



Brookfield Senior Center

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

April 2024 Newsletter



Spring into Self Care with the Senior Center!



The Brookfield Senior Center strives to provide you with the opportunity to balance your life across seven dimensions of wellness: physical, emotional, intellectual, social, occupational, spiritual, and environmental. Check out our April programming. Let us help you take care of yourself! *Please register for programs below on the enclosed form.*

April 21 through April 27: *National Volunteer Week*

Volunteering is good for the soul, allowing you to help others, while improving your overall confidence, self-esteem, and well-being. National Volunteer Week is a time to recognize people doing extraordinary things in our community through their service. We understand the power of volunteers who lend their time and talent to make a difference. Thank you to the many volunteers who contribute to Brookfield and to our greater community every day in so many ways. You are truly role models for our younger generation.

Wednesday, April 3 at 11:00 a.m. *Woman's Breast Health*

Come meet the newest doctor in town, Dr. Raghu, of Breast Diagnostics of Connecticut located on Federal Road. Dr. Raghu and her team will discuss the importance of breast health as you age, the possible issues if you don't continue your mammograms and what you need to do when you recognize changes in your body.

Monday, April 8 at 11:00 a.m. *Seniors Bullying Seniors - Out of the Playground into the Senior Center*

When we hear the word bully, we immediately think of children and adolescents, but it is a very real problem in the older adult population. Young bullies grow into older bullies. Join us for an eye-opening discussion with Heather Hitchcock, Community Educator, from Bristol Hospital. Heather will touch upon the three main types of bullying, the characteristics of bullying behaviors and the impacts bullying has on those it affects. This is an epidemic in the workplace, at the lunch table and in exercise classes. Come support your peers and learn how to effectively stop bullying in its tracks!

Monday, April 15 at 2:30 p.m. *Monthly Meditations with Indra Kelioutis, LCSW.* Meditation helps us make space for silence, stillness, peace, and serenity in our lives. It's a useful tool for personal and spiritual growth and improves our physical health. Meditation is also a great way people can come together and support each other allowing for more peace and relaxation into their lives. Indra Kelioutis, certified meditation instructor, will lead the class through 3-4 simple meditations that you can practice at home. The class focus is on being grounded, centered and calm.

Monday, April 22 at 11:00 a.m. *Create a Strong Estate Plan: Protect your Family and Your Finances with Lynda Lee Arnold of Czepiga, Pope, Daly and Perri*

Having a strong and up-to-date estate plan should be at the top of your to-do list. An estate plan provides a roadmap for your loved ones to know how to care for you if you are incapacitated and unable to tend to your financial and legal affairs. In this session, you'll learn about wills, powers of attorney, advance directives, trusts, and the purpose and powers included in each. We'll examine what happens if you don't have a will when you pass away, how your estate gets divided amongst your heirs, who can pay your bills if you can't, etc. Even if you've already created an estate plan, discover when, and if, you should have your existing documents reviewed and updated.

Senior Center Book Club
Wednesday, April 24 at 1:30 p.m.

Our book for March is *The Children's Blizzard* by Melanie Benjamin. From the New York Times bestselling author of *The Aviator's Wife* comes a story of courage on the prairie, inspired by the devastating storm that struck the Great Plains in 1888, threatening the lives of hundreds of immigrant homesteaders, especially schoolchildren.

Books will be on reserve for us at the Brookfield Library. *Please sign up on the enclosed form.*

Corn Hole
Monday, April 1 and 15 at 11:00 a.m.

Join a fun group and learn how to play Corn Hole – a great game for everyone. Our group of players is growing and there's always room for one more. We often hear lots of laughter happening during this activity!



No registration required – just show up for the fun.

Volunteers Needed

FISH (Friends in Service Here) is sponsored by the Brookfield Commission on Aging. We organize volunteers to drive Brookfield seniors who need rides to doctor and dentist appointment, physical therapy, lab work and medical tests. There is a growing need for rides as our population is aging. We currently have about 8 active drivers, but need more. On the average drivers drive twice a month. We have some clients who need ongoing treatments once or twice a week and others who only need a ride now and then. If you are interested in helping Brookfield seniors, please call the FISH LINE at 203-616-9678 for more information.



Brookfield Alerts

Get alerts about emergencies and other important community news by signing up for our Emergency Alert Program. This emergency notification system enables the Town to provide you with critical information quickly in a variety of situations, such as water system problems, severe weather, unexpected road closures, missing persons, and evacuation of buildings or neighborhoods. You will receive time-sensitive messages wherever you specify, such as your home, cell, or business phone, email, text messages, hearing impaired receiving devices, and more. You pick where, you pick how. Sign up at:
<https://member.everbridge.net/index/892807736723456#/signup>.

Fabulous Thursday Bingo Thursday, April 25 at 1:00 p.m.

Join us for an afternoon of fun and prizes with Bingo, sponsored by Candlewood Valley Health and Rehab. This is a fabulous way to spend a Spring afternoon with friends. Please sign up on the enclosed form.



Help Wanted:

Lunch Servers – as our lunch program grows, we can use your help! If you are joining us for lunch, check in with staff to see what we need. Thank you for helping us grow this important program.

Party Planning Committee – we'd love to have a committee to help us plan future parties and events. If you think you'd like to be part of this, please join us at the next Friends of Brookfield Senior Center meeting on Wednesday, April 9 at noon.

Happy Birthday to You!



We'd like to celebrate everyone having an April Birthday. Please join us on Thursday, April 4 at 12:30 p.m. for some cake and time together. You're never too old for a Birthday Party!

**From Ryan Soto, LPCA
Human 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 \$41,553 (individuals) and \$54,338 (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 paystubs if you're employed. Please contact Ryan at 203-775-7312 if you think you qualify. The assistance with oil deliveries will end March 31, assistance with natural gas and electric heat will end April 30.

Homeowner's Property Tax Credit

The Homeowner's Property Tax Credit program filing period goes through 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 or call 203-775-7302.

Renter's Rebate

The Renter's Rebate Program starts on April 1, 2024, and runs through October 30, 2024. If you rented in 2023, were age 65 or older, or were disabled, and your income (including Social Security) was no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a rebate from the State. For more information about this program and your eligibility, please contact Ryan Soto at 203-775-7312. You must meet a one-year state residency requirement.

Food Pantry

As a reminder, the Food Pantry drive through is every Tuesday in April from 9:30 a.m. to 11:00 a.m. Please, do not line up in the parking lot until 9:00 a.m. Thursday pantry is the 1st and 3rd Thursday of the month, so it occurs on April 4 and April 18 from 4:30 p.m. to 6:00 p.m. Please do not line up until 4:00 p.m.

**Grief Connections with Ben
Monday, April 8 and 22 at 11:00 a.m.**

Grief is a strong and sometimes overwhelming emotion that is a normal response to loss. There is no right or wrong way to grieve. You are invited to come share your thoughts, express your feelings and explore ways to work through these painful experiences with others who are doing the same. Please register so we know how many to expect.



**Blood Pressure Screening/ Nurses visit
Wednesday, April 17
from 11:00 a.m. – noon**



Tracey Cahill, RN will be available at the Senior Center on Wednesday, April 17 starting at 11:00 a.m. for drop in visits and blood pressure screening. This is a great opportunity to stay on track with your health on a regular basis.

**Alzheimer's and Dementia
Caregiver Support Group
Monday, April 29
at 11:00 a.m.**



This confidential group will be meeting the last Monday of each month at 11:00 a.m. These groups are a safe place for caregivers and loved ones of people with dementia to exchange information, share feelings and to develop a support system. Please register so we know how many to expect.

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>

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Behavioral Health Liaison:

Benjamin Ferrie bferrie@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, religion, national origin, range of abilities, sexual orientation, gender identity, financial means, 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 and 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 Jess - Entry Level Class: Mondays at 1:15 p.m. and Thursdays at 11:30 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.

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. **All levels are welcome to this class.**

Functional Strength and Balance with Cassie – Intermediate Level Class: Wednesdays at 1:15 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. This class is appropriate for beginner and advanced.

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.

Restorative Yoga with Elizabeth: Thursdays at 4:00 p.m. The focus of restorative yoga is that through relaxing in poses, with the aid of props, without strain or pain, we can achieve physical, mental, and emotional relaxation. Join Beth Hornbeck at the end of your day to enter the evening stretched and relaxed. Please bring a mat. The Senior Center has all of the props. The cost is \$10 per class, directly payable to the instructor (cost for April is \$40). Please register and pay in advance.

Movement, Strength, and Mobility 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 and balance work that can be adapted to your level.

Seated Stretch and Conditioning with Kim: Fridays at noon. Kim Downs is an Occupational Therapist who has taught people how to care for their bodies for 25+ years. Do you feel stiff? Experiencing changes in posture? Attend this class to learn how to properly stretch, condition, and care for your body. These activities can be performed sitting with the option to stand as able. Come ready to learn, have a good workout, and feel better. All ability levels are welcome.

Please consult your personal physician before beginning any new exercise class.

Wear appropriate footwear and clothing and always bring your water.

Please arrive in time to be fully set up and ready when class begins.

***Brain & Body Fitness with Stacey McIvor
Tuesday, April 9 at 10:30 a.m.***

Join Stacey McIvor MS, OTR/L of RESTORE Mobile Therapy, who will engage you in a fun and inter active program that will keep both your mind and body engaged. This class is sponsored by the Brookfield Education Foundation. Please sign up on the enclosed form.



***Games from the Brain Health Toolbox
Wednesday, April 24 at 11:00 a.m.***

Preventing forms of dementia is largely driven by lifestyle and the choices we make daily. Join Danielle Ramos, Bethel Health Care, for a fun hour of memory joggers and trivia. Register on the enclosed form.



Introduction to Drawing - Continuation

Just about anything you draw can be broken down into the 3 basic shapes: a circle, rectangle or square. Tom Doty will teach you how to test yourself on a new skill and meet some new friends in this 2-hour class. You'll learn about light and how it pertains to realism, about different kinds of pencils and how to use them correctly while shading, and use of proper erasers. Please sign up on the enclosed form.

Escape with Us!



Saturday, April 20. Join us as we return to our favorite restaurant - The Student Prince - in downtown Springfield, MA for a delicious German-style lunch. Lunch will be followed by a special performance of *The Play that Goes Wrong* at the Majestic theatre in West Springfield. Cost is \$156pp/ reservations now being accepted.

Tuesday, June 25. West Point Campus tour and lunch at the famous Hotel Thayer buffet. You will enjoy a guided walking tour of the West Point campus. Cost is \$135pp/ reservations now being accepted.

October 9-11. Long Island and the Lifestyles of the Rich and Famous. Join us for three days and two nights as we travel through The Hamptons, visit the Vanderbilt Mansion, Old Westbury gardens and mansion, and much more. Flyers are available at the center with all the details.

Thursday, July 25. Lunch at Amarante's Sea Cliff on the Water followed by The Thimble Island Cruise. How could a July day be any more perfect? *Please note change of restaurant.* Cost is \$135pp/ reservations now being accepted.

October 26-November 2. Ireland Sampler. Dublin, Galway, Killarney and more! Includes a 2-night stay in a castle. Flyers are available at the center with all the details. *Act quickly – only 2 seats left!*

Please note that your check holds your spot and that our buses are loaded based on the date your registration and check is received. We are required to give a final count to the travel agent 4-6 weeks in advance and cannot give you a refund after that time. We'll provide you with any waiting list names that we have, but it will be your responsibility to replace yourself at that time.

***Tech Assistance with Ashley
Thursday, April 4 from 3:30 p.m. – 4:30 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. Call the Center for a 20-minute appointment.

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

April 2024 Registration

You must have a current membership form on file for 2023-2024.

Name: _____

		Monthly Cost	Total
___	Mon Yoga at 10:00 a.m. (No class April 22)	\$15	\$ _____
___	Mon Back in Balance at 1:15 p.m. (No class April 15)	\$15	\$ _____
___	Tues Cardio Dance Party at 9:30 a.m.	\$15	\$ _____
___	Tues Line Dancing at 1:30 p.m.	\$20	\$ _____
___	Wed Tai Chi at 9:30 a.m.	\$15	\$ _____
___	Wed Functional Strength & Balance at 1:15 p.m.	\$15	\$ _____
___	Wed Chair Yoga at 2:30 p.m.	\$15	\$ _____
___	Thurs Bandstand Boogie at 9:30 a.m. (No class April 4 and 25)	\$ 5	\$ _____
___	Thurs Back in Balance at 11:30 a.m. (No class April 18)	\$15	\$ _____
___	Thurs Restorative Yoga with Beth at 4:00 p.m. Pay Beth Hornbeck directly (\$40 for April)		
___	Fri Movement, Strength, and Mobility at 10:30 a.m. (No class Apr 19)	\$10	\$ _____
___	Fri Seated Stretch and Conditioning at noon	\$15	\$ _____
___	Tues Art with Adele at 1:00 p.m.	\$20	\$ _____
___	Wed Introduction to Drawing - Continuation at 1:30 p.m.	\$20	\$ _____
___	Wednesday, April 3 at 11:00 a.m.: Women's Breast Health		
___	Friday, April 5 at 9:00 a.m.: Men's Breakfast	\$ 4	\$ _____
___	Monday, April 8 at 11:00 a.m.: Seniors Bullying Seniors		
___	Monday, April 8 and 22 at 11:00 a.m. Grief Connections		
___	Note day and time change: Tuesday, April 9 at 10:30 a.m.: Brain and Body Fitness		
___	Thursday, April 11 at 9:30 a.m.: Ask an Attorney		
___	Saturday, April 13 at Noon: Knights of Columbus lunch Address: _____		
___	Monday, April 15 at 2:30 p.m. Meditation		
___	Monday, April 22 at 11:00 a.m.: Estate Planning		
___	Note time change: Wednesday, April 24 at 11:00 a.m.: Brain Games		
___	Wednesday, April 24 at 1:30 p.m.: Book Club		
___	Thursday, April 25 at 1:00 p.m. Bingo		
___	Monday, April 29 at 11:00 a.m.: Alzheimer's & Dementia Support Group		
Total Cost – Payment by check or credit card MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> .			\$ _____

BROOKFIELD SENIOR CENTER LUNCH REGISTRATION FORM

April 2024

Name: _____

___	Monday, April 1	\$5	\$ _____
___	Tuesday, April 2	\$5	\$ _____
___	Wednesday, April 3	\$5	\$ _____
___	Monday, April 8	\$5	\$ _____
___	Tuesday, April 9	\$5	\$ _____
___	Wednesday, April 10	\$5	\$ _____
___	Monday, April 15	\$5	\$ _____
___	Tuesday, April 16	\$5	\$ _____
___	Wednesday, April 17	\$5	\$ _____
___	Monday, April 22	\$5	\$ _____
___	Tuesday, April 23	\$5	\$ _____
___	Wednesday, April 24	\$5	\$ _____
___	Monday, April 29	\$5	\$ _____
___	Tuesday, April 30	\$5	\$ _____
Total Cost –Make checks payable to the <i>Town of Brookfield.</i>			\$ _____

April 2024 Brookfield Senior Center Lunch Program

Monday	Tuesday	Wednesday	Thursday
<p style="text-align: right;">1</p> <p>Sole with wine and butter sauce/ green beans (no sauce)/ roasted potatoes/fruit/ milk and cookies</p>	<p style="text-align: right;">2</p> <p>Chicken ala Nick's/ Mashed Potatoes/ Ceasar Salad/ Whole grain bread/ Milk/ Fruit juice/ cookies</p>	<p style="text-align: right;">3</p> <p>Spaghetti with meat sauce/ cheesy garlic bread/tossed salad/ Milk/ Fruit juice/ cookies</p>	<p style="text-align: right;">4</p>
<p style="text-align: right;">8</p> <p>Baked Shells with Tomato sauce/ Roasted Vegetables/ Fruit Salad Italian bread milk and cookies</p>	<p style="text-align: right;">9</p> <p>Shrimp Scampi Buttered Linguini Green Beans Fruit juice Italian bread milk and cookies</p>	<p style="text-align: right;">10</p> <p>Chicken Francaise/ Buttered fettuccine/ green beans/Italian Fruit juice Italian bread milk and cookies</p>	<p style="text-align: right;">11</p>
<p style="text-align: right;">15</p> <p>Chicken Marsala/Mashed potatoes/tossed salad/multigrain bread/fruit/milk and cookies</p>	<p style="text-align: right;">16</p> <p>Sausage, peppers and onions/ Ziti with marinara sauce/Fruit salad/ Italian bread, milk and cookies</p>	<p style="text-align: right;">17</p> <p>Combo Hero/ Pasta Faggioli/ Vegetable Platter Fruit juice/ milk and cookies</p>	<p style="text-align: right;">18</p>
<p style="text-align: right;">22</p> <p>Eggplant a la Nicks w tomato sauce/ Tossed Salad/ Fruit Salad/ Whole grain bread milk and cookies</p>	<p style="text-align: right;">23</p> <p>Chicken Cacciatore/broccoli/tossed salad/ Italian Bread, milk fruit juice, cookies</p>	<p style="text-align: right;">24</p> <p>Turkey Hero/ Caprese Salad/ Fruit salad/milk and cookies</p>	<p style="text-align: right;">25</p>
<p style="text-align: right;">29</p> <p>Roast Beef Hero/ Potato Salad/ Tossed Salad Fresh fruit milk and cookies</p>	<p style="text-align: right;">30</p> <p>Meat Ravioli/ Ceasar Salad/ Roasted Vegetables/Fruit juice Italian bread milk and cookies</p>		<p>Portion Sizes: 3 oz protein ½ cup starch ½ cup vegetable ½ cup fruit 1 slice bread 8 oz low fat milk</p>

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

Mark your Calendars:

Men's Breakfast – Friday, April 5 at 9:00 a.m. Register and pay on the enclosed form by Wednesday, January 31. The cost is \$4 per person.

Reflexology with Eileen – Friday, April 5 and 26. 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.

Brookfield Knights of Columbus lunch delivery - Saturday, April 13. Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to **sign up by Thursday, April 4**. 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, April 9 at noon. Join the Board and employees at the Center to discuss activities, programming, and events. No registration required.

Blood Pressure Screening – Wednesday, April 17 from 11:00 a.m. – 12:00 noon. Let us help you stay on track with healthy blood pressure. Tracey Cahill, RN will be available for drop in visits.

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 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.

Intro to Drawing Continuation – Wednesdays, 1:30 – 3:30 p.m. This will be a continuation of our March Intro to Drawing class.

Bridge, Mahjongg, Pinochle and Games – Tuesdays, 1:00 p.m. – 3:45 p.m. and Thursdays at 1:00 – 5:45 p.m. Gather your table and join us for cards and games on Tuesdays and Thursdays

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.

Movie Matinee with the Academy Award Nominees and Winners

Thursday, April 4 at 1:00 p.m. *Rustin*. Bayard Rustin, advisor to Martin Luther King Jr., dedicates his life to the quest for racial equality, human rights, and worldwide democracy. However, as an openly gay Black man, he is all but erased from the civil rights movement he helped build. (Starring Colman Domingo, Chris Rock, Glynn Turman. 2023 PG-13, 1h48m).



Thursday, April 18 at 12:30 p.m. *Oppenheimer*. Winner of seven Academy Awards, this is a must-see movie! Christopher Nolan's breathtaking global phenomenon about the father of the atomic bomb stars Cillian Murphy, Emily Blunt, Matt Damon, Robert Downey Jr., and Florence Pugh. (2023, R, 3h). A short intermission will be offered during this movie.

Ask An Attorney

Thursday, April 11 at 9:30 a.m.

Join Michelle Ligouri, JD, for an informal round table discussion on topics of elder law. This is your opportunity to discuss elder law issues important to you in an informal relaxed setting. This session is limited to six participants. Please register on the enclosed form.





SENIOR ACTIVITIES ~ APRIL 2024

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD



203-775-5308

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Yoga 11:00 Corn Hole 12:00 Lunch Program 1:15 Back in Balance (W) 1:30 Coloring Club 	2 9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	3 9:30 Tai Chi 10:45 Let's Talk 11:00 Women's Breast Health 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Intro to Drawing 2:30 Chair Yoga	4 9:30 Bandstand Boogie CANCELLED 11:30 Back in Balance (W) 12:30 Birthday of the Month 1:00 Cards and Games/ Poker 1:00 Movie Matinee: <i>Rustin</i> 3:30 Tech Assistance with Ashley 4:00 Restorative Yoga	5 8:30 AARP Taxes 9:00 Men's Breakfast 10:30 Movement, Strength and Mobility 12:00 Reflexology 12:00 Seated Stretch and Conditioning with Kim
8 10:00 Yoga 11:00 Grief Conventions 11:00 Senior Bullying 12:00 Lunch Program 1:15 Back in Balance (B) 1:30 Coloring Club	9 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Brain & Body Fitness 12:00 Lunch Program 12:00 FOBS 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	10 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Intro to Drawing 2:30 Chair Yoga	11 9:30 Bandstand Boogie 9:30 Ask an Attorney 11:30 Back in Balance (B) 1:00 Cards and Games/ Poker 4:00 Restorative Yoga	12 10:30 Movement, Strength and Mobility 12:00 Seated Stretch and Conditioning with Kim <i>Saturday, April 13 at noon KoC lunch delivery</i>
15 10:00 Yoga 11:00 Corn Hole 12:00 Lunch Program 1:15 Back in Balance CANCELLED 1:30 Coloring Club 2:30 Meditation 	16 9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	17 9:30 Tai Chi 10:45 Let's Talk 11:00 – 12:00 Blood Pressure Screening 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Intro to Drawing 2:30 Chair Yoga	18 9:30 Bandstand Boogie 11:30 Back in Balance CANCELLED 1:00 Cards and Games/ Poker 12:30 Movie Matinee - <i>Oppenheimer</i> 4:00 Restorative Yoga	19 10:30 Movement, Strength and Mobility CANCELLED 12:00 Reflexology 12:00 Seated Stretch and Conditioning with Kim <i>Saturday, April 20 Lions Club Shred Day Brookfield Town Hall 9:00 a.m. – Noon</i>
22 10:00 Yoga CANCELLED 11:00 Estate Planning 11:00 Grief Conventions 12:00 Lunch Program 1:15 Back in Balance (W) 1:30 Coloring Club <i>May Registration begins</i>	23 9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	24 9:30 Tai Chi 11:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Intro to Drawing 1:30 Book Club 2:30 Chair Yoga	25 9:30 Bandstand Boogie CANCELLED 11:30 Back in Balance (B) 1:00 Cards and Games/ Poker 1:00 Bingo with Candlewood valley 4:00 Restorative Yoga 	26 10:30 Movement, Strength and Mobility 12:00 Seated Stretch and Conditioning with Kim
29 10:00 Yoga 11:00 Corn Hole 11:00 Alzheimer's and Dementia Support Group 12:00 Lunch Program 1:15 Back in Balance (W) 1:30 Coloring Club	30 9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing		<i>Please sign up for the lunch program on a separate registration form enclosed.</i>	Back in Balance: B= Bands Day W= Weights Day

Brookfield Senior Center presents:

Thimble Islands Cruise

Lunch at Chowder Pot III



Thursday, July 25, 2024

Delicious lunch at the CHOWDER POT III in Branford, CT. Known for their generous portions of fresh food, the Chowder Pot's menu features choice of: Boston Baked Scrod, Baked Stuffed Shrimp, OR Chicken Marsala. New York Style Cheesecake for dessert. Enjoy! Entree Choice in Advance.

THE THIMBLE ISLANDS CRUISE aboard the Sea Mist takes us along the Rocky Isles off Stony Creek Coast in Branford, CT. See the wonderful estates and learn the stories of these beautiful islands.

This trip is not wheelchair accessible

The Sea Mist Cruise provides a shuttle by School Bus from the Chowder Pot to the boat dock area. Travelers must be able to walk approximately 2 blocks from the school bus to the boat along a paved hill.

COST: \$135pp Based on 35-48

Reservations: Brookfield Senior Center 203-775-5308

Depart: 11:00am Brookfield Senior Center, 100 Pocono Rd

Estimated Return: 5:45pm Brookfield



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