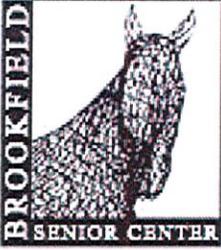


Brookfield Senior Center

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



July 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

Social Services Program Coordinator/ Municipal Agent: Jeanette Holliday - jholliday@brookfieldct.gov

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



Summer Sizzler

Friday, July 8 at 12:00noon



It's the HOTTEST PARTY in town! Mark your calendar! Brookfield Senior Center presents its *SUMMER SIZZLER* complete with fried chicken, potatoes, cole-slaw and ice cream. After lunch you should expect to clap, dance, laugh and be thoroughly entertained by Brian Gillie and T-Bone. Don't miss this party! Cost is \$15 per person.

Please sign up by Tuesday, July 5.

Cooking Class with Judy Prager

Tuesday, July 12 at 10:45am

Join our favorite chef Judy Prager as she introduces us to salads and smoothies. Judy will be teaching us new ways to make these favorite summer treats. We learn something new about home cooking every time Judy is here and there are always samples to taste. Please sign up in advance so we know how many to prepare for. **Seating is limited!**



Garden Club Summer Event

Wednesday, July 20 at 12:30pm



Join the Brookfield Garden Club for our very special summer event. We will be making beautiful picture frames decorated with shells and air ferns perfect for holding a photo of a special loved one! This is always a fun afternoon with this group and you go home with something special. *Please sign up.*

Annual Membership Fees due now!

Nonresident Annual Membership fees of \$20 were due and payable by June 30, 2016. Only participants with current memberships will be allowed to attend Senior Center activities after July 1, 2016. Please make sure your fees are paid so that you are not disappointed.

Mark your Calendar - don't forget

Bingo – Monday, July 11 at 10:30am. Join us for laughter, fun and games!

Men's Breakfast – Join us **Friday, July 1 at 9:30am** for our July Men's Breakfast. Please sign up so that we know how many to expect.

Friends of Brookfield Senior Center will not be meeting during July and August.

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

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, July 20 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, July 22 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, July 26 at 11:30am.

Scrabble Play is Fridays at 11:00am. Join us to meet some new friends!

Fabulous Friday Hot Dog Lunch & Bingo Friday, July 22 at 12:00noon



Join us for an exciting afternoon of Bingo and hot dogs. Lunch starts at 12:00noon followed immediately by Bingo at 12:30 sharp.

Cost is \$5.00 per person.
Sign up required by Tuesday, July 19.

Brookfield Trekkers Wednesday, July 20 at 9:00am (No Rain Date)

Anticipating hot weather, the July hike will be a shorter hike in the shade at Southford Falls in Oxford. We will hike along the pond, by the falls and to the swamp walk. This is a designated Connecticut Trout Park and is the location of the former Diamond Match Co.



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

Movie Matinees Fridays at 1:00pm

Friday, July 1: *A Walk in the Woods.* Returning to America after living abroad many years, aging travel writer Bill Bryson decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic. (Cast: Robert Redford, Nick Nolte, Emma Thompson, and more...)

Friday, July 15: *Mission: Impossible - Rogue Nation.* Legendary superspy Ethan Hunt pushes his mental and physical capabilities to the limit once again as he accepts another ridiculously dangerous assignment in this explosive globe-trotting sequel. (Cast: Tom Cruise, Jeremy Renner, Simon Pegg, and more...).

Friday, July 29: *Heist.* Unable to afford his daughter's medical treatment, a fired card dealer takes desperate measures, teaming with a former co-worker to pull off a casino robbery. When the heist goes awry, they hijack a bus and use the passengers as bargaining chips. (Cast: Robert De Niro, Jeffrey Dean Morgan, Dave Bautista, and more...).

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.

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

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:

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, July 13 from 6:30pm – 8:00pm and Wednesday, July 27 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!

Texas Tenors: August 3, 2016: Back by popular demand at the Fox Theatre at Foxwoods. Your ticket includes Gold Seating and Foxwoods Bonus Package. Cost is \$89pp. (*Waiting list only*)

Connecticut Lighthouse Cruise: Wednesday, August 24: Board the high-speed Sea Jet in New London and travel to see eight lighthouses. Enjoy a late lunch at The Steak Loft in Olde Mystick. Cost is \$97pp. (*Waiting list only*).

Wednesday, September 28: We're heading to Broadway to see "Beautiful, The Carol King Musical." Lunch will be at DaRosina's on Restaurant Row. Cost is \$185pp. (*Waiting List only*).

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

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. We will begin accepting reservations July 1.

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

BROOKFIELD PARK & REC Concert in the Park Series Every Friday evening from 6:30pm – 8:00pm at the Bandstand

July 1: Scratch - Dance Party (Sponsored by McCaffrey Realty, Professionals of Coldwell Banker and Chick-fil-A.)

July 8: Blonde Ambition - Motown – Blues (Sponsored by Brookfield Chamber of Commerce).

July 15: Jamnesia - Classic Rock (Sponsored by Clayton's Mercantile Supply).

July 22: Top Dead Center - 70's & 80's. (Sponsored by Key Business Building Networking Group and Liberty Mutual Insurance).

July 29: Zero Proof - Jazz/Fusion. (Sponsored by Moms Club of Brookfield and Mosquito Authority).

Are You from the Bronx? Monday, July 18 at 11:00am

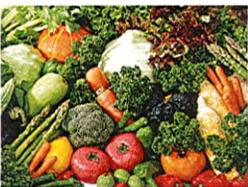
We often hear "are you from the Bronx?" around Brookfield Senior Center. On Monday, July 18 at 11:00am, we are calling all of you to join us for coffee and a chance to chat and reminisce. We will share memories and experiences and meet other "Bronx transplants." We may live in Connecticut now, but our hearts will always be in the Bronx!

Park & Rec Beach Passes

If you haven't been to the town beach lately, you might be pleasantly surprised! Our Town Park Beach on Candlewood Lake features swimming, basketball and sand volleyball courts, picnic areas with tables and grills and a Lakeside Community Room with restrooms and a concession stand. Beach passes for the season are sold at the Parks & Rec office.



Brookfield Farmer's Market



Starting Friday, July 8
from 3:00pm – 6:30pm

Across from Brookfield
Senior Center

Brookfield residents who are over the age of 65 can get into the park for free by bringing a license showing your age and residency or you can come to the Parks and Rec office and get your name on the pass list. If you would like to bring a guest, it will cost \$7 a day for the guest. You must be present for the guest to get in. Park and Rec also offers a "grandparent pass" which allows the senior and up to 4 grandchildren for \$82.

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

Apply now: RENTERS' REBATE

Income-eligible renters who are 65 years or older, or totally disabled and 18-64 years old may be eligible for a rebate from the state of CT. Income and housing expenses determine the rebate amount. Renter must have been a Connecticut resident for any 12 months prior to applying

What do I need to apply?

- 2015 gross income below \$35,200 if unmarried or \$42,900 if married.
- A copy of your 2015 income tax return (if filed)
- Proof of all income for 2015 including Social Security, pension, V.A. pension, bank interest, stocks, bonds, rental income, etc.
- Proof of all housing expenses paid for 2015 such as: rent, electric, gas, and fuel bills.

When and where do I apply?

- Apply as soon as possible – deadline is October 1st, but don't wait.
- To set up an appointment, please call Brookfield Social Services, 203-775-7312.

Useful Numbers

- **Dial 2-1-1** to reach a specialist who will provide referrals to resources for many issues such as financial problems, substance abuse and suicide prevention and for simpler issues, including finding volunteer opportunities and donation options. 2-1-1 is available 24 hours a day every day of the year.
- **The Consumer Law Project for Elders**, a project of CT Legal Services, provides free legal assistance to seniors 60 or over who have consumer questions or problems. For consumer legal help, **Call 1-800-296-1467**
- **Social Security** – **Call 1-800 775-1213** to apply for Medicare or Social Security Benefits, or to get replacement cards for one or both.
- **Medicare** – To get general or claims-specific Medicare information or to change your coverage, **Call 1-800-633-4227**

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.

SweetHART Telephone Numbers:

Reservations: (203) 748-2511

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

Comments/questions: (203) 744-4070



SENIOR ACTIVITIES ~ JULY 2016

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>*Sign Up Required</p> <p>\$ Fee Required</p>	<p><i>Lunch is served Monday, Tuesday and Thursday 12:00 Noon</i></p> <p><i>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</i></p>			<p>1</p> <p>9:30 Mahjongg 9:30 Men's Breakfast*\$ 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee – A Walk in the Woods</p>	<p>2/3</p> <p>9:30 Saturday Zumba\$</p>
<p>4</p> <p>Closed for July 4th</p> 	<p>5</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\$</p>	<p>6</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 2:30 Yoga \$</p>	<p>7</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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>8</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Super Summer Sizzler Party!*\$</p> 	<p>9/10</p> <p>9:30 Saturday Zumba\$</p>
<p>11</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>12</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 10:45 Cooking with Judy Prager * 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>13</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 2:30 Yoga \$</p> <p>6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>14</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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>15</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee: Mission Impossible – Rogue Nation.</p>	<p>16/17</p> <p>9:30 Saturday Zumba\$</p>
<p>18</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>19</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 \$</p>	<p>20</p> <p>9:00 Brookfield Trekkers\$* 9:30 Ask an Attorney* 9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 12:30 Brookfield Garden Club Program* 1:00 Functional Strength & Balance\$ 2:30 Yoga\$</p>	<p>21</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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>22</p> <p>9:30 Mahjongg 9:30 Ask Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Hot Dog Bingo*\$</p>	<p>23/24</p> <p>9:30 Saturday Zumba\$</p>
<p>25</p> <p>9:30 Zumba-Gold-\$ cancelled 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>26</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 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>27</p> <p>9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 1:00 Functional Strength & Balance\$ 1:00 Alzheimer's Support Group 2:30 Yoga\$</p>	<p>28</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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>29</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee – Heist</p>	<p>30/31</p> <p>9:30 Saturday Zumba\$</p>