

# *Brookfield Senior Center*

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

## *February 2023 Newsletter*

*Inclement Weather Policy: If Brookfield schools are closed **due to weather**, the Brookfield Senior Center is closed for regular programming. If there is a weather-related delay, we open on time, but all exercise classes that begin before 10:00 a.m. are cancelled. In case of unusual closings or if you have any questions, please call the Center at 203-775-5308.*



### *Valentine's Events at the Center*

#### *Scarf Painting with Bethel Health Care*

*Friday, February 10 at 1:00 p.m.* Danielle Ramos will be here to show you how to paint on material. What a terrific, artistic valentine gift for someone! Enjoy this event chatting with friends over coffee and dessert. *Please register on the enclosed form.*

#### *Paint Pouring with Candlewood Valley Health and Rehab*

*Thursday, February 16 at 1:00 p.m.* Sarah Johnson has crafted a wonderfully fun afternoon using different colored paints. Paint pouring is a fluid art technique that consists of pouring different color paints over a specific surface, like a canvas. *Please register on the enclosed form.*



**AARP FREE Tax Preparation Assistance**  
**Starting Friday, February 3 at 8:30 a.m.**



Beginning Friday, February 3 through Friday, April 14, Tax-Aide counselors will assist you with income tax preparation at the Senior Center. Assistance is free for low and middle-income taxpayers. An appointment is required. If married, both spouses **MUST** be present. Be **SURE** to bring the following:

- The past two years' federal income tax forms
- Photo ID
- All tax forms received, including W-2, 1099, Social Security, Access Health CT Exchange 1095 Statement (if applicable).
- Town property tax bill and auto tax bill
- Documentation for all itemized deductions (medical, taxes, interest, and charitable contributions)
- Personal check if you wish to have your refund directly deposited or payment made directly to you.

*Call the Senior Center to schedule an appointment - starting January 25.  
Please schedule your appointment after March 1, if you have brokerage statements.*

#### ***Please make a note - we are closed:***

Monday, February 13 – Lincoln's Birthday  
Monday, February 20 – Washington's Birthday

## ***Aging in Place and Other Housing Options***

### ***Panel Discussion***

***Thursday, February 9 at 1:00 p.m.***

Join us in this informative community panel discussion with industry experts! The panel will include:

Peter Crossett from SYNERGY HomeCare - home care agency

Stacy McIvor from RESTORE Mobile Therapy – Occupational Therapist

Sharon Cataldo from Keystone Place – continuous care community in Danbury

Sarah Johnson from Candlewood Valley Health and Rehab – nursing care and rehabilitation



Each provider will discuss what they do and how they serve the community. Bring your questions and they will have answers. Dessert and coffee will be served. *Please sign up on the enclosed form.*

## ***Ten Warning Signs of Alzheimer's***

***Thursday, February 23 at 1:00 p.m.***

Danielle Ramos, a volunteer from the CT Chapter of the Alzheimer's Association, will be here to discuss what to watch for in yourself and in others. Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. You will learn about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis. What are the next steps? What are the expectations for the diagnostic process and what resources are available. *Please register on the enclosed form.*



## ***Escape with Us!***

We're currently not taking reservations as we need to secure prices with our travel agency. You must be a member of the Center to travel with us. Please look to future newsletters for more details.

***Wednesday, May 17 – Visit Harlem.*** Special guided tour of Harlem's famed Apollo Theater. Lunch at Harlem's famous soul food restaurant, Sylvia's. Guided riding and walking tour of the neighborhood.

***Tuesday, July 18 – Relax on the River.*** Lunch at the historic Griswold Inn. Explore the beauty of the Connecticut River Valley from the water as you cruise and relax on The River Quest. End the day with time to explore Main Street Essex and the CT River Museum.

***Wednesday, September 13*** – Lunch at Carmines followed by *A Beautiful Noise*, the musical based on the life and music of Neil Diamond.

***December*** TBD – lunch at the fully decorated Student Prince Café in Springfield, MA followed by some time at Mohegan Sun and a tour of Christmas lights before heading home.

## ***Audio Memoirs***

***With local writer, Marcia Maccarone***

Our own Senior Center member, Marcia Maccarone, continues to collect short story memories through audiotaping. She then transcribes and places them in a binder in the Senior Center library for all to enjoy. Telling your story is good for your soul and brain and is a wonderful way to share yourself with others. Sign up on the attached form and we'll give Marcia your phone number.

## ***Tech Assistance with Ashley***

***Thursday, February 16 and 23***

***30-minute time slots starting at 2:30 p.m.***

iPads? iPhones? Kindle? Internet? E-mail?

If you find yourself struggling with technology, we have help! Ashley Matthews, a junior at Brookfield High School, will assist you with all your questions. Ashley is a pro with Apple products, but she can field questions about Android. Call the Center for an appointment.

***From Ryan Soto, MA, Social Services Coordinator  
203-775-7312***

### ***CEAP***

Applications for the CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$39,761 (individuals) and \$51,996 (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 Ryan at 203-775-7312 if you think you qualify.

### ***Medicare Cost Changes***

*Update:* Medicare Part B covers physician services, outpatient hospital services, certain home health services, durable medical equipment, and certain other medical and health services not covered by Medicare Part A.

Each year, the Medicare Part B premium, deductible, and coinsurance rates are determined according to the Social Security Act. The standard monthly premium for Medicare Part B enrollees will be \$164.90 for 2023, a decrease of \$5.20 from \$170.10 in 2022. The annual deductible for all Medicare Part B beneficiaries is \$226 in 2023, a decrease of \$7 from the annual deductible of \$233 in 2022.

### ***Tax Relief Homeowner's Property Tax Credit***

The Homeowner's Property Tax Credit program filing period is February 1- May 15. For more information about this credit and other tax benefits and exemptions, please visit the Tax Assessor's Department on the Town of Brookfield's website [www.brookfieldct.gov](http://www.brookfieldct.gov) or call 203-775-7302.

### ***Meet Benjamin Ferrie Behavioral Health Liaison***

Hello! My name is Benjamin Ferrie and I'm the Behavioral Health Liaison for the Town of Brookfield. I'm excited for the opportunity to assist individuals and public service professionals within this community.

I have a bachelor's degree in Human Services and am pursuing a master's degree in Mental Health Counseling. I'm passionate and dedicated toward the promotion of empowerment and well-being for all people. I have experience working in the social service field with individuals from various populations and backgrounds and am looking forward to providing support to the members of this town. Please feel free to contact me by phone at (203)775-5237 or (203)313-0352 or by email at [bferrie@brookfieldct.gov](mailto:bferrie@brookfieldct.gov). I'm happy to speak with you and help in any way I can.

### ***Grief Connections with Catherine Tuesday, February 28 at 10:30 a.m.***

Catherine Vlasto, LCSW, is a clinical social worker in private practice. She is a long-time friend of Brookfield Senior Center and has led us through difficult conversations in the past. Join us in welcoming Catherine back to the Center to help us connect with others grieving.



Grief can be very painful and difficult at times. You're invited to come and share your thoughts, express your feelings, and discuss how to work through this process while connecting with others doing the same. *Please register on the enclosed form.*

## 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>

Monday – Friday from 8:00 a.m. – 4:00 p.m.

#### *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:*

Ryan Soto, MA [rsoto@brookfieldct.gov](mailto:rsoto@brookfieldct.gov)

#### *Behavioral Health Liaison:*

Benjamin Ferrie [bferrie@brookfieldct.gov](mailto:bferrie@brookfieldct.gov)

#### ***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**

#### ***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, religion, national origin, range of  
abilities, sexual orientation, gender identity,  
financial means, and political perspective.



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

*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.

*Back in Balance with Kathy - Entry Level Class:* Mondays at 1:15 p.m. **and** Thursdays at 10:30 a.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.

*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.

*Line Dancing with Jill:* Tuesdays at 1:30 p.m., Jill is a premier line dance instructor known for her skill, patience, and positive style. Everyone will enjoy this fun and entertaining class. Beginners welcome.

*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.

*Functional Strength and Balance with Cassie – Intermediate Level Class:* Wednesdays at 1:00 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.

*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.

*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.

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

## ***Wellness Corner – “Grow Your Gratitude”***

Looking for a new, good-for-you habit to add to your routine this year? *Prevention* Magazine has offered a few tips. Try feeling grateful each day. Studies show that being grateful may help lower stress levels and blood pressure. It also helps us to tap into positive emotions versus ruminating on negative ones, which may boost happiness. Try reflecting each morning on three things you're grateful for. Get into the practice of doing that daily and you'll see a shift in your outlook and view on life.

Consider indulging in self-care by rotating in at least one self-care activity daily. The six areas to focus on are: emotional (feel-good things), practical (things that prevent problems, like doing laundry), intellectual (challenging your mind), physical (stretching or exercise), spiritual (nature time or prayer), and social (connecting with others).



## ***Fabulous Friday Bingo and Tuna Lunch!*** ***Friday, February 24 at Noon***

Join us for an afternoon of fun and prizes! *Please pay and register on the attached form.*



## ***Lifelong Learning from the Virtual Community***

***Tuesday, February 7 at 11:00 a.m.: Global Voyagers – Journey to the Middle East:*** Join us for a thought-provoking virtual tour led by a guide who grew up there. Journey through some of the oldest cities on earth while hearing stories from people who live there today. *Register on the enclosed form and the Senior Center will send the Zoom link.*

***Tuesday, February 14 at 4:00 p.m.: Puzzles of the Past – Mesa Verde National Park:*** This program explores the different ways we can learn about Mesa Verde's past, from Pueblo knowledge passed down through the generations to archaeological investigations and perspectives. This is rescheduled from a previously cancelled program. *Register on the enclosed form and the Senior Center will send the Zoom link.*

***Monday, February 27 at 3:00 p.m.: Downsize Gourmet -*** Even though we're closed, Susan and Paul Doyle will guide you on cooking for one or two. They have great new recipes for the virtual group. *Register on the enclosed form. The Center will send you the Zoom link.*

***Smithsonian American Art Museum*** has wonderful videos of their art collections. Spend a snowy February day looking through them. Visit <https://americanart.si.edu/videos/>

***AARP Virtual U Community*** offers a wide variety of FREE interactive online events and classes designed for learning, self-improvement, and fun. Take a look at their February event schedule: <https://local.aarp.org/brookfield-ct/aarp-events>

### ***Katherine Hepburn From Hartford to Hollywood Wednesday, February 15 at 10:30 a.m.***

Let's welcome back the Connecticut Historical Society as they present the story of Katherine Hepburn, the American icon.

Katherine's lifelong ties to Connecticut offer a complete picture of how Hepburn became the woman and the star she was. *Please register on the enclosed form.*

### ***Happy Birthday Mr. Lincoln! with local historian, Paula Hopewell Friday, February 17 at 1:00 p.m.***

Brookfield resident and Lincoln expert, Paula Hopewell, will re-introduce us to this most compassionate President. How did living in the border region influence Abraham Lincoln? Ms. Hopewell will touch on his personal tragedies and his historical triumphs.

*Please register on the enclosed form.*



### ***Movie Matinee – Banshees of Inisherin Friday, February 3 at 1:00 p.m.***

Set on a remote island off the west coast of Ireland, two lifelong friends find themselves at an impasse when one abruptly ends their relationship, with alarming consequences for both of them. Named best film of 2022 by the National Board Review. *Co-starring Colin Farrell and Brendan Gleason. Please register on the enclosed form.*



### ***The Great Backyard Bird Count (GBBC) with Deer Pond Farm Tuesday, February 14 at 10:30 a.m.***

Each year the world turns out to share their enjoyment of birds. In 2022, people from 192 countries reported approximately 3/4 of the world's known species—this is remarkable. Join our expert, Deirdra Wallin from Deer Pond Farm in Sherman and learn how we can be a part of this world-wide event. We'll brush up on bird identification, learn the appropriate tools needed and learn how to count birds, no matter how large the flock or busy your feeder. You'll leave confident and ready to be part of the GBBC! *Please register on the enclosed form.*



# BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

## February 2023 Registration

You must have a current membership form on file for 2022-2023.

Name: \_\_\_\_\_ Preferred Phone Number: \_\_\_\_\_

	Monthly Cost	Total
___ Mon Yoga at 10:00 a.m.	\$10	\$_____
___ Mon Back in Balance at 1:15 p.m.	\$10	\$_____
___ Tues Dance Party at 9:30 a.m.	\$15	\$_____
___ Tues Line Dancing at 1:30 p.m.	\$15	\$_____
___ Wed Tai Chi at 9:30 a.m.	\$15	\$_____
___ Wed Functional Strength & Balance at 1:00 p.m.	\$15	\$_____
___ Wed Chair Yoga at 2:30 p.m.	\$15	\$_____
___ Thurs Bandstand Boogie at 9:30 a.m.	\$15	\$_____
___ Thurs Back in Balance at 10:30 a.m.	\$15	\$_____
___ Fri Wellness & Wisdom at 10:30 a.m.	\$15	\$_____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$_____
___ Audio Memoirs with Marcia Maccarone: By appointment		
___ Thursday, February 2 at 9:30 a.m.: Ask an Attorney		
___ Friday, February 3 at 9:00 a.m.: Men's Breakfast		
___ Friday, February 3 at 1:00 p.m.: Movie – <i>Banshees of Inisherin</i>		
___ Tues., Feb. 7 at 11:00 a.m.: CILC – Journey to the Middle East		
___ Thursday, February 9 at 1:00 p.m.: Panel Discussion		
___ Friday, February 10 at 1:00 p.m.: Valentine scarf painting		
___ Knights of Columbus lunch delivery: Saturday, February 11 at Noon		
___ Address: _____		
___ Tuesday, February 14 at 10:30 a.m.: Great Backyard Bird Count		
___ Tuesday, February 14 at 4:00 p.m.: CILC – Puzzles of the Past		
___ Wednesday, February 15 at 10:30 a.m.: Lecture - Katherine Hepburn		
___ Thursday, February 16 at 1:00 p.m.: Paint Pouring		
___ Friday, February 17 at 1:00 p.m.: Lecture - President Lincoln		
___ Wednesday, February 22 at 1:30 p.m.: Book Club		
___ Thursday, February 23 at 1:00 p.m.: Warning Signs of Alzheimer's		
___ Friday, February 24 at noon: Bingo and Tuna Lunch	\$5	\$_____
___ Monday, February 27 at 3:00 p.m.: Downsized Gourmet (Zoom)		
___ Tuesday, February 28 at 10:30 a.m.: Grief Connections		
Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> .		\$_____

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

**Ask an Attorney Roundtable - Thursday, February 2 at 9:30 a.m.** (No January meeting). 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 who have not previously attended. *Please register on the enclosed form.*

**Men's Breakfast – Friday, February 3 at 9:00 a.m.** *Register on the enclosed form to reserve your seat.*

**Reflexology with Eileen – Friday, February 3 and 17.** Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. *Cost is \$35 for a 30-minute session payable directly to Eileen Byrnes.* Contact her to make an appointment. [Eileen@eileenbyrnes.com](mailto:Eileen@eileenbyrnes.com).

**Brookfield Knights of Columbus lunch delivery - Saturday, February 11.** Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to sign up by Thursday, February 2. Delivery is between 11:15 a.m. and 12:15 p.m. You must be home to accept delivery.

**Friends of Brookfield Senior Center (FOBSC) – Tuesday, February 14 at 12:15 p.m.** Please join us as we discuss activities at the Center. No registration required.

**Blood Pressure Screening – Wednesday, February 15 from 9:00 a.m. – 12:45 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.

**Corn Hole - Tuesday, February 21 at 10:30 a.m.** Join us and learn how to play the great game of Corn Hole. This is a game that everyone can participate in – be ready to show off to your grandchildren at the next family picnic. *No registration required – just show up for the fun.*

**Senior Center Book Club – Wednesday, February 22 at 1:30 p.m.** In February, we'll be reading *The Maid* by Nita Prose. It is a locked-room mystery and a heart-warming journey of the spirit. *The Maid* explores what it means to be different and reveals that all mysteries can be solved by connection to the human heart. Books will be on reserve for us at the Brookfield Library. *Please sign up on the enclosed form.*

**Monthly Brain Games – Wednesday, February 22 at 10:00 a.m.** Join Danielle Ramos, National Healthcare, and your friends for some fun memory joggers and other brain boosters.

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

**Coloring Club - Mondays at 1:30 p.m.** Get out of the house and enjoy the company of others while having some fun coloring. Adult coloring has been shown to help reduce stress, boost mental clarity, exercise fine motor skills, and help train the brain to focus. Bring your own coloring supplies or use ours.

**Handiwork Group – Tuesdays at 10:00 a.m.** Bring your own knitting, quilting, crocheting or cross-stitch project and enjoy the company of other talented members. This is a great way to make new friends.

**Art with Adele - Tuesdays, 1:00 p.m. – 3:00 p.m.** Bring your own supplies and painting project and join Adele and friends. *Register on the enclosed form.*

**Bridge, Mahjogg, Poker, Pinochle and Games – Tuesdays and Thursdays at 1:00 p.m.** Gather your table and join us for cards and games on Tuesdays and Thursdays. You can play either or both days. We'll be setting up the poker table on Thursdays. We are looking for more Canasta, Scrabble, and Cribbage players.

**Let's Talk- Wednesdays at 10:45 a.m.** This friendly group will gather to connect and chat. Just walk in and join this fun and lively group.

**Weekly Activity Packets -** Weekly Activity Packets are available for pickup on Fridays. Packets are filled with coloring sheets, puzzles, articles, and more.



*News You Can Use*  
*From the Brookfield Police Department*  
*Avoid Being Scammed!*



If you are contacted by phone, email, or text message by someone claiming to be from your bank, your credit card company, your phone or internet provider, or your utility company, DON'T respond to them directly.

If they claim they are calling from your bank, look up the phone number for the bank first, and call the bank yourself.

If the caller claims to be from your credit card company, call the number on the back of your credit card.

DON'T click on any links in any emails or text messages. That includes links that indicate you should click them to "opt-out" of any future messages. Just delete them.

***FALSE SENSE OF URGENCY***

One of the telltale signs of a scam is a false sense of urgency. The scammer doesn't want you to think about what's happening - they want you to worry about your electricity getting shut off, or your bank account being frozen, for example. The scammer tries to convince you something bad will happen if you do not act immediately.

***DON'T CALL BACK ANY NUMBER LEFT ON YOUR VOICEMAIL, E-MAIL OR TEXT.***










# SENIOR ACTIVITIES ~ FEBRUARY 2023

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength &amp; Balance 2:30 Chair Yoga</p>	<p>2</p> <p>9:30 Ask an Attorney 9:30 Bandstand Boogie <i>cancelled</i> 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p>3</p> <p>8:30 AARP Tax Assistance 9:00 Men's Breakfast 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Movie Matinee – <i>Banshees of Inisherin</i></p> <p></p> <p><i>Weekly Packet Pickup</i></p>
<p>6</p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p>	<p>7</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Ji Quan: MBB 11:00 CILC – Global Voyagers: Middle East (Zoom) 12:00 Lunch Program 12:15 FOBSC 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>8</p> <p>9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength &amp; Balance 2:30 Chair Yoga</p>	<p>9</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 11:45 Tai Ji Quan: MBB 12:00 Lunch Program 1:00 Cards and Games/ Poker 1:00 Panel Discussion: Aging in Place</p>	<p>10</p> <p>8:30 AARP Tax Assistance 10:30 Wellness and Wisdom 1:00 Scarf Painting with Bethel Health Care</p> <p><i>Weekly Packet Pickup</i></p> <p><i>Saturday, February 11 at noon KoC Lunch delivery</i></p>
<p>13</p> <p><b>CLOSED FOR LINCOLN'S BIRTHDAY</b></p> <p></p>	<p>14</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Ji Quan: MBB 10:30 Great Backyard Bird Count 12:00 Lunch Program 12:15 FOBSC 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 4:00 CILC: Puzzles of the Past (Zoom)</p>	<p>15</p> <p>9:00-12:45 Blood Pressure Screening 9:30 Tai Chi 10:30 Katherine Hepburn Lecture 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength &amp; Balance 2:30 Chair Yoga</p>	<p>16</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 11:45 Tai Ji Quan: MBB 12:00 Lunch Program 1:00 Cards and Games/ Poker 1:00 Paint Pouring with CVHR 2:30 Tech Assistance with Ashley</p>	<p>17</p> <p>8:30 AARP Tax Assistance 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 President Lincoln Lecture</p> <p></p> <p><i>Weekly Packet Pickup</i></p>
<p>20</p> <p><b>CLOSED FOR WASHINGTON'S BIRTHDAY</b></p> <p></p>	<p>21</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Corn Hole 10:30 Tai Ji Quan: MBB 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p> <p><i>March Registration Begins</i></p>	<p>22</p> <p>9:30 Tai Chi 10:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength &amp; Balance 1:30 Book Club 2:30 Chair Yoga</p>	<p>23</p> <p>9:30 Bandstand Boogie <i>cancelled</i> 10:30 Back in Balance 11:45 Tai Ji Quan: MBB 12:00 Lunch Program 1:00 Cards and Games/ Poker 1:00 Ten Warning Signs of Alzheimer's 2:30 Tech Assistance with Ashley</p>	<p>24</p> <p>8:30 AARP Tax Assistance 10:30 Wellness and Wisdom 12:00 Fabulous Friday Bingo!</p> <p></p> <p><i>Weekly Packet Pickup</i></p>
<p>27</p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club 3:00 Downsize Gourmet (Zoom)</p>	<p>28</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Grief Connection 10:30 Tai Ji Quan: MBB 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>			<p>Advanced registration with the Center is required for all programs unless otherwise noted.</p> <p>Please use the enclosed Registration form.</p>





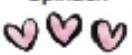

**CW Solutions Senior Community Café**  
Café

**February, 2023**

1% milk provided  
Margarine available

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$3.00**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<div>1</div> Mushroom Barley Soup Unsalted Crackers Butter Crumb Fish with Dill Sauce Buttered Parslied Noodles Broccoli Whole Wheat Roll  Banana	<div>2</div> Pot Roast LS Beef Gravy Oven Roasted Potatoes Spinach  12 Grain Bread  Birthday Cake	<div>3</div>
<div>6</div> Sweet & Sour Meatballs Sesame Noodles Oriental Blend Veggies  100% Whole Wheat  Citrus Sections	<div>7</div> Split Pea Soup Unsalted Crackers Crabcake Steak Fries Tomato and Zucchini Tartar Sauce  Hamburger Bun  Fresh Orange	<div>8</div> Orange Juice Spaghetti with Plant Based Meat Sauce Parmesan Cheese Romaine Salad Ranch Dressing  Garlic Bread  Pears	<div>9</div> Pineapple Juice Roast Pork with Apples and Sauerkraut Seasoned Oven Potatoes Carrots  Rye Bread  Peanut Butter Cookies	<div>10</div>
<div>13</div> Grape Juice Lasagna Buttered Peas  Italian Bread  Pudding	<div>14</div> <b>Valentine Special</b> Orange Juice Broccoli and Cheese Quiche Sweet Potatoes Spinach  Dinner Roll  Valentine Treat	<div>15</div> Lazy Man's Stuffed Peppers Broccoli  Wheat Bread  Brownie	<div>16</div> Meatloaf Onion Gravy Buttered Noodles Brussel Sprouts  Rye Bread  Tropical Fruit Cup	<div>17</div>
<div>20</div> 	<div>21</div> Beef and Bean Chili Mac Meadow Blend Veggies  Corn Bread  Fresh Orange	<div>22</div> <b>Ash Wednesday</b> Veggie Bean Burger Sweet Potatoes Creamy Spinach  Ash Wednesday  100% Whole Wheat  Applesauce	<div>23</div> Open Faced Turkey Sandwich with LS Turkey Gravy Mashed Potato Carrots  Potato Bread  Tropical Fruit Cup	<div>24</div>
<div>27</div> Turkey Kielbasa with Sauerkraut Pierogis Carrots  Rye Bread  Tangerine	<div>28</div> Creamy Chicken Strips with Red Pepper Noodles Mixed Vegetables  Oatmeal Bread  Tropical Fruit Cup	