

Brookfield Senior Center

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

November 2019

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

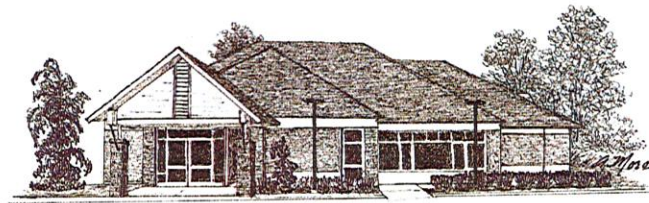
<https://www.brookfieldct.gov/senior-center>

Director of Senior/Social Services: Ellen Melville – emelville@brookfieldct.gov

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

Social Services Coordinator: Lorraine Kelley, LCSW – lkelly@brookfieldct.gov

Senior/Social Services Outreach Coordinator: Nancy Cronin – ncronin@brookfieldct.gov



Veterans Day Salute

Friday, November 8 at noon

Three Cheers for the Red, White and Blue! Join your fellow military members for Veterans Day Salute to honor you and your spouse. We will serve lunch, followed by one of our favorite entertainers, Ashley Cruz. *Sign up by Tuesday, November 5 so we know how many to prepare for.*



Healthy Holiday Entertaining! With Judy Prager

Tuesday, November 19 at 10:45 a.m.

Join our favorite registered dietician, Judy Prager, as she introduces us to healthy holiday foods. We learn something about healthy and delicious eating every time Judy is here, and there are always samples. *Please sign up in advance so we know how many to prepare for or there may not be enough for you to sample.*

Lunch and Learn with Lance Galassi

Friday, November 15 at noon

Lance Galassi of the home care referral service *A Place for Mom* will be joining us for a discussion on Home Care, Nursing Homes, and Assisted Living. He will discuss how to research these options before an emergency, their advantages and disadvantages, and how to pay for it all. You won't want to miss this informative presentation, so please sign up early!



Senior Center Holiday Boutique

Saturday, December 7, 10 a.m. – 2 p.m.

Join us for this year's annual boutique. It's your chance to get into the holiday spirit and buy some handmade items, holiday decorations and treats!

Mark your Calendar - don't forget

Men's Breakfast – Friday, November 1 at 9:30 a.m. Join us for our monthly Men's Breakfast. Please sign up by Tuesday, October 29.

Friends of Brookfield Senior Center – Tuesday, November 12 at 12:30 p.m. Please join us as we discuss events at the Center, followed by a planning meeting for this year's Holiday Boutique.

Ask an Attorney Round Table – Wednesday, November 20 at 9:30 a.m. Join lawyers from Kuss and Liguori for an informal round-table discussion on Elder Law. *Please sign up. Limited to six people.*

Farkle – Mondays at 1 p.m. Join us for a fun dice game and an afternoon of laughter.

Ping Pong and Wii Bowling – Thursdays at 9:30 a.m. Ping Pong only - Wednesdays at 8:30 a.m.

Knitting & Quilting group – Wednesdays at 10 a.m. This fun group knits, quilts, laughs, and shares ideas.

Scrabble Play – Wednesdays at 1 p.m. and Fridays at 11 a.m. Join us to meet some new friends!

Painting and Drawing with Adele – Thursdays at 10 a.m. Explore your talents and expand your skills with this group. Cost is \$3 per class if you pay by the month or \$5 to drop-in.

Sharps & Flats Band and Singing group – Thursdays at 10:30 a.m. Join this lively group of musicians.

Let's Talk – Wednesday at 11 a.m. Join this friendly group that discusses one topic each meeting.

Alzheimer's Support Group – This ongoing educational support group is for all caregivers, family members or friends of anyone who is affected by Alzheimer's or dementia. Group led by an Alzheimer's Association Facilitator. Due to holiday schedules, the November meeting will be Wednesday, November 20 at 1 p.m. and the December meeting will be Wednesday, December 18 at 1 p.m.

Holiday Boutique Planning Committee Tuesday, November 12 after FOBSC Meeting

We're getting down to the wire! Our committee is busy planning for this year's Holiday Boutique. Come with your creative ideas and thoughts to help us plan for another fabulous fundraising event!

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!

Reflexology with Eileen Friday, November 8 and 22

Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. The session is done while the client rests on a massage table. *Cost is \$35 for a 30-minute session. Please sign up and pay in advance. Missed appointments will not be refunded.*

Seeking Poker Players! Thursdays at 1 p.m.

Our Thursday afternoon poker group is seeking a few new players. Come join this fun group, have some laughs and play cards.



Holiday Gala 2019 Friday, December 13 at noon



Reserve your seat for the Holiday Gala. Join us for a gala lunch and entertainment by Airborne Jazz!

December Garden Club Tuesday, December 10 at 12:30 p.m.



We will be making festive holiday Kissing Balls with greens and holly. Sign up for this fun class!

Improve Your Mind & Body

Please consult your personal physician before beginning any new exercise class. Please wear appropriate footwear and clothing for class and always bring your water bottle.

Monday Funday Movement and More with Eileen – Mondays at 9 a.m. Start your week with energizing movements to get your heart pumping, increase circulation and burn calories. Working with equipment will also be included to keep your muscles and bones strong. During this class, you will find out that you are never too old to play some fun games.

Yoga From the Ground Up with Eileen – Mondays at 10:15 a.m. A yoga class that includes postures to work on strength, flexibility, balance and movements to make your feet stronger. Since your feet are your foundation, it is important to keep the muscles in your feet strong. If your feet stay strong, you stay strong. It starts from the ground up.

Strength/Balance with Claudia – Mondays at 1 p.m. Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

Hatha Yoga with Kriss – Mondays and Wednesdays from 2:30 - 3:45 p.m. No experience is required to join this class. Hatha is a type of mat yoga that focuses on breathing as one practices asanas (postures). Hatha brings peace to the mind and body. In this gentle class, students are encouraged to “listen to their bodies” and make their practice truly personal. Stretching and strengthening is accomplished as you breathe and move at your own pace. You will come away feeling serene and tranquil.

Line Dancing with Jill – Tuesdays at 9:30 a.m. Everyone will enjoy this fun and entertaining class. Jill’s energy and enthusiasm will have you up on your feet and enjoying the music. Don’t miss the party!

Chair Yoga with Kriss – Tuesdays at 1 p.m. This class is for everyone, even if you have difficulty going from lying on the floor to standing. This hour of yoga has all the benefits of our Hatha yoga class without leaving your seat. You will feel stretched, peaceful, and relaxed after taking this class.

Tai Chi with Susan – Wednesdays at 9:30 a.m. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Susan’s gentle encouragement and enthusiasm will help you feel the benefits of this class quickly. Beginner class starting in October.

Functional Strength and Balance with Cassie – Wednesdays at 1 p.m. Join this great program and start moving again!

Stretch and Strengthen with Cassie – Thursdays at 1 p.m. Are you intimidated to join an ongoing class or concerned about restarting your exercise program? This class is for beginners or students recovering from illness, surgery or physical therapy. The focus of this class is on gentle movement and range of motion exercises through all the joints and muscles in your body. It is guaranteed to strengthen the entire body in a safe and gradual manner.

Bandstand Boogie with Matt – Thursdays at 9 a.m. This 45-minute minute low-impact dance fitness class combines “Top 40” hits of today and yesteryear. Based on interval-style cardio training, and hosted by certified personal trainer Matthew Ames, this fun and easy class mixes basic choreography with freestyle movements. Participants will jitterbug, cha-cha, twist and shake their “groove things” through the decades to music that has a beat you can dance to. Bandstand Boogie was specifically designed to target the full body, increase mobility, and increase cardio endurance. No dance experience needed. Open to all fitness levels.

Wellness and Wisdom with Eileen – Fridays at 10:45 a.m. Yes, you can build muscle strength, have fun and get tips on ways to stay on the road to health and wellness – all in one hour! Join us to increase joint flexibility and strengthen both your body and your mind. No experience required – all abilities welcome!

Zumba with Coleen – Saturdays at 9:30 a.m. It’s the perfect way to start your weekend!

Brookfield Senior Center



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



Check us out on Facebook

Senior Center Membership: Brookfield residents age 60 and over can join the center at no cost, but you must be a member if you're interested in programs and services. 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 center activities. All members must sign in at the front desk upon entering the 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.

FISH Medical Transportation



Transportation for medical appointments weekdays from 9 a.m. - 2 p.m. Ambulatory disabled and/or seniors. Brookfield residents only. *Call 203-616-9678 to submit request at least 3 days prior to appointment.*

SweetHART Telephone Numbers:

Main Phone: 203-744-4070
Reservations: Press 3
Will call, cancellations and confirmations: Press 2

Escape With Us!

Thursday, November 7: *Billy Elliott the Musical* at Goodspeed Opera House. Enjoy a fabulous lunch at the historic Gelston House on the Connecticut River shore. The Goodspeed premier of the powerful dance-filled story, *Billy Elliott*, will follow lunch. Cost is \$138pp. *A few seats left.*

Wednesday, November 13: Get a behind-the-scenes United Nations tour and enjoy lunch at the Delegates Dining Room. *Moderate to heavy walking.* Cost is \$147pp. *A few seats left.*

Tuesday, December 3: Our annual holiday trip will be to Radio City Music Hall for the Christmas Spectacular starring the Radio City Rockettes. *Moderate walking due to NY holiday traffic. Plan to walk four NY city blocks.* Lunch at Carmine's. Cost is \$170pp. *Waiting list only.*

Your check holds your reservation! Checks should be made out to "Town of Brookfield."

The Alumni Group

Monday, November 18 at 10:30 a.m.

This group is for those people who have attended the Living Well Program, Aging Mastery Programs or A Matter of Balance Program. We have formed a group that meets monthly to share our thoughts or any issues that you have encountered. Please join us!

We will do problem solving and share solutions that we have discovered. *Let's move forward together with our knowledge!*

Autumn Crafting

Wednesday, November 20 at 1 p.m.



Join our friends from Candlewood Valley Health Care as we make some beautiful autumn decorations. Please sign up so you don't miss the creative fun!

Movie Matinee

Friday, November 1 and November 22

Friday, November 1 at 1 p.m. *The Leisure Seeker* stars Academy Award-winner® Helen Mirren and two-time Golden Globe-winner® Donald Sutherland as a runaway couple going on an unforgettable journey in the faithful old RV they call *The Leisure Seeker*. They travel from Boston to The Ernest Hemingway Home in Key West and recapture their passion for life and their love for each other on a road trip that provides revelation and surprise right up to the very end.

Friday, November 22 at 1 p.m., *Tootsie*. Ready for a good belly laugh? In this 1982 comedy, Michael Dorsey (Dustin Hoffman) transforms himself into a woman to prove he can get hired on a soap opera. But, Michael has an enviable problem when his alter ego, Dorothy, becomes daytime television's hottest ticket. Starring Dustin Hoffman, Jessica Lange, Teri Garr, Dabney Coleman, Charles Durning, Bill Murray, Sydney Pollack, George Gaines and Geena Davis.

Brookfield Senior Center

Adopt a family at Thanksgiving

Final collection of items: Friday, November 22 by noon



Last year, Brookfield Social Services and the generous Brookfield community brightened Thanksgiving for over 133 residents – 83 children and 50 adults – in need during the holiday. Join your friends at the Senior Center this year by adopting a family and providing a full Thanksgiving feast. The list of needed items is located at the front desk. *Please sign up!* The collection container will be next to the front desk. Spread the good will in Brookfield!

News You Can Use from Brookfield Social Services
Lorraine Kelley, LCSW 203-775-7312

Energy Assistance

We are taking applications for the CT Energy Assistance Program (CEAP). New **income** eligibility guidelines are **\$36,171 (individuals)** and **\$47,300 (couples)**. **Asset limits** are **\$12,000 for renters** and **\$15,000 for homeowners**. Please schedule an appointment with Social Services and bring the following documents with you:

- One month's worth of pay-stubs (i.e. 4, if paid weekly, 2 if paid bi-weekly)
- Proof of Social Security payment if not automatically deposited in your bank account
- Current pension stub or 2018 1099-R
- Six months or 12 months of income from self-employment and a 2018 tax return (if self-employed)
- Most recent bank statements for checking, savings, CD's IRA's, etc.
- An electric bill (whether or not you heat with electricity)
- A gas bill if you heat with natural gas

Please note, fuel deliveries will begin on November 14.

Congregational Church of Brookfield Thrift Store

This thrift store is open the first and third Saturday from 9 a.m. - noon and is a great source of good quality clothing at lower prices. The store is located next to the Congregational Church of Brookfield, 160 Whisconier Road. Social Services clients are eligible for seasonal vouchers. Please see Lorraine to see if you are eligible.

Housing for Seniors

Many seniors have been asking about housing options. There are different options depending on health, comfort, safety and preference. You should determine where you would feel the most comfortable and safe.

If you or someone you know needs extra help to remain at home and assets are below \$37,000, please contact Lorraine to see if you or they might qualify for the CT Home Care Program for Elders (CHCPE). There are different levels of the program and this can be a great resource to help keep individuals in their homes.

Independent Living means you rent or own your own home or apartment; there may be some common ground that is cared for by the property owner or property manager. HUD-funded senior living facilities only charge 1/3 of one's income toward the rent. Complexes may have rules for common areas and possible activities.

Congregate Homes: While still independent living, there is a little extra supervision, which may include a live-in staff person (usually maintenance), call buttons, one meal per day and light housekeeping services. Cost may be \$2,000-4,000 per month, but includes all these services. Some congregate homes receive State funding and rent may be considerably less based on one's income.

Assisted Living is somewhere in between independent living and skilled nursing care. Assisted Living Facilities usually have nursing staff and aides available depending on one's need. The individual pays extra for the care package that most appropriate for them. This can be expensive, and most facilities do not accept Medicaid. Room and board usually runs around \$4,000-7,000, with additional care packages added on. They offer three meals per day and many other services and activities within the Facility.

Skilled Nursing Facilities or Nursing Homes offer the highest level of care and run about \$14,000 private pay. The good news is that most accept Medicaid. These facilities offer round-the-clock nursing and health aides, three meals a day and activities on site.

Medicare Part D

Annual Enrollment for Medicare Part D and Medicare Advantage plans ends December 7. You should have received a letter from Medicare D Plan or Medicare Advantage plan informing you of changes for the coming year. Please read those carefully to see premium and co-pay changes, and any changes to the medications the plan covers. Even if the plan looks good, you may want to find out if there is a better plan for next year that can save you some money. Nancy Cronin is available to assist Brookfield residents evaluate their options. Call 203-775-5238 for an appointment. Thank you to Brookfield Education Foundation for making this program possible!

WANTED

Items for BSC Holiday Boutique

We are now seeking donations.

BSC is accepting good useable household items,
holiday decorations, linens, vintage items etc.

*Please bring in items that are
clean and in working condition.*

Drop off for these donations will be at the Center
on Tuesday, December 3 and Wednesday,
December 4 between 9 a.m. and 3 p.m. and
Thursday, December 5 between 9 a.m. and noon.
We are not able to accept donations after this.

We are also accepting donations of jewelry in clean
and working condition. Bring your donation to the
Center at any time during business hours.
Please give to Ellen or Amy.

Due to limited space we cannot accept:
Clothing, toys, baby or exercise equipment,
electronics, appliances or large furniture.

Our Boutique will be held on
Saturday, December 7 from 10 a.m. – 2 p.m.



**Santa's
Attic Tag
Sale**

**North Pole
Cafe**

Holiday Boutique

Brookfield Senior Center

**Elves
Craft
Table**

**Snow Flake
Garden
Shop**

Saturday, December 7

10 a.m. - 2 p.m.

**Mrs. Claus
Jewelry Box**

**Sugar
Plum
Bakery**

And More...

100 Pocono Road, Brookfield, CT

All proceeds benefit Friends of Brookfield Senior Center, Inc.





SENIOR ACTIVITIES ~ NOVEMBER 2019

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>Lunch is served Monday - Thursday at noon. Please call the kitchen <u>TWO</u> days in advance to make a reservation: 203-775-5237</p>	<p>*Sign Up Required \$Fee Required</p>			<p>1 9:30 Men's Breakfast*\$ 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 1 Movie Matinee – <i>The Leisure Seeker</i></p> 	<p>2/3 9:30 Saturday Zumba\$ <i>cancelled</i></p>
<p>4 9 Monday Funday Movement & More\$ 9:30 Canasta 10:15 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>5 9 Mahjongg 9:30 Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>6 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 10:30 Beginner Tai Chi\$ 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</p>	<p>7 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Stretch & Strengthen\$</p> <p><i>Trip:</i> GOODSPEED OPERA <i>Bus departs 10 a.m.</i></p>	<p>8 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen\$ 12 Veterans Day Salute*</p>	<p>9/10 9:30 Saturday Zumba\$</p>
<p>11</p> <p>CLOSED For Veterans Day</p> 	<p>12 9 Mahjongg 9:30 Line Dancing\$ 12 Lunch Program* 12:30 FOBSC followed by Boutique Planning Meeting 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>13 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</p> <p>7 Stamp Club</p> <p><i>Trip:</i> UNITED NATIONS <i>Bus departs 8:45 a.m.</i></p>	<p>14 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Stretch & Strengthen\$</p>	<p>15 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Lunch and Learn with Lance Galassi of <i>A Place for Mom</i>*</p>	<p>16/17 9:30 Saturday Zumba\$</p>
<p>18 9 Monday Funday Movement & More\$ 9:30 Canasta 10:15 Yoga From the Ground Up\$ 10:30 The Alumni Group 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>19 9 Mahjongg 9:30 Line Dancing\$ 10:45 Cooking with Judy* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>20 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting & Quilting 10:30 Beginner Tai Chi\$ 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Alzheimer Support Group 1 Crafting with Candlewood* 1 Scrabble 2:30 Yoga\$</p>	<p>21 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Stretch & Strengthen\$</p>	<p>22 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen\$ 1 Movie Matinee – <i>Tootsie</i></p>  <p><i>Note: Thanksgiving basket donations due today.</i></p> 	<p>23/24 9:30 Saturday Zumba\$</p>
<p>25 9 Monday Funday Movement & More\$ 9:30 Canasta 10:15 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>26 9 Mahjongg 9:30 Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>27 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ <i>cancelled</i> 1 Scrabble <i>cancelled</i> 2:30 Yoga\$ <i>cancelled</i></p>	<p>28</p> <p>CLOSED For Thanksgiving</p> 	<p>29</p> <p>CLOSED For Thanksgiving</p> 	<p>30 9:30 Saturday Zumba\$ <i>cancelled</i></p>