

Brookfield Senior Center

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

March 2020

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

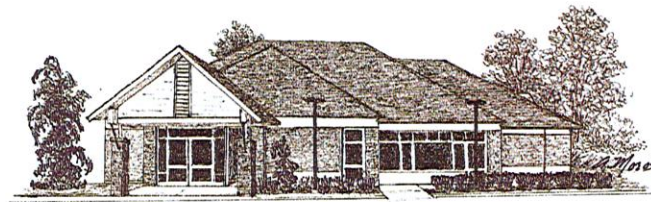
<https://www.brookfieldct.gov/senior-center>

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



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



***Join us for a "Bite of Irish"
Friday, March 13 at noon***

You will enjoy a traditional corned beef and cabbage lunch with all the trimmings. After lunch, we will sing along with Tenor Tim McKe. He will make your Irish eyes smile!

*Enjoy an afternoon of great food, fun, music and laughter with friends.
Cost is \$15/person. Please reserve your seat by Tuesday, March 10.*



AARP FREE Tax Preparation Assistance

Tax-Aide counselors will assist you with income tax preparation at the Senior Center. Assistance is free for low- and middle-income taxpayers. Sign-up is required. If married, both spouses **MUST be present. Be **SURE** to bring the following:**

- Last year's federal income tax forms.
- Photo ID.
- All tax forms received, including W-2, 1099, Social Security, Access Health CT Exchange 1095 Statement (if applicable).
- 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 (203-775-5308) to schedule an appointment.

Mark your Calendar - don't forget

Men's Breakfast – Please join us on Friday, March 6. Sign up no later than Tuesday, March 3.

Friends of Brookfield Senior Center – Tuesday, March 10 at 12:30 p.m. Please join us.

Ask an Attorney Round Table – Wednesday, March 18 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 \$5 per class.

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, led by an Alzheimer's Association Facilitator, is for all caregivers, family members or friends of anyone who is affected by Alzheimer's or dementia. Meetings are the fourth Wednesday of the month. The March meeting will be Wednesday, March 25 at 1 p.m.

Thursday, March 12 at 11:45 a.m. Know your Numbers

Joan Santucci of Bethel VNA will be with us for "Know Your Numbers." This will include blood pressure screening, weight, BMI and a private nurse visit if you choose. We encourage everyone to take advantage of this opportunity.

Reflexology with Eileen Friday, March 6 and 20

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.

Fabulous Friday Bingo & Tuna Melts Friday, March 27 at noon

Join us for an afternoon of Bingo and lunch! Cost is \$5 per person. *Sign up by Tuesday, March 24.*



The Alumni Group Monday, March 23 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.

Let's move forward together with our knowledge!

Beat the Winter Blues Seminar Wednesday, March 4 at 1 p.m.

Find out how you can shake off the Winter Blues and have more fun while waiting for Spring to arrive. Learn techniques for refocusing and reactivating your zest for life when the skies above are forever gray. Set a personalized plan, based on your life and needs, that will lift your spirits and help you prepare for spring to!



Tech Assistance with Zoe Thursday, March 19 from 2:30 p.m.

Do you need help with your new Kindle? Texting grandchildren? Downloading pictures from your smartphone? Zoe will be with us to help with all of this and more! Please sign up at the front desk for a 20-minute appointment.

Improve Your Mind & Body

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

Cardio Blast with Eileen – Mondays at 9:15 a.m. Start your week with fun, low-impact movements to get your heart pumping and burn weekend calories. The class includes segments to build muscle strength and improve cognitive thinking. The class is appropriate for everyone. Tone your muscles and let Monday set the tone for the rest of the week.



Yoga From the Ground Up with Eileen – Mondays at 10:30 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 those feet muscles 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.

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 Amy – Tuesdays at 1 p.m. 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 – 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.

Functional Strength and Balance with Cassie – Wednesdays at 1 p.m. Start moving this winter! Join Cassie for an hour class of body movement, lifting weights, and gaining functional strength. This will make all your day-to-day movements easier. People with all levels of fitness are welcome. Cassie will adjust the exercises to meet your needs.

Yoga with Ann – Wednesdays at 2:30 p.m. This class focuses on stretching, strength, breathing and listening to your body. Bring your mat and join us. You'll thank yourself for it.

Bandstand Boogie with Matt – Thursdays at 9 a.m. 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 with a beat you can dance to. Bandstand Boogie will get you moving, increase your cardio endurance, increase your mobility and leave you with a smile all day. No dance experience needed. Open to all fitness levels.



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.

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 is 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

The Brookfield Senior Center is Going Green! Thank You for Helping us Reduce our Trash!



Slowly but surely we are making changes at the Senior Center which ultimately impacts our municipality by reducing the trash we collect and lowering our disposal costs. Thank you for going through the aches and pains of these changes that come with recycling. We've eliminated the use of single serve paper and plastic cups by bringing our own reusable drinkware. We've also eliminated the use of paper and plastic tableware for most events and lunches. We are composting our Wednesday veggie leftovers. Please visit www.hrra.org to learn about Connecticut recycling requirements, the upcoming changes and how it impacts your household.

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.

Escape With Us in 2020!

Thursday, March 12: St. Patrick's Day Party at Gavin's Country Inn. Join us for a full course Irish luncheon, live Irish music and America's largest Irish import store. Cost is \$96pp. *Reservations now being accepted.*

Wednesday, April 22: *South Pacific* at Goodspeed Opera House. Enjoy a fabulous lunch at the historic Gelston House on the Connecticut River shore. The Goodspeed premier of this timeless musical will follow lunch. Cost is \$142pp. *Reservations now being accepted.*

Sunday, May 3: *The Producers* at Warner Theatre. After a pre-show lunch at the Venetian Restaurant, you will enjoy the genius of Mel Brooks in this show. *Cost is \$99pp. Reservations now being accepted.*

Wednesday, June 24: Thimble Island cruise aboard the Sea Mist and a delicious lunch at the Chowder Pot III in Branford, CT. Moderate walking required. *Cost is \$97pp. Reservations now being accepted.*

Wednesday, July 15: We're heading to NYC to see Tina Turner, the musical, on Broadway after lunch at Maison Blanc. Front orchestra seating. *Cost is \$238pp. Reservations now being accepted.*

Sunday, August 2: Tanglewood Festival Chorus with Yo-Yo Ma on Cello and Rachel Willis-Sorensen. What could be better than a summer day spent at Tanglewood? *Cost is \$86pp. Reservations accepted March 1.*

Wednesday, September 16: Ellis Island and Statue of Liberty. We will be taking the ferry to both Ellis Island and Statue of Liberty Island, where you will also be able to visit the new Statue of Liberty Museum. Our tour guide will help you navigate the day so you get the most out of your visits. Lunch will be on your own at one of the cafes on the islands. Moderate walking. *Cost is \$79 pp. Reservations accepted April 1.*

Thursday, October 22: *The Dinner Party* at Clove Creek Dinner Theatre. Join us for this Neil Simon classic at this intimate dinner theatre set for professional live productions in the heart of the Hudson Valley. Our meal will feature locally grown ingredients prepared by chef graduates of the Culinary Institute of America. Save the date.

Thursday, November 12: Join us for an exceptional lunch at newly opened Bocuse Restaurant at the Culinary Institute of America for a meal you won't forget! Lunch will be followed by a guided tour of FDR's elegant home and library. *Cost is \$114pp. Reservations accepted June 1.*

Wednesday, December 9: Gilded Age of Rhinebeck. Your day will include lunch at The Tavern at Beekman Arms followed by a visit to two historic homes decorated for the season: Wilderstein Mansion and the Staatsburgh Mills Mansion. *Save the date!*

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

Everything Green with Judy Prager Tuesday, March 10 at 10:45 a.m.

Join our favorite registered dietician, Judy Prager, as we explore green food! We always learn something about healthy and delicious eating every time Judy is here. *Sign up by Friday, March 6.*



Restorative Treatment for Neuropathy and and Chronic Nerve Conditions Wednesday, March 11 at 1 p.m.

Dr. Paul Betschart, DPM of Advanced Foot and Ankle Center will be here to discuss Neuropathy. Topics will include causes of Neuropathy, cutting edge treatments, diabetic foot care and more. *Sign up by Monday, March 9.*

Movie Matinee

Friday, March 6 at 1 p.m. *Judy.* Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run. While preparing for the shows, Garland battles with management, reminisces with friends and fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans — all while bravely struggling to overcome intensifying anxiety and physical decline.

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

Energy Assistance

We continue to take applications for the CT Energy Assistance Program (CEAP). 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 2019 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, CDs and IRAs
- An electric bill, whether or not you heat with electricity
- A gas bill if you heat with natural gas

Please note that the last date to request and/or receive a fuel oil delivery is March 15.

Eversource offers information on how you can save energy and money.

Contact them at 1-800-286-2000 and learn more about how you can save.

Property Tax Relief

It is time to file for property tax relief. If you turned 65 by December 31, 2019 please contact the Assessor's office to see if you qualify. If you have received this benefit in prior years, you should have received the application in the mail.

All of these programs require that you **apply every year** to continue to receive the benefits. Other tax credits are available to veterans, the blind, people with disabilities, etc. Please go to the town website at www.brookfieldct.gov or call or visit the Assessor's Office at Town Hall (203-775-7302) for more information and to find out more about the programs.

Dental Clinic

A Free Dental Clinic will be held at Western Connecticut State University O'Neill Center (West-side Campus) on March 20-21. Patient line-up begins at 5 a.m. There are no appointments and patients are taken on a first-come, first-served basis.

Buried in Treasure?

Would you like to move, but the thought of having to figure out what to do with all your stuff deters you from making a decision? Are you tired of looking at all the clutter in your home and would like to get rid of it and free yourself to do the things you would like to do? Are you ready for a face-lift or change in décor, but don't know where to begin to make that happen? If you or someone you know has issues with acquiring or saving too much stuff, please contact Social Services at 203-775-7312, so we can determine if there is interest in programs that can help.

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

A Note from Brookfield's Tax Assessor:

- If you have moved to Brookfield from another town, whatever town you live in on October 1 is the town where you should pay property taxes on your vehicles.
- If your vehicle is registered in a different state and you live in Brookfield year-round, you have 60 days to transfer your registration once you establish CT residency.
- If your vehicle is registered in a different state and your vehicle is in Brookfield for *three months of the year or longer*, you must file a personal property declaration with the Assessor's office.
- If you are the owner of a property and are leasing out your home, condo or apartment, please provide a copy of the lease, address and tenant's plate numbers to the Assessor's office so they can forward information to them.

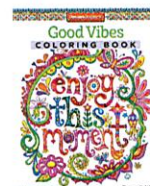
Please call the Assessor's Department at 203-775-7302 if you have any questions.



Senior Center Paint & Draw Exhibit March 1 – mid-April

Take a bit of time during the months of March and April to check out our own Paint & Draw group's exhibit on the first floor of Town Hall. You may be inclined to buy a painting!

Coloring with Purpose Wednesday, April 1 at 1 p.m.



Join us for an afternoon of coloring and creating in a peaceful and joyful environment. We will have all the supplies you need, including markers and stress relieving designs, postcards you can create and send, snacks and more. No creativity or experience needed!

Crafting with Candlewood is back! Fabric-Decoupage Plates Wednesday, March 18 at 1 p.m.

With the most basic of craft supplies you will easily turn a glass plate into a future keepsake. Bring your own 10" x 10" piece of fabric, or select from fabric pieces we will supply. Consider color schemes to match your home or holiday themes you may like to work with. *Please sign up.*

Lunch and Learn with Peoples Bank Friday, March 20 at noon



Join Jennifer Dwyer-Castagna from People's Bank as she updates us on the latest banking scams and how to keep your money safe. Jennifer will also be addressing the topic of how to manage your financial affairs when you are alone and how to plan for back-up. Sign up by March 17.

Instructor Spotlights:

Eileen Byrnes: Odds are if you come to one of Eileen's classes, there will be a discussion about feet. A self-proclaimed foot nerd, she is a strong believer that the many muscles in the feet need to stay strong to create a firm foundation for our muscular and skeletal systems. Eileen holds multiple certifications including group fitness, yoga and reflexology. Her classes on the schedule are: *Cardio Blast* on Mondays at 9:15 a.m. (a movement class with some weight work), *Yoga from the Ground Up* on Mondays at 10:30 a.m. (mat yoga for all levels) and *Wellness and Wisdom* on Fridays at 10:45 a.m. (a strength-training experience with health and wellness facts sprinkled in.)

In addition, Eileen does reflexology at the center twice a month. Come to one of Eileen's classes and work your heart, your muscles and, very likely, your feet.

Amy Doyle, RYT: Amy has been practicing yoga for over 20 years. She loves that anyone can do yoga no matter what age or fitness level. Chair yoga poses and routines can be easily customized according to a person's needs, physical limitations, or abilities. Amy encourages everyone to work at their own pace with focus on breathing, gentle stretches and guided relaxation. Join *Chair Yoga with Amy* on Wednesdays at 1 p.m. Class is done both standing and in the chair and focuses on relaxation techniques, breathing, balance and stretching.

Brookfield Senior Center Presents:

Gavin's Irish Country Inn

E. Durham, NY



St. Patrick's Day Party!



March 12, 2020 - Thursday

Guided Tour of Our Lady of Knock Shrine upon arrival

Full course **Irish Luncheon** to include: Irish Soda Bread, Potato Leek Soup, Entrée Choice of:
Corned Beef & Cabbage, OR Chicken Francaise,
OR Baked Salmon, with Apple Crisp a la Mode

Live Irish Music by Donal O'Shaughnessey

Guaranteed Irish Shop - America's Largest Irish Import Store

**GUARANTEED
IRISH**

America's Largest Irish Import Store
East Durham, New York



COST: \$96.pp based on 40-52

Depart: 10:00am Brookfield Senior Center,
100 Pocono Road

Estimated Return: 6:30pm Brookfield

Reservations: Brookfield Senior Center
203-775-5308



**FRIENDSHIP TOURS
THE SHIP SHOP**

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.



SENIOR ACTIVITIES ~ MARCH 2020

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 9:15 Cardio Blast\$ 9:30 Canasta 10:30 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$	3 9 Mahjongg 9:30 Line Dancing\$ 10 Aging Mastery Program* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	4 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 1 Beat the Winter Blues Seminar* 2:30 Yoga\$ 	5 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\$	6 8:30 AARP Tax Prep* 9 Men's Breakfast* 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 1 Reflexology with Eileen\$ 1 Movie Matinee – Judy 	7/8 9:30 Saturday Zumba\$
9 9:15 Cardio Blast\$ 9:30 Canasta 10 Aging Mastery Program* (Note date change) 10:30 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$	10 9 Mahjongg 9:30 Line Dancing\$ 10 Aging Mastery Program* 10:45 Judy Prager – Everything Green* 12 Lunch Program* 12:30 FOBSC 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	11 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Advanced Foot and Ankle Center: Restorative Treatment for Neuropathy and Chronic Nerve Conditions* 1 Scrabble 2:30 Yoga\$	12 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 11:45 Know Your Numbers – Bethel VNA 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Stretch & Strengthen\$ Trip: Gavin's Irish Country Inn Bus Departs: 10 a.m. Return ETA 6:30 p.m.	13 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 St. Patrick's Day Party\$* 	14/15 9:30 Saturday Zumba\$
16 9:15 Cardio Blast\$ 9:30 Canasta 10:30 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$	17 9 Mahjongg 9:30 Line Dancing\$ 10 Aging Mastery Program* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$ HAPPY ST. PATRICK'S DAY! 	18 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Crafting with Candlewood* 1 Scrabble 2:30 Yoga\$	19 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\$ 2:30 Tech Assist with Zoe*	20 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Lunch and Learn with People's Bank* 1 Reflexology with Eileen\$	21/22 9:30 Saturday Zumba\$
23 9:15 Cardio Blast\$ 9:30 Canasta 10:30 Yoga From the Ground Up\$ 10:30 The Alumni Group 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$	24 9 Mahjongg 9:30 Line Dancing\$ 10 Aging Mastery Program* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	25 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Alzheimer's Support group 1 Scrabble 2:30 Yoga\$	26 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\$	27 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Tuna Melt and Bingo\$ 	28/29 9:30 Saturday Zumba\$
30 9:15 Cardio Blast\$ 9:30 Canasta 10:30 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$	31 9 Mahjongg 9:30 Line Dancing\$ 10 Aging Mastery Program* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	1 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Coloring with Purpose* 1 Scrabble 2:30 Yoga\$		Lunch is served Monday - Thursday at noon. Please call the kitchen <u>TWO</u> days in advance to make a reservation: 203-775-5237	*Sign Up Required \$Fee Required