9:30 Ask an Attorney* 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 12:30 Brookfield Garden Club Fall Event* 1:00 Functional Strength & Balance\$ 1:30 Scrabble 2:30 Yoga\$	20 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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg  6:45 Advanced Tai Chi\$	21 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>	22/23 9:30 Saturday Zumba\$
24 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\$  7:00 Brookfield CARES	25 9:00 Brookfield Trekkers\$ ( <i>raindate</i> ) 9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 10:45 Cooking w/Judy Praeger* 11:30 Blood Pressure NM VNA 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	26 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: <i>The Man Who Knew Too Much</i> 1:00 Alzheimer's Support Group 1:30 Scrabble 2:30 Yoga\$	27 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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg  6:45 Advanced Tai Chi\$	28 9:30 Mahjongg 9:30 Ask Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Halloween Party!	29/30 9:30 Saturday Zumba\$
31 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\$  7:00 Brookfield CARES  <b>Happy Halloween!</b>			*Sign Up Required  \$ Fee Required	<b>Lunch is served Monday through Thursday 12:00 Noon</b>  <b>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</b>	