

# Brookfield Senior Center

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

## March 2016

Monday through Friday 8:00am – 4:00pm

Telephone: 203-775-5308

[http://www.brookfieldct.gov/Pages/BrookfieldCT\\_Senior/index](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)*



***Erin go Bragh***  
***Join us for a "Bite of Irish"***  
***Thursday, March 17 at 12:00noon***



You will enjoy a traditional corned beef and cabbage lunch with all the trimmings! After lunch, Janice Dompke, one of our favorite entertainers, will be with us. Janice will sing a few Irish tunes as well as some of our old favorites.

Enjoy an afternoon of great food, fun, music and laughter with friends.  
*Cost is \$15/person. Please reserve your seat by Monday, March 14.*

***Slainte!***

### ***St. Patrick's Display***

Bring in your St. Patrick's Day memorabilia. We will display them in our library bookcase for the month of March. Please drop them off in the box behind our receptionist by March 1.

*Please make sure your name is on the bottom of your item (one per person).*

## Mark your Calendar - don't forget

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

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

**Bingo** – Monday, March 7 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, March 22 at 11:30am.

**Book Club** - Monday, March 21 at 10:30am. Books are available at the Center. This month we will be reading *The Accidental Tourist* by Anne Tyler.

**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, March 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** – this program is cancelled for March.

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

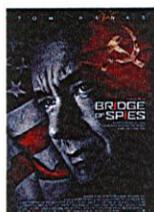
### Lunch and Learn



**Friday March 18 at 12:00noon:** Art Gottlieb: *Eleanor Roosevelt*. Join Art as he reintroduces us to Eleanor Roosevelt. The longest serving First Lady of the United States, Anna Eleanor Roosevelt held the post from March 1933 to April 1945 during her husband Franklin Roosevelt's four terms in office. Afterwards Mrs. Roosevelt served as United States Delegate to the United Nations General Assembly from 1945 to 1952.

### Movie Matinee

**Friday, March 4 at 1:00pm:** *The Martian*. Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left. (Cast: Matt Damon, Jessica Chastain, Michael Peña, and more).



**Friday, March 11 at 1:00pm:** *Bridge of Spies*. At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release. (Cast: Tom Hanks, Mark Rylance, Amy Ryan, and more).

**Friday, April 1 at 1:00pm:** *The Big Short*. Before the housing and credit bubble of 2007 triggers an international economic meltdown, a handful of financial outsiders sees the crash coming and bets against the big banks in a daring play that could reap them huge profits. (Cast: Christian Bale, Steve Carell, Ryan Gosling and more).



Join us for all of these movies among those nominated for this year's "Best Picture" award!

## *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***

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. Appointments are filling up quickly.

### ***Medicare Q & A:***

Q: Does Medicare encourage, allow, pay for getting a second or third opinion?

A: For accurate information type the question into your browser: "Does Medicare cover second and third opinions?." It will display a list of links to other web pages that will answer your questions. Remember that even if the second opinion may be coverable, some physicians may not accept Medicare assignment.

*From Meredith Spector, Senior Medicare Patrol Volunteer, WCAAA*

## *Escape With Us!*

***Celtic Crossings at Foxwoods: Tuesday, March 15, 2016:*** Join us for a memorable afternoon of Irish entertainment, time at Foxwoods and the Foxwoods Resort Casino Bonus Package. Cost is \$88pp.

***BRANSON 2016! April 9-17.*** Join us for our 2016 Branson Show Extravaganza! Nine days and 8 nights of fun. We will see 6 fabulous Branson shows as well as a visit to the Branson Wax Museum. *Waiting list only.*

***Lunch and Kitchen Tour Culinary Institute of America: Wednesday, April 20:*** We will enjoy a full course luncheon at the American Bounty Dining Room followed by a special behind-the-scenes tour of the Culinary Institute kitchens. Cost is \$91pp.

***Fourth Annual Mystery trip: Tuesday, May 24:*** Join us for a day of surprises, laughter and friends. This trip fills up fast, so make your reservations early! Cost is \$75pp. (5 seats left)

***SAMSON at The Sight & Sound Theater: June 20-21. Day 1-*** stop at the Sands Casino; then on to your hotel - the Double Tree by Hilton. That night you will enjoy a **wine and cheese reception** followed by a sit down dinner and a musical show. **Day 2** – After a buffet breakfast you will travel into neighboring Lancaster County. Then take your seats for SAMSON”...the world’s first superhero! You will stop for dinner on the way home. Cost: \$281pp (double occupancy).

***Essex Steam Train and Riverboat: Wednesday, June 29:*** Enjoy a 3 course lunch aboard the restored 1920’s Pullman Diner followed by a Riverboat cruise on the Connecticut River. Cost is \$94pp.

***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.

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

***Wednesday, September 28: We’re heading to Broadway to see “Beautiful, The Carol King Musica”!*** This Broadway show will give you everything you love – classic songs, dancing and performances you won’t forget. Lunch will be at DaRosina’s on Restaurant Row. Cost is \$185pp. *In order to secure tickets to this popular show, we are accepting payment now. Payment due no later than April 1.*

***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. We will begin accepting reservations May 1.

***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. We will begin accepting reservations June 1.

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

## *Alzheimer’s Support Groups*

***Wednesday, March 9 from 6:30pm – 8:00pm and Wednesday, March 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!

***Wednesday March 30, April 6 and April 13 from 1:00pm – 3:00pm:*** “Living with Alzheimer’s for Middle Stage Caregivers”. This 3-part series is being presented by The Alzheimer’s Association. *Please sign up.*

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

### **Brookfield Goodwill Career**

The Brookfield Goodwill Career Center at 165 Federal Road operates a free service for the public to utilize in order to gain employment or the necessary skills to aid in their job search. Seniors seeking employment are welcome. At the Center, clients will be able to:

- Get help with their résumé and cover letter
- Access local & online job openings
- Learn the art of networking
- Practice their interview skills
- Improve their computer skills

Workshops are offered free of charge and run for approximately 30 minutes. A few of the topics include:

- Strategies for Job Seekers over 50
- Money Management
- Starting a Career Change
- Mobile Technology

The Career Center also offers one-on-one appointments for full résumé building, assisted job searching, in addition to informative workshops. To register for a workshop, call 775-6861.

Hours of Operation: Monday-Friday - 10am to 2pm & 2:30pm to 6pm; Saturdays & Sundays – Closed.

### **Are you eligible for a Free Cell Phone?**

Enrollment in this government benefit program is available to individuals who qualify based on federal or state-specific eligibility criteria. You may qualify if you participate in certain government programs, including but not limited to:

- Medicaid
- Food Stamps (SNAP)
- CT Energy Assistance Program

If you are interested, here are two companies that serve our area:

Assurance Wireless – Call (888) 898-4888 or [www.assurancewireless.com](http://www.assurancewireless.com)

Safelink Wireless – Call (800) 723-3546 or [www.safelinkwireless.com](http://www.safelinkwireless.com)

### **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



MAKE YOUR RESERVATIONS!  
**THE 8<sup>TH</sup>  
ANNUAL  
BROOKFIELD  
FILM FESTIVAL**

**APRIL 8-10, 2016**

FRIDAY, APRIL 8 AT 7:30PM  
SATURDAY, APRIL 9 AT 7:30PM  
SUNDAY, APRIL 10 AT 3 PM

**BROOKFIELD SENIOR CENTER  
100 POCONO ROAD, BROOKFIELD, CT**

AN EXCITING PROGRAM OF AWARD WINNING SHORT FILMS FROM SOME OF THE  
MOST PRESTIGIOUS INDUSTRY COMPETITIONS  
MUSIC, WINE AND HORS D'OEUVRES

TO MAKE RESERVATIONS, EMAIL [ANN.AMOROSSIGMAIL.COM](mailto:ANN.AMOROSSIGMAIL.COM)  
OR 1 919-977-3327

ADMISSION - \$15 (SUGGESTED DONATION)

INCLUDES COMPLIMENTARY GLASS OF WINE



BROUGHT TO YOU BY  
THE BROOKFIELD ARTS COMMISSION  
AND THE FRIENDS OF THE ARTS OF BROOKFIELD, INC. IN  
COOPERATION WITH THE BROOKFIELD SENIOR CENTER

THIS IS AN ADULT PROGRAM, ANYONE UNDER THE AGE OF 17 MUST BE ACCOMPANIED BY AN ADULT

*Are you from the Bronx?  
Monday, March 14 at 11:00am*



We often hear “are you from the Bronx?” around Brookfield Senior Center. On Monday, March 14 at 11:00am, we are calling all of you to join us for coffee and a chance to chat and reminisce. Join us as we share memories and experiences and meet other “Bronx transplants”. We may live in Connecticut now, but our hearts will always be in the Bronx!

*State Representative Steven Harding  
Tuesday, March 15 at 1:00pm*



On Tuesday, March 15 at 1:00pm our State Representative Steve Harding will be with us to chat about both upcoming and past legislation impacting seniors and to fill us in on what’s actually going on in our State Legislature.  
*Bring your questions and issues.*

# living with alzheimer's

## for middle-stage caregivers



### a middle stage education program by the alzheimer's association

In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.

**Date: Wednesdays: March 30<sup>th</sup>, April 6<sup>th</sup>, and April 13<sup>th</sup>, 2016**

**1pm to 3pm**

**Location: Brookfield Senior Center  
100 Pocono Road  
Brookfield CT 06804**

**Presenter: Tina Hogan, Northwestern Regional Coordinator**

**RSVP: Brookfield Senior Center 203.775.5308 or email: [dar4alz@gmail.com](mailto:dar4alz@gmail.com)**

# SENIOR ACTIVITIES ~ MARCH 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 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$</p>	<p>2</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 &amp; Balance\$ 2:30 Yoga \$</p>	<p>3</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>4</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 ~ <i>The Martian</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 &amp; 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 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; 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 Functional Strength &amp; Balance\$ 2:30 Yoga \$</p> <p>6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>10</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>11</p> <p>9:00 AARP Tax Prep 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 FOBS Meeting 11:00 Scrabble 1:00 Movie Matinee ~ <i>Bridge of Spies</i></p>	<p>12/13</p> <p>9:30 Saturday Zumba\$</p>
<p>14</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 11:00 Are You From the Bronx? 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; 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 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$ 1:00 A Conversation with State Representative Steve Harding*</p> <p><i>Celtic Crossings trip to Foxwoods Departs at 7:30am</i></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 &amp; Balance\$ 2:30 Yoga \$</p>	<p>17</p> <p>9:30 LI Aerobics \$ 10:00 Paint &amp; Draw\$ 10:30 Wii Bowling 12:00 St. Patrick's Day Party*\$</p>  <p><b>**Sharps &amp; Flats, Four Strings, Bridge, Poker, &amp; Mahjongg are cancelled**</b></p> <p>6:45 Advanced Tai Chi\$</p>	<p>18</p> <p>9:00 AARP Tax Prep 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Lunch &amp; Learn with Art Gottlieb: <i>Eleanor Roosevelt*</i></p>	<p>19/20</p> <p>9:30 Saturday Zumba\$</p>
<p>21</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 10:30 Book Club 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; 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 LI Aerobics\$ 9:30 Wii Bowling 10:00 Quilting 11:30 Blood Pressure NMVNA 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga \$</p>	<p>23</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance\$ 1:00 Alzheimer's Support Group 2:30 Yoga \$</p>	<p>24</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</p>	<p>25</p> <p><b>Closed Good Friday</b></p>	<p>26/27</p> <p>9:30 Saturday Zumba\$</p> <p><b>Happy Easter!</b></p> 
<p>28</p> <p>9:30 Zumba Gold \$ 9:30 Canasta 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle &amp; Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$</p> <p>7:00 Brookfield CARES</p>	<p>28</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle &amp; Mahjongg 1:00 Chair Yoga\$</p>	<p>30</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength &amp; Balance\$ 1:00-3:00 Living With Alzheimer's* (3 part series- part 1) 2:30 Yoga \$</p>	<p>31</p> <p>9:30 LI Aerobics\$ 10:00 Paint &amp; Draw\$ 10:30 Sharps &amp; Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Four Strings 1:00 Bridge &amp; Poker 1:00 Mahjongg</p> <p>6:45 Advanced Tai Chi\$</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: <b>203-775-5237</b></p>	