

Brookfield Senior Center

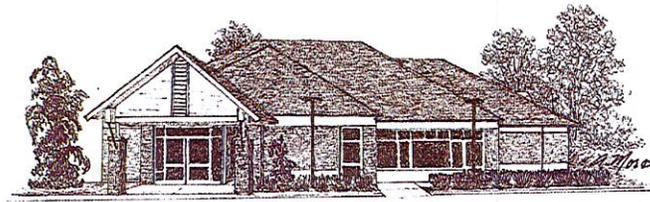
"... a place where things are happening!!"

February 2016

Monday through Friday 8:00am – 4:00pm

Telephone: 203-775-5308

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



Inclement Weather Policy: If Brookfield Schools are closed due to weather Brookfield Senior Center is closed for regular programming. If there is a 2 hour delay, we are open on time; however 9:30am exercise classes are cancelled. In case of unusual closings or if you have any questions, please contact the Center (203-775-5308)

Winter Outdoor Adventures

**Snow Shoeing Meeting
Tuesday, February 2 at 9:00am**

Elaine and Andrea will join us on February 2 to make plans for snow shoeing this winter. They will bring some gear to discuss and will choose a time to get together again.

Don't miss this new group!

**Eagle Viewing at Shepaug Dam
Wednesday, February 24 at 9:15am**

Join us for a morning of eagle viewing at the Shepaug Dam, on the Housatonic River in Southbury where knowledgeable volunteers will educate us about our national bird and explain why the dam is their feeding ground in the winter. It can be very chilly at the observation area so dress warmly and in layers. There are spotting scopes and binoculars there for our use but feel free to bring your own. This is a unique and interesting experience that is only available in the winter. For more information visit

www.Shepaug eagles.info. Space is limited – sign up soon!

**The Great Backyard Bird Count
Friday, February 12 to Monday, February 15**



The 19th annual Great Backyard Bird Count (GBBC) will be held Friday, February 12 through Monday, February 15, 2016. GBBC is a free, fun, and easy event that engages bird watchers of all ages in counting birds to create a real-time snapshot of bird populations. Participants are asked to count birds for as little as 15 minutes on one or more days of the four-day event and report their sightings online

at www.birdcount.org.

Mark your Calendar - Don't forget

NEW TIME: Friends of Brookfield Senior Center meeting is Friday, February 19 at 11:00am. Meeting and bagels and chat! Note the new time.

Men's Breakfast – Join us February 5 at 9:30am for our February Men's Breakfast. Please sign up so that we know how many to expect.

Bingo – Monday, February 1 at 10:30am. Join us for laughter, fun and games!

Farkle – Mondays at 1:00pm. An afternoon of fun and laughter.

Blood Pressure Screening (New Milford VNA) – Tuesday, February 23 at 11:30am.

Book Club - Monday, February 22 at 10:30am. Books are available at the Center. This month we will be reading *The Apple Orchard* by Susan Wiggs.

Let's Talk is Wednesday mornings at 11:00am. Join this friendly group that will introduce you to everything at Brookfield Senior Center.

Ask an Attorney Round Table - Wednesday, February 17 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, February 26 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.

Fabulous Friday Bingo & Tuna Melt Lunch *Friday, February 26 at 12:00noon*



Join us for an exciting afternoon of Bingo and Tuna Melts. Lunch starts at 12:00 pm followed immediately by Bingo. Cost is \$5.00 per person. Sign up required by February 22.

Lunch and Learn



Friday, February 19 at 12:00noon: *Art Gottlieb and "The Golden Age of Hollywood Stars"*. Join Art as he takes us through the glamour and excitement of Hollywood's Golden Age and all of those larger than life Hollywood stars! *Please sign up!*

Movie Matinee

Friday, February 5 at 1:00pm: *Aloha*. Returning to Hawaii to coordinate the launch of a revolutionary weapons satellite, defense contractor Brian Gilcrest reconnects with an old flame. Before long, however, he's distracted by the alluring Air Force officer assigned to be his escort. (Cast: Bradley Cooper, Emma Stone, Rachel McAdams)

Scrabble Play

Starting Friday February 5 at 11am, we will have Scrabble. Join us at the Center and meet new friends to play with!

M₃

Improve Your Mind & Body



Zumba Gold with Miriam 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 Mimi 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.

Low Impact Aerobics with Dee is on Tuesdays at 9:30am. You will love Dee's enthusiasm and music.



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.**

Chair Yoga is on Tuesdays at 1:00pm. 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!

Functional Strength and Balance with Cassie on Wednesdays at 1:00pm. We will bring our walking, balance and functional mobility program with Cassie inside for the winter. Join this great program and start moving again!



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



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.

Don't forget to bring your water bottle to class.

Ongoing Classes/activities:

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 use or abuse or other at-risk behaviors and is facilitated by an experienced Drug and Alcohol Abuse Counselor.

Brookfield Senior Center



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



Check us out on Facebook

AARP FREE Tax Preparation Assistance

Beginning February 5, Tax-Aide counselors will assist you with income tax preparation at *Brookfield Senior Center*. Sign up is required and it is free of charge for low and middle-income taxpayers. If married, both spouses should be present. Please bring the following:

- Copy of last year's Federal and CT income tax forms.
- Proof of identity (picture or other documentation).
- Social Security 2015 End-of-year Benefit Statement for taxpayer and spouse and social security number.
- Personal check, if available, with bank checking account & routing number if you wish to have your refund directly deposited or payment made directly.
- All income statements that apply to the taxpayers 2015 Federal and State income taxes.

Contact the Senior Center (203-775-5308) to schedule an appointment.

AARP Safe Driving Classes 2016:

Friday, April 29
Friday, June 10
Friday, August 26
Friday, October 14

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, etc. By law, Connecticut residents age 60 and older who complete this class qualify for a minimum of 5 percent automobile liability insurance discount for at least two years. *Cost is \$15/AARP members and \$20/nonmembers.*

ELDERLY BENEFIT REQUIREMENTS FOR 2015 GRAND LIST 2016/2017 TAX BILL

TOWN-ELDERLY

1. Such person or spouse is 65 years of age or older by December 31 of the prior year.
2. Such person has resided and paid real estate taxes on their residence located in Brookfield for a period of five years immediately prior to application for tax credit. Applicant must be current on their tax payments.
3. The net assessment of such property shall not exceed the median assessment of \$240,180 for the current 2015 Grand List year.
4. Property must be the legal residence of such person, occupied more than 183 days of each calendar year.
5. Income must not exceed \$49,280 for unmarried people and \$60,060 for married people. "Income" is defined as total income from 1040 PLUS Social Security and tax exempt income. If not filing income tax, copies of all statements.
6. Applicant must be record owner of property as of October 1st.
7. Applications must be filed between Feb 1st and May 15th annually.
****Note: May 15th falls on a Sunday this year, therefore all applications must be in the Assessor's Office by Friday May 13th, 2016****

TOWN-VETERANS

1. Must have DD214 filed with the Town Clerk's Office by September 30th of the Grand List year in which you are applying.
2. Must have served during an eligible war period and have been Honorably Discharged.
3. Income must not exceed \$52,700 for unmarried people and \$58,900 for married people. "Income" is defined as total income from 1040 PLUS Social Security and tax exempt income.
4. Filing period is from February 1st to September 30th.

STATE ELDERLY AND STATE VETERANS

1. Owner of Real Property as of October 1st of filing year, legal residence and age 65 as of December 31st of the prior year.
2. Income cannot exceed \$35,200 for unmarried people and \$42,900 for married people. "Income" is defined as total income from 1040 PLUS Social Security and tax exempt income. If not filing income tax, copies of all statements are required.

Jeanette Holliday, Municipal Agent and Social Services Coordinator

Phone (203) 775-7312 FAX (203) 775-5243

Located in the Brookfield Senior Center – 100 Pocono Road

Are you satisfied with your Medicare Advantage Plan?

If you find that you are dissatisfied with any changes in your Medicare Advantage plan for 2016, you can use the Medicare Advantage Disenrollment Period (MADP) to switch to Original Medicare with a stand-alone Part D (prescription) plan. You should also decide whether you need to buy a Medigap plan that supplements Original Medicare by paying copays and deductibles of Medicare-covered services.

Going from a Medicare Advantage plan to Original Medicare with a stand-alone Part D plan is the only change you can make during this time. Remember, the Medicare Advantage Disenrollment Period occurs each year from January 1 to February 14.

To make this change, you can contact 800-Medicare. (1 800-633-4227)

Is my test, item, or service covered by Medicare?

You can find your answer using a very helpful online tool at www.Medicare.gov. You simply go to the website and you'll see the question asked. Type your item and click the "go" button. You don't have a computer? No problem, just come to the Senior Center Computer Lab and do your search. All the answers to your Medicare questions are at your fingertips. On Medicare.gov, you can also find:

- Doctors, hospitals and providers in your zip code
- Nursing home contact information, ratings and distance from your town
- Medigap plans and suggestions for how to choose one
- Quick methods to report an address change or request a replacement Medicare card

If you prefer using the phone: Call 1-800-772-1213, Monday through Friday, 7 a.m. to 7 p.m.

Social Security's website is also a useful source of benefit information: www.SocialSecurity.gov

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 record their request at least **3** days but no more than **7** days before the appointment.

SweetHART Telephone Numbers:

Reservations: (203) 748-2511

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

Comments/questions: (203) 744-4070

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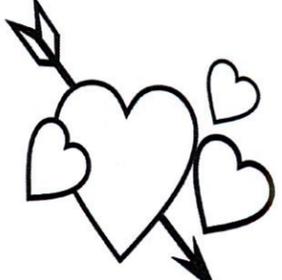


SENIOR ACTIVITIES ~ FEBRUARY 2016



BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

(203) 775-5308

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>1</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>2</p> <p>9:00 Snow Shoeing Mtg 9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$ 1:00 Canasta Lessons*</p> <p>HAPPY GROUNDHOG DAY</p>	<p>3</p> <p>9:00 SNAP Outreach* 9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 2:30 Yoga \$ <i>cancelled</i></p>	<p>4</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>5</p> <p>9:00 AARP Tax Prep 9:30 Men's Breakfast * 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee ~ Aloha</p>	<p>6/7</p> <p>9:30 Saturday Zumba\$</p>
<p>8</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>9</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$ 1:00 Canasta Lessons*</p>	<p>10</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 2:30 Yoga \$</p> <p>6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>11</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>12</p> <p>SENIOR CENTER CLOSED</p>  <p>LINCOLN'S BIRTHDAY</p>	<p>13/14</p> <p>9:30 Saturday Zumba\$</p>  <p>HAPPY VALENTINE'S DAY</p>
<p>15</p> <p>SENIOR CENTER CLOSED</p> 	<p>16</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$ 1:00 Canasta Lessons*</p>	<p>17</p> <p>9:30 Tai Chi \$ 10:00 Knitting 9:30 Ask an Attorney* 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 2:30 Yoga \$</p>	<p>18</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>19</p> <p>9:00 AARP Tax Prep 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 11:00 FOBSC Meeting 12:00 Lunch & Learn with Art Gottlieb: <i>The Golden Age of Hollywood Stars</i></p>	<p>20/21</p> <p>9:30 Saturday Zumba\$</p>
<p>22</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 10:30 Book Club 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>23</p> <p>9:00 Mahjongg 9:30 LI Aerobics\$ 9:30 Wii Bowling 10:00 Quilting 11:30 Blood Pressure NMVNA 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga \$ 1:00 Canasta Lessons*</p>	<p>24</p> <p>9:15 Shepaug Dam Trip 9:30 Tai Chi 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:00 Alzheimer's Support Group 2:30 Yoga \$</p>	<p>25</p> <p>9:30 LI Aerobics\$ 10:00 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>26</p> <p>9:00 AARP Tax Prep 9:30 Mahjongg 9:30 Ask Judge Landgrebe * 10:45 Muscle Sculpt Chair Class \$ 11:00 Scrabble 12:00 Fabulous Friday: Tuna Melts & Bingo\$*</p>	<p>27/28</p> <p>9:30 Saturday Zumba\$</p>
<p>29</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>HAPPY LEAP DAY!</p>		<p>*Sign Up Required</p> <p>\$ Fee Required</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>	