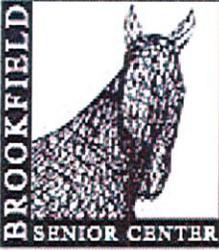


# Brookfield Senior Center

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



## May 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)

Social Services Program Coordinator/ Municipal Agent: Jeanette Holliday - [jholliday@brookfieldct.gov](mailto:jholliday@brookfieldct.gov)

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



### **Mother's Day Tea** **Friday, May 6 at 12:00 Noon**



Join us as we celebrate all mothers, mother figures and those who love mothers and of course, each other. Enjoy appetizers, dessert and of course tea! Please do not forget to wear your fancy hat! We will also enjoy the choral group from Whisconier Middle School. \$10.00 per person. Please sign up by Tuesday, May 3 so we may plan accordingly.

### **Cooking Class with Judy Prager** **Tuesday, May 3 at 10:45am**

Join our favorite chef Judy Prager as she introduces us to “Un-Waffles.” Judy will be showcasing ideas for making waffles with not-so-typical ingredients. 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!**



### **Gadgets & Things** **With the WCAAA** **Tuesday, May 10** **11:00am**

Charlene Wick from the Western Connecticut Area Agency on Aging will be with us to discuss Assistive Technology. These are the gadgets and things to help you with everyday living. Join us for what will be a fun and informative talk.  
*Please sign up at the front desk.*



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

**Bingo – Monday, May 2 at 10:30am.** Join us for laughter, fun and games!

**Men's Breakfast –** Join us **Friday, May 13 at 9:30am** for our May Men's Breakfast. Please sign up so that we know how many to expect. Please note date change!

**Friends of Brookfield Senior Center meeting is Friday, May 13 at 11:00am.** Meeting and bagels and chat!

**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, May 18 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, May 27 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, May 24 at 11:30am.**

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

### ***Movie Matinee***

**Friday May 13 at 1:00pm: *Grace of Monaco.*** Six years after Grace Kelly's storybook life led her to become the Princess of Monaco, the actress weighs an offer to resume her career in Hollywood while helping her country in a dispute with France. (Cast: Nicole Kidman, Tim Roth, Frank Langella, and more).

### ***Walk and Talk with Cassie is Back!***

***Thursdays at 11:00am***

Join Cassie Dunn as we enjoy the great outdoors and walk in the area around Town Hall and the Senior Center. This is a gentle walking group appropriate for every level. Even if you have a cane or a walker, you can ease into movement while socializing with your friends.

### ***Brookfield Trekkers Continues on it's Great Adventures This Month***

***Tuesday, May 10 at 9:00am***

***Thursday, May 19 at 9:00am***



All hikes will have a \$3 registration fee that will help cover costs of carpooling, entrance fees and instructor time. Please sign up and pay fee at least two days in advance so that we know who to expect.

### ***Reduce, Re-Use, Recycle: Bring Your Own Coffee, Tea, or Water Container***



In an effort to conserve and reduce our garbage output, please bring your own mugs or reusable water bottles.

Paper coffee cups are hot, but sleeves are costly. Please bring your personal beverage containers!

NOTE: Please take your containers home at the end of the day to be washed.



## *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.** 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.

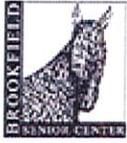
### ***Brookfield CARES Hope and Support Group***

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, May 11 from 6:30pm – 8:00pm and Wednesday, May 25 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 register as participants. Brookfield residents age 60+ can join the Senior Center and participate in activities. Underage spouses may become members and participate in activities with their spouses who are registered members.

Only participants with current registrations are allowed to partake in Senior Center activities. Please 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 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!*

**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. (*Waiting list only*)

**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. (*Waiting list only*)

**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 Mystic. Cost is \$97pp. (*Waiting list only*).

**Wednesday, September 28: We’re heading to Broadway to see “Beautiful, The Carol King Musical.”** 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.

**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.

**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.

### ***State Representative Steven Harding Tuesday, May 17 at 1:00pm***



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.*

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

### **Medicare Presentation**

Come hear unbiased information about Medicare basics for those turning 65 or disabled adults under 65 and new to Medicare.

- **When:** Thursday, May 19, 2016 From 4:00 pm to 7:00 pm
- **Where:** At Western CT Area Agency on Aging  
84 Progress Lane, 2nd Floor, Waterbury, CT 06705

Free and open to the public. Call 203/757-5449 to reserve a space.

**Please note** – if you are interested in the topic but unable to attend, please call Brookfield Social Services to express interest for future presentations.

### **Low-income Utility Assistance**

Do you or a Brookfield resident you know have any of these circumstances?

- Your electric service was disconnected due to non-payment?
- You received an electric service shut-off notice?
- You are unable to keep a payment arrangement with Eversource?
- You have a past-due balance of 30 days or more?

If any answer is yes, you might be eligible for assistance with your electric bill if you meet all program guidelines. Annual gross income must be below \$33,132 for sinfles, \$43,326 for couples. One of the available funds is **Operation Fuel**, a private, nonprofit statewide program that provides emergency energy assistance to lower-income working families and elderly residents.

#### **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

***Brookfield Lions Club  
Shred Day  
Saturday, May 21  
9:00am to 1:00pm***



Bring your unwanted documents to Town Hall on the 21<sup>st</sup> and the Brookfield Lion's Club will gladly shred your confidential materials for a \$5.00 donation.

***Friends of Brookfield Senior Center  
Friday, May 13 at 11:00am***

All members of Brookfield Senior Center are considered members of The Friends of Brookfield Senior Center ("Friends"). Our Friends group holds annual fundraising events to supplement our town budget. The Friends group also advises the Director on future events, issues and other items of interest. All members are invited to monthly Friends meetings to discuss programs, issues, problems and concerns.

The Friends group has a Board which is elected each May. It is made up of a President, Vice-president, Secretary and Treasurer, and two members at large. Members can always discuss problems or issues with any Board member. Please join us for bagels and coffee while we discuss this month's happenings!

***Are you from the Bronx?  
Monday, May 23 at 11:00am***



We often hear "are you from the Bronx?" around Brookfield Senior Center. On Monday, May 23 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!

***Fabulous Friday  
Game Show and Lunch  
Friday, May 20 at 12:00noon***



Join us for an afternoon of fun featuring "The Price is Right" with special guest Tracy Brady from Visiting Angels. Tracy will play interactive games with us, as we enjoy a lunch.

***Chinese Brush Painting  
8 week class  
Beginning Thursday, May 12  
1:30 – 3:30pm***



Chinese Brush paintings are some of the most understated, beautiful paintings in the world. Depicting subjects such as people, birds, flowers and landscapes, these paintings represent one of the oldest styles of art in the world today. This class is appropriate for beginners AND more advanced students. A materials list will be provided when you register.

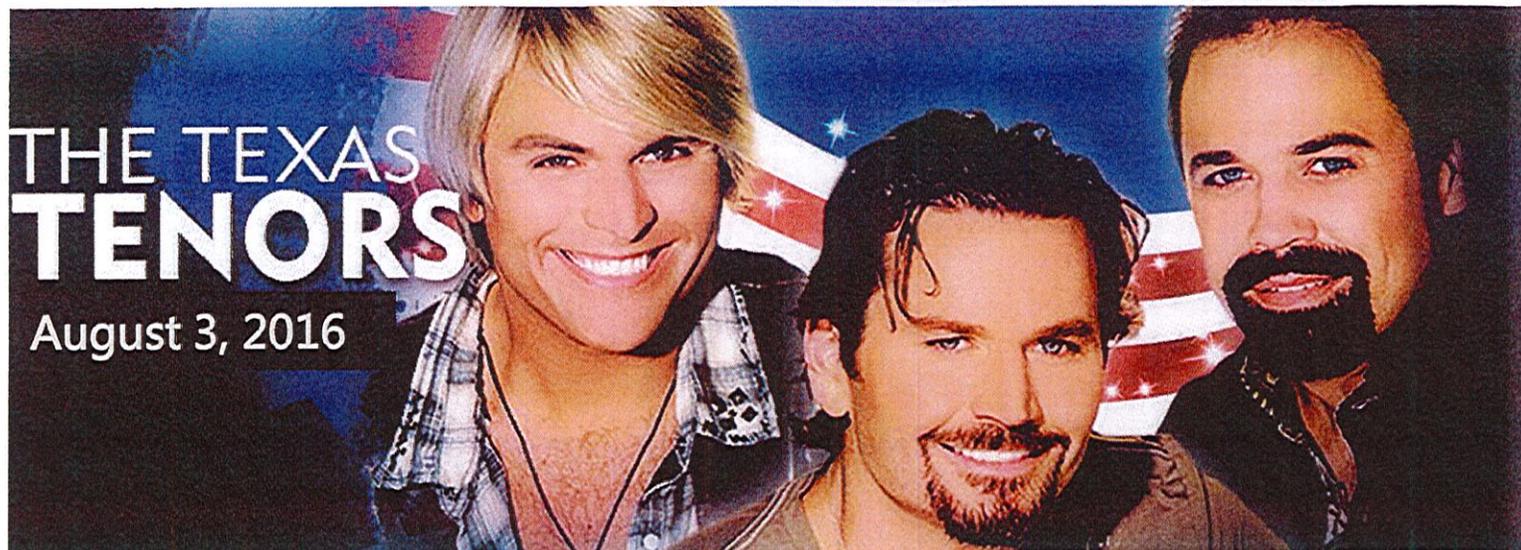
*Cost for the entire series is \$25*

***Fabulous Friday Hot Dog Lunch & Bingo  
Friday, May 27 at 12:00noon***



Join us for an exciting afternoon of Bingo and hot dogs. Lunch starts at 12:00noon followed immediately by Bingo. Cost is \$5.00 per person. Sign up required by Tuesday, May 24.

Brookfield Senior Center Presents:



Wednesday, August 3, 2016 2:00PM ~ Fox Theatre

BACK BY POPULAR DEMAND....Introduced to the nation on America's Got Talent, THE TEXAS TENORS have been wooing and wowing sold out audiences around the world. Marcus, JC and John smoothly blend country, classical, gospel and Broadway with a decided touch of country humor and charm.

Through their efforts with charities like "Homes For Our Troops" and "The Mission Project", The Texas Tenors are bringing their positive message of following your dreams and hope for a brighter future with them wherever they go. Their debut album "Country Roots---Classical Sound" soared to #1 on both the classical and country charts in 2010! The Texas Tenors continue this tradition with the release of their sophomore album "You Should Dream" in 2012 devoted to the classical treatment of beloved country, Broadway and standard favorites.

Back at The Fox Theater with their **Brand New Show "Let Freedom Sing,"** this is one encore you won't want to miss!

### Package Includes

2:00 PM Show  
Reserved Seating in the Fox Theatre  
Foxwoods Bonus package includes:  
Free Lunch Buffet  
\$10 Slot play\*  
\*Subject to change

8:00am Depart Senior Center,  
100 Pocono Rd

5:30pm Return Brookfield  
For Reservations Contact:

**Brookfield Senior Center 203-775-5308**

Checks Payable to:

"Brookfield Senior Center"

**TICKETS \$89.00**

Includes: reserved seating in the Fox Theatre,  
round trip motorcoach, & gratuities





# SENIOR ACTIVITIES ~ MAY 2016

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 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 \$  7:00 Brookfield CARES	3 9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 10:45 Cooking w/Judy Prager* 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	4 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 \$	5 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\$	6 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Mother's Day Tea\$*  	7/8 9:30 Saturday Zumba\$
9 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	10 9:00 Brookfield Trekkers*\$ 9:00 Mahjongg 9:30 LI Aerobics \$ 9:30 Wii Bowling 10:00 Quilting 11:00 Gadgets & Things* 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$	11 9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 2:30 Yoga \$  6:30 Alzheimer's Support 7:00 Stamp Club	12 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 1:30 Chinese Brush Painting\$ 6:45 Advanced Tai Chi\$	13 9:30 Men's Breakfast\$* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 FOBSC Meeting 11:00 Scrabble 1:00 Movie Matinee - <i>Grace of Monaco</i>	14/15 9:30 Saturday Zumba\$
16 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	17 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 State Rep. Steve Harding – Legislative Update 1:00 Chair Yoga\$	18 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\$ 2:30 Yoga \$	19 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 Four Strings 1:00 Bridge & Poker 1:00 Mahjongg 1:30 Chinese Brush Painting\$ 6:45 Advanced Tai Chi\$	20 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Fabulous Friday! Price is Right w/Tracy Brady*	21/22 9:00 – 1:00 Shred Day (Saturday)  9:30 Saturday Zumba\$
23 9:30 Zumba Gold \$ 9:30 Canasta 11:00 Are you from the Bronx?*           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	24 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 \$  <b>Mystery Trip</b> <b>Departs at 9:45 AM</b> 	25 9:30 Tai Chi \$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 2:30 Yoga \$	26 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 1:30 Chinese Brush Painting\$ 6:45 Advanced Tai Chi\$	27 9:30 Mahjongg 9:30 Ask Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Hot Dog Lunch and Bingo\$*	28/29 9:30 Saturday Zumba\$
30  <b>Senior Center Closed Memorial Day</b>  	31 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\$	*Sign Up Required  \$ Fee Required		Lunch is served Monday through Thursday 12:00 Noon  Please call the kitchen phone TWO days in advance to make a reservation: <u>203-775-5237</u>	