

# *Brookfield Senior Center*

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

## *November 2021 Newsletter*

### *Renewal*

We're thrilled to announce that Brookfield Senior Center will be working with local artist Joanne Hunter of the Art Spot to create, fabricate and install a mosaic mural to greet everyone when they enter the Center. This will be a joyful collaboration among staff, seniors, friends and families throughout the holiday season. What better gift could we give ourselves than to jointly create something beautiful to greet you every time you enter the Center?

Over the last year and a half, we've had to cancel many things and miss so much time with friends and family. This project is all about gathering safely to celebrate all we do have and our hope for the future. Participants will work in small groups and follow all masking and social distancing protocols. In early November, you'll see a drawing of the finished mosaic mural. You don't need any special skills or creative talent; Joanne will walk you through every step. We hope that everyone participates in at least one session – use the enclosed sign-up form. You can also sign up a friend or family member to join you.

On Friday, November 5 at 10:00 a.m., Joanne will be holding a free Mosaic Workshop for all members. You'll learn the process and techniques used in making a mosaic and will take home your very own small mosaic at the end of the program. Sign up early for this special event.

Don't forget to sign up for a spot – we hope that EVERYONE joins us in this exciting project!

*The funds are made possible with the support of the Department of Economic and Community Development, Office of the Arts, which also receives support from the federal ARPA.*

**Join us For Lunch!** We're serving lunches Monday through Thursday at noon. You need to register at least four days in advance. The suggested donation is \$3.00 per lunch.

**Information on Booster Vaccines:** All current information about the vaccines is listed on the town of Brookfield website – [www.brookfieldct.gov](http://www.brookfieldct.gov). The site is updated as soon as new information is available and will be your best source for accurate, local information.

**Don't forget to Vote on November 2, 2021** in the municipal election. You can find information about the candidates, polling places and absentee ballot applications on the Town clerk's website <https://www.brookfieldct.gov/town-clerk/news/november-2-2021-municipal-election> or by calling the Town Clerk's office at 203-775-7313.



### *Thanksgiving Food Donations*

*Friday, November 12, 10 a.m. – noon*

Last year, Brookfield Social Services and the generous Brookfield community brightened Thanksgiving for over 160 residents – 110 children and 50 adults – in need during the holiday. Join your friends at the Senior Center this year by dropping off Thanksgiving menu items to the Brookfield Food Pantry, such as canned pumpkin, stuffing mix and turkey gravy. Turkeys (frozen or fresh) cannot be accepted. Just leave your donation at the collection table, located at the door to the right of Town Hall's front entrance. Spread the

## ***Mark your Calendars:***

**Knitting and Quilting – Tuesdays at 10:00 a.m.** Bring your own project and enjoy the company of other like-minded seniors. This is a great way to make new friends. Register in advance as space is limited in the Craft Room.

**Friends of Brookfield Senior Center (FOBSC) – Tuesday, November 9 at 12:15 p.m.** Please join us as we discuss activities at the Center. Register in advance.

**Blood Pressure Screening - Thursday, November 18 from 9 a.m. – 1 p.m.** Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton for blood pressure screening. Appointments will be in 20-minute timeslots.

**Art with Adele - Tuesdays, 1 p.m. – 3 p.m.** Bring your own supplies and painting project and join Adele and friends. Space is limited to ten participants. Register using the enclosed form. Walk-ins will not be accommodated.

**Let's Talk- Wednesdays at 10:45 a.m.** This friendly group will gather to connect and chat. Register in advance as space is limited.

**Ask an Attorney Roundtable - Thursday, November 4 at 9:30 a.m.** Michelle Ligouri, JD, is here to help you with your general legal questions. A public, round-table format will be used for this informative session. Space is limited to six participants that have not previously attended. *Register on the attached form.*

**Reflexology with Eileen – Friday, November 5 and 19.** Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Please use the enclosed registration form and Eileen will contact you to schedule. *Cost is \$35 for a 30-minute session payable directly to Eileen.*

**Senior Center Book Club – Monday, November 29 at 2:30 p.m.** Our book club choice for November is *Educated*. This is a memoir by Tara Westover. She recounts overcoming her survivalist family to go to college and emphasizes the importance of education in enlarging her world. *Register on the enclosed form. Please note the new day and time to accommodate more people.* The book is on reserve for us at the Brookfield Library.

**Weekly Activity Packets are back -** You asked, and they are returning this November! Weekly Activity Packets are available for pickup every Friday. Please sign up so we know how many to prepare. Packets are filled with coloring sheets, puzzles, articles, and more.

***Class Fees and Payment.*** Thank you to everyone for adjusting to our registration and payment methods. Please remember that all registration forms must include payment, if applicable. We currently accept checks (made out to the Town of Brookfield) and charge cards.

We've had a few questions regarding monthly class fees and how they are determined. The standard fee is \$5 per class. In some cases, we are able to discount the monthly fee. Please note that fees may vary month to month and that no refunds can be given after the first class has begun. Your registration and paid fee reserves your spot in the class. Many of our classes fill up rapidly, so don't wait to register!

## ***Automatic Telephone Updates***

To update you quickly, we've begun using a new call feature offered by *My Senior Center*. You may receive a call from a Massachusetts number (617-855-0125) and it may be marked as "potential spam". To receive a message on your cell phone, you may have to add "My Senior Center" with this number as a contact or to make sure this number is not blocked. This is the quickest way we're able to update you on closings, class and program changes etc. We hope that you'll find this information useful.



***Brookfield Knights of Columbus brings lunch to you  
Saturday, November 13***

Community volunteers are delivering a hot lunch to Brookfield seniors on the second Saturday of the month. Please use the enclosed registration form to sign up by Thursday, November 4. Delivery is between 11:15 a.m. and 12:15 p.m. *You must be home to accept delivery.*

***Are You Saving the Most Money on Your Prescription Drugs?***



Open enrollment for Medicare D and Medicare Advantage Plans has started and runs until December 7. It is a good idea to make sure that you have the best plan for 2022, since these plans can change. By now, everyone should have received a notice from your Medicare D or Medicare Advantage Plan informing you of changes for the coming year. If you do not do anything, your current plan will automatically roll over for 2022. To check on your plan and review other plans, please call the Center to request the paperwork. Once you complete and return the forms, a certified CHOICES counselor will contact you for a telephone appointment to help you find the best plan for you.

***From Lorraine Kelley, LCSW, Social Services Coordinator  
203-775-7312***

***CEAP Update***

Applications for the CT Energy Assistance Program (CEAP) have begun. If your income is no more than \$39,027 (individuals) and \$51,035 (couples), you may be eligible for assistance with your heating bills (Note updates to qualifying income). To apply, you must show current income information, including the last 4 weeks of pay-stubs, if you're employed. Please contact Lorraine at 203-775-7312 if you think you qualify.

***Medicare Changes***

October 15 – December 7 is annual enrollment for Medicare Rx and Advantage Plans. If you are wondering if you could get a better premium or copays, or your current plan informs you that they will no longer be covering a medicine or service, it would be a good idea to view other plans and make changes. The Senior Center offers a CHOICES-trained volunteer to help you with Medicare Prescription Drug Plan changes. For Medicare Advantage Plan searches and changes, you can find an insurance agent not associated with a particular Medicare plan to help you with your search. Do-it-yourselfers can also visit [www.medicare.gov](http://www.medicare.gov) and click on "Find Plans."

***Medicare Drug costs for 2022***

You may be very surprised to see a change in prescription drug costs for next year. It's not just your plan – all plans will have a large increase in their cost of medicines. Unfortunately, Congress did not approve continuing Medicare's power to negotiate lower drug prices for consumers.

***VIP Group***

The Low-Vision Group (VIP) will meet on Thursday, November 18 at 10:00 a.m. Please note the date change. We're looking forward to seeing everyone for a Thanksgiving recipe swap. There will also be information available for those who have missed the last two meetings.

***Social Security COLA***

Many may have already heard that Social Security will have a 5.9% COLA increase in 2022. No word yet if that will affect those who are enrolled in the Medicare Savings Programs (MSPs). Usually, qualifying limits for the MSPs are readjusted according to the COLA. You'll be updated in future newsletters as to the outcome of the MSP qualifications.

## *Brookfield Senior Center*



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

### **Brookfield Senior Center**

**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](mailto:emelville@brookfieldct.gov)

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

*Senior/Social Services Administrator*  
Kathy Creighton [kcreighton@brookfieldct.gov](mailto:kcreighton@brookfieldct.gov)

*Social Services Coordinator*  
Lorraine Kelley, LCSW  
[lkelly@brookfieldct.gov](mailto:lkelly@brookfieldct.gov)

#### ***All Are Welcome Here!***



Brookfield Senior Center respects the diversity of our members. You will find a warm welcome regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education level and political perspective.

#### ***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:***

Main Phone: 203-744-4070  
Reservations: Press 3

#### ***Meals on Wheels:***

Home delivered meals for those 60 years of age or older who are homebound.  
Main number: 800-994-9422

#### ***Elder Justice Hotline:***

If you are the victim of scam, or neglected, exploited, or abused, they are here to help.  
**Main phone: 860-808-5555**

## ***Improve Your Mind & Body***

*Register and pay using the enclosed form for classes each month. We cannot accommodate walk-ins.*

***Out of respect for our instructors and other students, please allow yourself enough time to check in at the front desk AND set up before class.***

*Yoga with Eileen:* Mondays at 10:00 a.m. This yoga class includes postures to work on strength, flexibility, balance, and movement to make you feel stronger. Bring your own floor mat. *Zoom and in-person.*

*Back in Balance with Kathy - Entry Level Class:* Mondays at 1 p.m. Gently work on balance, range of motion, flexibility, and strength. Gentle enough for those with arthritis or other limitations. Learn about your body and its asymmetries. Practice different styles of meditation. *In-person.*

*Cardio Dance Party with Matt:* Tuesdays at 9:30 a.m. Come for the party music and stay for the dance moves. You won't want to miss this opportunity to dance with Matt every Tuesday morning! *Zoom and in-person.*

*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 quickly feel the benefits of this class. *In-person.*

*Functional Strength and Balance with Cassie – Intermediate Level Class:* Wednesdays at 1 p.m. The focus of this class is on movement and range of motion exercises through all the joints and muscles in your body with multiple directional movements. Bring your hand weights. *In-person.*

*Chair Yoga with Eileen:* Wednesdays at 2:30 p.m. You get all the benefits of movement and breath work without having to get down on the floor. You can do everything in chair yoga that you do in floor yoga. This class is appropriate for beginner and advanced students.

*Bandstand Boogie with Matt:* Thursdays at 9:30 a.m. This fun and easy class mixes basic choreography with freestyle movements. No dance experience needed. Open to all fitness levels. *Zoom and in-person.*

*Wellness and Wisdom with Eileen:* Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen your body and mind. Bring your own light hand weights and a small ball. Class includes movement, strength training with hand weights and balance work and can be adapted to your level. *Zoom and in-person.*

*Outdoor Adventure:* Friday, November 5 at 10:00 a.m. Travel with your friends up to Deer Pond Farm in Sherman for a free nature hike. Join their volunteers for fresh air, exercise and good company. Register directly through the Audubon Center at [www.ctaudubon.org/deer-pond-farm-programs-classes/](http://www.ctaudubon.org/deer-pond-farm-programs-classes/)

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

## ***Wellness Corner***

November gives us many days of nationally designated celebrations. Author's Day. Family Literacy Day. Cinnamon Day. Vinegar Day. Deep Fried Clams Day. Cook for your Pets Day. And don't forget my favorite: Calzone Day. I hope reviewing this list put a smile on your face and a chuckle in your heart. So perhaps November can indirectly add humor to your overall wellness. The Mayo Clinic states that whether guffawing at a sitcom or quietly giggling at a newspaper cartoon, laughter induces physical changes in our bodies. It's proven to increase endorphin release, and that's a much easier way to increase endorphins than getting a "runners high!" Laughter decreases stress response and can lower resting heart rate and blood pressure. It can help us cope with difficult situations. So have a fun November: crack a joke, dip your calzone in vinegar and cook some deep-fried clams for your pet!



## ***Programs and Life-Long Learning***

***Centers for Interactive Learning & Collaboration: Sponsored by the Penn Museum***

***Global Voyagers: Indigenous North America, Tuesday, November 2 at 11:00 a.m.*** Get ready for a digital journey around the continent of North America! View the oldest artifacts, made by first inhabitants of the Americas, and hear stories passed down from generations of Native Americans about the nature of our world. *Register on the enclosed form. The Center will send you the Zoom link.*

***Winter Bird Feeding with Deer Pond Farm: Wednesday, November 3 at 10:00 a.m.*** Backyard birding is fun and educational! It has many benefits, including making a positive environmental impact. Join Cathy Hagadorn, Director of Deer Pond Farm Center, to learn the basics of how to best attract birds to your feeder and how to make your yard a birding destination. *Register on the enclosed form.*

***Blood Pressure Self- Monitoring Program. Lisa O'Connor, Director of Evidence Based Health Initiatives Greenknoll YMCA, Wednesday, November 10 at 1:00 p.m.*** If you have High Blood Pressure or are currently on antihypertensive medication, you may qualify for a program at the YMCA to learn how to control and manage your blood pressure. This program provides one-on-one support as well as nutrition education to help you lower and manage your blood pressure. *Register on the enclosed form.*

***Stroke Prevention: Friday, November 12 at 1:00 p.m. with Lauren Henriques, MSN, RN, SCRN, Stroke Program Coordinator for Danbury and New Milford Hospitals.*** Join us for this important seminar regarding strokes: What are the signs and symptoms of strokes? Who is at risk? What can one do to prevent a stroke? What are the latest treatment options? *Register on the enclosed form.*

***Downsize Gourmet with Oasis Senior Advisors: Monday, November 15 at 3:00 p.m.*** Enjoy preparing smaller scale recipes from the comfort of your home. *Register on the enclosed form. The Center will send you the Zoom link.*

***Presentation and Discussion: Wednesday, November 17 at 1:00 p.m.*** Presented by SYNERGY HomeCare and Restore Mobile Therapy. Peter Crossett from SYNERGY HomeCare of Danbury will talk about how his company got started, answering the questions: what is non-medical home care, what is currently happening in the home care industry and how SYNERGY helps families.

Stacey McIvor from Restore Mobile Therapy will talk about *What is Occupational Therapy (OT)* and how OT sets itself apart from other disciplines. Learn about how occupational therapists differ from other disciplines by addressing the whole client, enabling the clinician to provide more personalized care and treatment to ensure individuals continue living an independent life. *Register on the enclosed form.*

***Bobcats: The Spitfires of the Animal Kingdom: Friday, November 19 at 1:00 pm.*** Join Master Wildlife Conservationist Ginny Apple in a discussion on the natural history of bobcats in Connecticut and an overview of bobcat habitat, diet, behavior, reproduction and current research efforts. Bobcat artifacts will also be on display. *Register on the enclosed form.*

### ***Grace & Frankie Fabulous Friday!*** ***Friday, November 5 at 1:00 p.m.***

Join us for a monthly showing, continuing with Season 1, Episodes 4-6, of the Netflix comedy series, *Grace & Frankie*. For as long as they can recall, Grace and Frankie have been rivals. Their one-upmanship comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and are getting married. Co-starring Lily Tomlin, Jane Fonda, Martin Sheen and Sam Waterson. Join us the first Friday of each month as we bring Netflix and laughter to you. You'll enjoy the show even if you haven't been before. *Register on the enclosed form for this month.*

# BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

**November 2021**

You must have a current membership form on file for 2021-2022.

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Email address: \_\_\_\_\_

	Monthly Cost	Total
Mon Yoga at 10:00 a.m. ____ Zoom or ____ In-person	\$20	\$_____
____ Mon Back in Balance at 1 p.m. (In-person)	\$12	\$_____
Tues Dance Party at 9:30 a.m. ____ Zoom or ____ In-person	\$20	\$_____
____ Wed Tai Chi at 9:30 a.m. (In-person)	\$15	\$_____
____ Wed Functional Strength & Balance at 1:00 p.m. (In-person)	\$12	\$_____
____ Wed Chair Yoga at 2:30 p.m. (In-person)	\$12	\$_____
Thurs Bandstand Boogie at 9:30 a.m. ____ Zoom or ____ In-person	\$10	\$_____
Fri Wellness & Wisdom at 10:30 a.m. ____ Zoom or ____ In-person	\$12	\$_____
____ Art with Adele: Tuesdays at 1:00 p.m.	\$25	\$_____
____ Knitting and Quilting Tuesdays at 10:00 a.m.		
____ Let's Talk: Wednesdays at 10:45 a.m.		
____ Weekly Activity Packet: pick up on Fridays		
____ CILC Global Explorers: Tuesday, November 2 at 11:00 a.m.		
____ Winter Bird Feeding: Wednesday, November 3 at 10:00 a.m.		
____ Ask an Attorney: Thursday, November 4 at 9:30 a.m.		
____ Mosaic Make and Take day: Friday, November 5 at 10:00 a.m.		
____ Grace and Frankie Friday: Friday, November 5 at 1:00 p.m.		
____ FOBSC Meeting: Tuesday, November 9 at 12:15 p.m.		
____ Blood Pressure Seminar: Wednesday, November 10 at 1:00 p.m.		
____ Stroke Prevention: Friday, November 12 at 1:00 p.m.		
Knights of Columbus lunch delivery: Saturday, November 13		
____ Address: _____		
____ Downsize Gourmet: Monday, November 15 at 3:00 p.m. (Zoom)		
Restore Mobile Therapy and Synergy Homecare Presentation:		
____ Wednesday, November 17 at 1:00 p.m.		
____ Blood Pressure Screening: Thursday, November 18 (call for time)		
____ Bobcats in CT: Friday, November 19 at 1:00 p.m.		
____ Book Club: Monday, November 29 at 2:30 p.m.		
Reflexology with Eileen: ____ Friday, November 5 ____ Friday, November 19. Pay directly.		
Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> . Payment type(where required) Check attached ____ charge online ____		\$_____

**BROOKFIELD SENIOR CENTER**  
**Mosaic Project fabrication**

Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

____	Session 1: Wednesday, November 17 1:00 – 3:00 p.m. Bring a friend: _____
____	Session 2: Friday, November 19 10:00 a.m. – noon Bring a friend: _____
____	Session 3: Friday, November 19 noon – 2:00 p.m. Bring a friend: _____
____	Session 4: Wednesday, December 1 10:00 a.m. – noon Bring a friend: _____
____	Session 5: Friday, December 3 10:00 a.m. - noon Bring a friend: _____
____	Session 6: Friday, December 3 noon – 2:00 p.m. Bring a friend: _____
____	Session 7: Friday, December 10 10:00 a.m. - noon Bring a friend: _____
____	Session 8: Friday, December 10 noon – 2:00 p.m. Bring a friend: _____
____	Session 9: Monday, December 13 10:00 a.m. - noon Bring a friend: _____
____	Session 10: Wednesday, December 15 10:00 a.m. - noon Bring a friend: _____










# SENIOR ACTIVITIES ~ NOVEMBER 2021

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance <b>CANCELLED</b>	<b>2</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 11:00 CILC: Global Explorers - Zoom 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker 	<b>3</b> 9:30 Tai Chi 10:00 Winter Bird Feeding With Audubon 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga 	<b>4</b> 9:30 Bandstand Boogie 9:30 Ask an Attorney 12:00 Lunch Program 1:30-3:30 Bridge, Canasta, Pinochle	<b>5</b> 10:00 Deer Pond Farm – First Friday Hike** 10:00 Mosaic Workshop 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Grace and Frankie Fabulous Friday!  <i>Weekly Packet Pickup</i>
<b>8</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance	<b>9</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 12:15 FOBS 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker	<b>10</b> 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 1:00 Blood Pressure Seminar with the YMCA 2:30 Chair Yoga	<b>11</b>  <b>CLOSED FOR VETERANS DAY</b>  	<b>12</b> 10:00 Thanksgiving Food Pantry drop off 10:30 Wellness and Wisdom 1:00 Stroke Prevention w/ Nuvance Health  <i>Weekly Packet Pickup</i>  <i>Knights of Columbus Lunch delivery on Saturday, November 13</i>
<b>15</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance 3:00 Downsize Gourmet - Zoom	<b>16</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker	<b>17</b> 9:30 Tai Chi 10:00 Mosaic fabrication workshop 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 1:00 Restore Mobile Therapy and Synergy 2:30 Chair Yoga	<b>18</b> 9:00 Blood Pressure Screening 9:30 Bandstand Boogie 12:00 Lunch Program 1:30-3:30 Bridge, Canasta, Pinochle	<b>19</b> 10:00 Mosaic fabrication workshop 10:30 Wellness and Wisdom 12:00 Mosaic fabrication workshop 12:00 Reflexology 1:00 Bobcats – Spitfires of the Animal Kingdom  <i>Weekly Packet Pickup</i>
<b>22</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance	<b>23</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker	<b>24</b> 9:30 Tai Chi <b>CANCELLED</b> 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance <b>CANCELLED</b> 2:30 Chair Yoga <b>CANCELLED</b>  <b>CENTER CLOSING AT 1:00 p.m.</b>	<b>25</b>  <b>CLOSED</b>  	<b>26</b>  <b>CLOSED</b>  
<b>29</b> 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance 2:30-3:30 Book Club	<b>30</b> 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker	<b>1</b> 9:30 Tai Chi 10:00 Mosaic fabrication workshop 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga	 <b>** Register with our collaborating agencies directly.</b>    <i>Be sure your Annual Membership is current</i>	 <i>Advance registration with the Center is required for all programs unless otherwise noted.</i>  <i>Use the enclosed registration form.</i>