

# *Brookfield Senior Center*

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

## *June 2023 Newsletter*

**What if there's something in our everyday lives that can transform our health and well-being? That something does exist - and it's called social connection!**

Our relationships and interactions with family, friends, colleagues, and neighbors are just some of what create social connection. Our connection with others and our community is also formed by our neighborhoods, digital environments, schools, and workplaces. These are essential components to our long-term health and wellness. Today, loneliness is more widespread than most other major health issues in the United States and has become a major health concern. According to a 2018 National Panel Survey, approximately one in two adults in America reported experiencing loneliness, and that was before the COVID-19 pandemic cut off so many people from friends, loved ones, and support systems. Loneliness and isolation represent profound threats to our welfare, but we have the power to respond, by taking small steps each day to strengthen our relationships, and by supporting community efforts to rebuild social connection.

According to the Office of the U.S. Surgeon General (2023), "The lack of social connection poses a significant risk for individual health and longevity. Loneliness and social isolation increase the risk for premature death by 26% and 29% respectively. Lacking social connection can increase the risk for premature death as much as smoking up to 15 cigarettes per day. In addition, poor or insufficient social connection is associated with increased risk of disease, including a 29% increased risk of heart disease and a 32% increased risk of stroke" (p.8).

Strong social connections can decrease the risk of developing and worsening issues such as heart disease, anxiety, high blood pressure, dementia, depression, and diabetes, reducing the risk of premature death. Increased social interaction can influence health-related behaviors, and play a role in educational and economic achievement. Fostering social connection requires that we commit to our relationships and communities. Our actions today can create sustainable changes to society and encourage better overall health and wellness.

### ***Annual Membership Applications Due***



We request that everyone complete an Annual Senior Center Membership Form by June 30 to update our records. Remember, this is *not* the same as your monthly program Registration form! The green form is enclosed and must be returned for you to register for any July programming. Membership is free for Brookfield residents and there is a \$20 fee for non-residents. We ask that all fees are paid by check or charge – no cash accepted.

### ***Summer Hours (Town Hall and Senior Center)***

***Effective 06/02/23 through 09/01/23***

Monday – Wednesday: 8:00 a.m. – 4:00 p.m.

Thursday: 8:00 a.m. – 6:00 p.m.

Friday: 8:00 a.m. – 1:00 p.m.

***Bees and Blooms Painting***  
***Thursday, June 8 at 1:00 p.m.***



Painting made simple and fun. Join us for this relaxing pre-summer painting event sponsored by Synergy Home Care and Keystone Place at Wooster Heights to create a simple, yet beautiful, painting in a few easy and creative steps. *Please register, as space is limited.*

***Corn Hole***  
***Tuesday, June 20 at 10:30 a.m.***



Join us and learn how to play Corn Hole - the great 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.*

***Escape with Us!***

*Flyers are available at the Center. Friendship Tours requires a separate check for each event. Checks should be made payable to Friendship Tours.*

***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. Cost is \$147pp. *Waitlist only.*

***Wednesday, September 13*** – Lunch at Carmines followed by *A Beautiful Noise*, the musical based on the life and music of Neil Diamond. Cost is \$253pp. A \$120 non-refundable deposit will hold your seat with the balance due August 1. *Waitlist Only.*

***Wednesday, December 6*** – lunch at the fully decorated Student Prince Café in Springfield, MA, followed by some time at MGM Springfield Casino and a tour of Bright Nights at Forest Park in Springfield, MA, listed as one of the “Top Ten Holiday Happenings in America.” Cost is \$125pp. *Accepting reservations July 1.*

***Garden Therapy***  
***Tuesday, June 13 at 10:30 a.m.***

Join our friends from the Garden Club of Brookfield once again as we celebrate summer with fresh flowers. The garden club members will bring the flowers and the creativity - you just have to bring the willingness to try something new!



*Please register for this event, as space is limited.*

***Senior Center Book Club***  
***Wednesday, June 28 at 1:30 p.m.***

This month we'll be reading *The Lost Apothecary* by Sarah Penner - a forgotten history, a secret network of women, and a legacy of revenge.



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

***Tech Assistance with Ashley***  
***Thursday, June 1 and 8***  
***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***

***Elderly and Disabled Homeowner's Property Tax Credit***

There's still time to file a Homeowner's Property tax credit for those 65 and older or disabled. The filing period ends May 15. To file, you'll need your 2022 tax return if you filed one and a 2022 SS 1099 form from Social Security (should be with your tax return). If you did not file a 2022 return, you'll need to provide all your 2022 1099s for Social Security, pensions, interest and dividends and distributions. You may go directly to the Assessor's Office to file. They'll provide assistance if you need it.

***Renter's Rebate***

Filing period continues through October 1. If you rented in 2022, were age 65 or older or 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.

***CEAP***

Applications for CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$39,761 (individuals) and \$51,996 (family of two), you may be eligible for assistance with your heating bills. Please call Ryan Soto at 203-775-7312 if you think you qualify.

***Wellness Corner:***

The Surgeon General recently declared loneliness a current priority in the U.S, stating that loneliness is the latest public health epidemic. Over 50% of adults say they are experiencing it.

Loneliness is a feeling that everyone experiences at some point in their life. It can be a result of various factors, such as a lack of social connections, the loss of a loved one, or a significant life change. However, prolonged loneliness can have adverse effects on mental and physical health, including depression, anxiety, and high blood pressure. If you're feeling lonely, it's essential to take steps to improve your social connections and overall well-being.

Here are some ideas:

- Spending quality time with people you care about. Be sure to call and converse if you can't meet in person.
- Be aware of and engage in activities that you enjoy, such as reading a book, taking a nature walk, or meditating.
- Exercise is also a great way to boost your overall well-being and mood.
- Social media platforms can make you feel more connected to the world around you, but they can also increase feelings of loneliness and isolation. To combat this, use social media in moderation and focus on building relationships offline.
- Finally, if you're struggling with loneliness, it can be helpful to seek professional help. A therapist or counselor can help you identify the underlying causes of your loneliness and provide guidance on how to decrease it. They can also offer tools and techniques to help you manage feelings of isolation.

## 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 [kcraigton@brookfieldct.gov](mailto:kcraigton@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 1:15 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. 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.*

### ***Grief Connections with Ben Ferrie Monday, June 12 at 11:00 a.m.***

Grief is a natural process that is painful, personal, and normal. Grief allows people to come to terms with a significant loss, and make sense of their new reality without a loved one.

Adapting does not mean forgetting, it means finding a way to cherish the memories of a loved one while continuing to move forward in life. You are invited to come and share your thoughts, express your feelings, and discuss how to work through this difficult process, while also connecting with others who are doing the same.

*Please register on the enclosed form.*



### ***Father's Day Breakfast Friday, June 16 at 9:00 a.m.***

Father's Day is Sunday, June 18 and we'd like to celebrate all grandfathers, fathers, sons, and grandsons with an early morning breakfast. This will not be your typical men's breakfast!

Art Gottlieb, historian, will be here to engage you in a presentation about Douglas MacArthur and the Korean War.

Register on the enclosed form and let us know how many guests you're bringing.



***Monthly Brain Games from the Brain Health Toolbox***  
***Wednesday, June 28 at 10:00 a.m.***



Preventing and treating forms of dementia are largely driven by lifestyle and the choices we make daily. Come use one tool from the brain health toolkit. Join Danielle Ramos, Bethel Health Care, for a fun hour of memory joggers and trivia. *Register on the enclosed form.*

***Contemporary Issues with Art Gottlieb***  
***Monday, June 26 at 10:30***  
***New Life-Long Learning Series***

This new course facilitated by Art Gottlieb will feature an in-depth discussion centered solely on one issue in the current news cycle. The featured topic will be examined from every relevant viewpoint and will include active input from the participants. Subject matter will be chosen near the actual presentation date to keep the focus on real-time trending events. Those wishing to make suggestions of topics for discussion or wanting to know in advance the week's selection are invited to contact Mr. Gottlieb at [agott@optonline.net](mailto:agott@optonline.net).

Join Art and company in our quest to continue our lifelong learning in a safe environment. It should never end! *Please register on the enclosed form.*

***Hiking Group***  
***Pratt Nature Center in New Milford***  
***Tuesday, June 13 at 9:30 a.m.***



The rating of this hike is *MODERATE*.

Pratt Nature Center is, as they say, "Your connection to the natural world." Join us on this 205-acre wildlife preserve and environmental education center in Litchfield County, CT. The land is diverse – with a mountain, meadows, woods, wildlife, gardens, farm animals, a stream, a pond, and wetlands, providing wonderful opportunities for outdoor fun, discovery, and adventure! Pratt offers hiking, birdwatching, community garden plots and more.

This will be a moderate hike, with some slight hills, but overall Pratt can accommodate the beginner hiker. Please bring your cell phone as we may cover some apps called "Seek" and "iNaturalist" to identify plants and insects. Please be prepared with the following:

- Bring Water (a must with warmer weather coming)
- Hiking shoes recommended (there could be muddy spots)
- Hiking poles recommended, but not necessary
- Meet at the Senior Center to carpool



*Please register on the enclosed form.*

***Mark your Calendar! Coming in July***



AARP Safe Driving Course will be offered on Thursday, July 20 from 1:00 p.m. – 5:00 p.m. Registration begins on July 5.



# BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

## June 2023 Registration

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

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

|  | Monthly<br>Cost | Total    |
|--|-----------------|----------|
| ___ Mon Yoga at 10:00 a.m.   | \$10            | \$ _____ |
| ___ Mon Back in Balance at 1:15 p.m.   | \$10            | \$ _____ |
| ___ Tues Cardio 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 1:15 p.m. (No class 6/14)   | \$10            | \$ _____ |
| ___ Wed Chair Yoga at 2:30 p.m.  | \$15            | \$ _____ |
| ___ Thurs Bandstand Boogie at 9:30 a.m.  | \$20            | \$ _____ |
| ___ Thurs Back in Balance at 10:30 a.m.  | \$20            | \$ _____ |
| ___ Fri Wellness & Wisdom at 10:30 a.m. (No class 6/16)  | \$15            | \$ _____ |
| ___ Art with Adele: Tuesdays at 1:00 p.m.  | \$20            | \$ _____ |
| ___ Thursday, June 1 at 9:30 a.m. Ask an Attorney  |                 |          |
| ___ Thursday, June 1 at 2:00 p.m. Movie Matinee: <i>The Fabelmans</i>  |                 |          |
| ___ Thursday, June 8 at 1:00 p.m. Bees and Blooms  |                 |          |
| ___ Thursday, June 8 at 2:30 p.m. Movie Matinee: <i>Cocoon</i>   |                 |          |
| ___ Saturday, June 10 at Noon: Knights of Columbus lunch   |                 |          |
| ___ Address: _____   |                 |          |
| ___ Monday, June 12 at 11:00 a.m. Grief Connections  |                 |          |
| ___ Tuesday, June 13 at 9:30 a.m.: Hiking Club ( <i>Rain date June 20</i> )  |                 |          |
| ___ Tuesday, June 13 at 10:30 a.m.: Garden Therapy   |                 |          |
| ___ Thursday June 15 at 3:00 p.m. Sound Healing  |                 |          |
| ___ Friday, June 16 at 9:00 a.m. Father's Day Breakfast: ___ guests<br>(sons, fathers, FIL, grandsons, etc. are invited)         |                 |          |
| ___ Thursday, June 22 at 3:00 p.m.: Is it Time for a Hip Replacement?  |                 |          |
| ___ Monday, June 26 at 10:30 a.m.: Contemporary Issues with Art Gottlieb   |                 |          |
| ___ Wednesday, June 28 at 10:00 a.m.: Brain Games  |                 |          |
| ___ Wednesday, June 28 at 1:30 p.m.: Book Club   |                 |          |
| ___ Thursday, June 29 at 1:30 p.m.: Bingo with Stern Home Therapy  |                 |          |
| 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

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

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

|  |                    |     |         |
|--|--------------------|-----|---------|
| ___  | Monday, June 5     | \$5 | \$_____ |
| ___  | Wednesday, June 7  | \$5 | \$_____ |
| ___  | Monday, June 12    | \$5 | \$_____ |
| ___  | Wednesday, June 14 | \$5 | \$_____ |
| ___  | Wednesday, June 21 | \$5 | \$_____ |
| ___  | Monday, June 26    | \$5 | \$_____ |
| ___  | Wednesday, June 28 | \$5 | \$_____ |
| Total Cost –Make checks payable to the <i>Town of Brookfield</i> . |                    |     | \$_____ |

| <i>June 2023</i>  |         | <i>Brookfield Senior Center Lunch Program</i>   |          |
|---|---------|---|----------|
| Monday  | Tuesday | Wednesday   | Thursday |
|   |         |   | 1        |
| 5<br><i>Chicken Caesar salad<br/>Fruit salad<br/>Multigrain bread/roll<br/>Milk/juice<br/>Cookies</i>                       | 6       | 7<br><i>Lasagna<br/>Tossed Salad<br/>Fruit Salad<br/>Italian bread/roll<br/>Milk</i>  | 8        |
| 12<br><i>Chicken a la Nicks<br/>Roasted Potatoes<br/>Green Beans<br/>Italian bread/roll<br/>Milk/juice<br/>Cookies</i>      | 13      | 14<br><i>Roast beef on roll<br/>Cole Slaw<br/>Pasta Fagioli<br/>Milk/juice<br/>Cookies</i>                                  | 15       |
| 19<br><b>CLOSED</b>   | 20      | 21<br><i>Chicken Francesca<br/>Buttered fettucine<br/>Green Beans<br/>Multi grain bread/roll<br/>Milk/juice<br/>Cookies</i> | 22       |
| 26<br><i>Chicken and Mushrooms<br/>Buttered Linguini<br/>Caesar Salad<br/>Italian bread/roll<br/>Milk/juice<br/>Cookies</i> | 27      | 28<br><i>Baked Manicotti<br/>Tossed salad<br/>Fruit Salad<br/>Italian bread/roll<br/>Milk/juice<br/>Cookies</i>             | 29       |



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

**Ask an Attorney Roundtable – Thursday, June 1 at 9:30 a.m.** Michelle Ligouri, JD, is here to answer 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, June 16 for our Father's Day event.** Register on the enclosed form by Tuesday June 13.

**Reflexology with Eileen – Friday, June 2 and 16.** 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, June 10.** Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to sign up by Thursday, June 1. 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, June 13 at 12:00 p.m.** Please join us as we discuss activities at the Center. No registration required.

**Blood Pressure Screening – Monday, June 12 from 9:15 a.m. – 12:30 p.m.** Let us help you stay on track with healthy blood pressure. Call the Senior Center to make an appointment with Kathy Creighton.

**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.*

**Bridge, Mahjonn, 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're 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 *after noon*. Packets are filled with coloring sheets, puzzles, articles, and more.

## ***BROOKFIELD FISH (Friends in Service Here) NEEDS YOU***

FISH drivers take ambulatory seniors to nearby medical appointments. We'd like to increase our available driver pool. If you're interested, please leave your name and telephone number or email at 203-616-9678.



## ***Thursdays at the Center!***

### ***Thursday Afternoon Mix and Mingle on the Patio Every Thursday from 4:00 p.m. – 6:00 p.m.***

Join us on Thursday afternoons on our patio to socialize with old friends and make some new ones. Bring a snack or beverage if you want – even some to share. We'll provide the music and the chairs. This is a great way to enjoy a summer evening.

### ***Thursday Afternoon Cards and Games Every Thursday from 1:00 p.m. – 5:45 p.m.***

Bring some friends and join us for an afternoon/early evening of cards and games. The room opens at 1:00 p.m. and you can play as short or as long as you'd like.

### ***Movie Matinees***

***Times vary so please make note! Please register so we know how many seats to set up***

**Thursday, June 1 at 2:00 p.m.:** *The Fabelmans*. Rediscover the magic of movies in Steven Spielberg's coming-of-age story about a young man's love of film and the power it has to reveal the truth in ourselves and others. Co-starring Michelle Williams, Paul Dano, and Seth Rogen; PG 13, 2h30m.



**Thursday, June 8 at 2:30 p.m.:** *Cocoon*. Three Florida retirees discover a fountain of youth thanks to friendly aliens from another galaxy in this 1985 classic fantasy film. Co-starring Don Ameche, Wilford Brimley, Hume Cronyn and Brian Dennehy; PG-13: 1h57m.

### ***Bingo***

***Thursday, June 29 at 1:30 p.m.***



Join us for an afternoon of treats, fun and prizes with our new sponsor Stern Home Therapy. *Please register on the attached form. This is a free event as there is no lunch!*

### ***Sound Healing Meditation With Regional Hospice Thursday, June 15 at 3:00 p.m.***



Sound is one of our most primitive experiences. It's something we resonate deeply to, naturally. Enjoy a guided meditation and sound healing by Jennifer Bell Finnegan, Regional Hospice, using Tibetan singing bowls to lull you into a deep state of relaxation. It's soothing, as the sound vibrations flow through your body to help ease pain and quiet your busy mind. Come relax and enjoy natural healing for your body, mind, and spirit.

*Please register on the enclosed form.*

### ***Is it Time for a Joint Replacement? Thursday, June 22 at 3:00 p.m.***

The decision to have elective surgery is never an easy one and joint replacement surgeries are no exception. Many factors — including pain level, range of motion, strength, stability, age, lifestyle, alternative therapeutic options, and comfort with surgery — contribute to the decision. Join us to learn more about this important decision.

Dr. Sanjay Gupta and Stacie Perachi, RVNAhealth Rehab Team Lead, will present you with a guide on when, why, and how to manage a joint replacement.

*Please register on the enclosed form.*












# SENIOR ACTIVITIES ~ JUNE 2023

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
| <p><i>Please sign up for the lunch program on a separate registration form enclosed.</i></p>  | <p><i>Advance registration and payment where necessary is required for all programs unless otherwise noted.</i></p> <p><i>Use the enclosed registration form</i></p>   | <p><i>Don't forget to complete your Annual Membership form!</i></p>   | <p><b>1</b></p> <p>9:30 Bandstand Boogie<br/>9:30 Ask an Attorney<br/>10:30 Back in Balance<br/>11:45 Tai Ji Quan: MBB<br/>1:00 Cards and Games/ Poker<br/>2:00 Movie Matinee: <i>The Fabelmans</i><br/>2:30 Tech with Ashley<br/>4:00 Mix and Mingle on the Patio</p>               | <p><b>2</b></p> <p>10:30 Wellness and Wisdom<br/>12:00 Reflexology<br/>12:00 Weekly Packet Pickup</p>   |
| <p><b>5</b></p> <p>10:00 Tech Savvy Seniors<br/></p> <p>10:00 Yoga<br/>12:00 Lunch Program<br/>1:15 Back in Balance<br/>1:30 Coloring Club</p>   | <p><b>6</b></p> <p>9:30 Cardio Dance Party<br/>10:00 Handiwork Group<br/>10:30 Tai Ji Quan: MBB<br/>1:00 Art with Adele<br/>1:00 Cards and Games<br/>1:30 Line Dancing</p>   | <p><b>7</b></p> <p>9:30 Tai Chi<br/>10:45 Let's Talk<br/>12:00 Lunch Program<br/>1:15 Functional Strength &amp; Balance<br/>2:30 Chair Yoga</p>  | <p><b>8</b></p> <p>9:30 Bandstand Boogie<br/>10:30 Back in Balance<br/>11:45 Tai Ji Quan: MBB<br/>1:00 Cards and Games/ Poker<br/>1:00 Bees and Blooms Painting<br/>2:30 Movie Matinee: <i>Cocoon</i><br/>2:30 Tech with Ashley<br/>4:00 Mix and Mingle on the Patio</p>             | <p><b>9</b></p> <p>10:30 Wellness and Wisdom<br/>12:00 Weekly Packet Pickup</p> <p><i>Saturday, June 10 at noon<br/>KoC lunch delivery</i></p>  |
| <p><b>12</b></p> <p>9:15 -12:30 Blood Pressure Screening<br/>10:00 Tech Savvy Seniors<br/></p> <p>10:00 Yoga<br/>11:00 Grief Connections<br/>12:00 Lunch Program<br/>1:15 Back in Balance<br/>1:30 Coloring Club</p> | <p><b>13</b></p> <p>9:30 Cardio Dance Party<br/>9:30 Hiking Group<br/>10:00 Handiwork Group<br/>10:30 Tai Ji Quan: MBB<br/>10:30 Garden Therapy Project<br/>12:00 FOBSC<br/>1:00 Art with Adele<br/>1:00 Cards and Games<br/>1:30 Line Dancing</p>   | <p><b>14</b></p> <p>9:30 Tai Chi<br/>10:45 Let's Talk<br/>12:00 Lunch Program<br/>1:15 Functional Strength &amp; Balance<br/><b>Cancelled</b><br/>2:30 Chair Yoga</p>  | <p><b>15</b></p> <p>9:30 Bandstand Boogie<br/>10:30 Back in Balance<br/>11:45 Tai Ji Quan: MBB<br/>1:00 Cards and Games/ Poker<br/>3:00 Sound Healing<br/>4:00 Mix and Mingle on the Patio</p>  | <p><b>16</b></p> <p>9:00 Father's Day Breakfast<br/>10:30 Wellness and Wisdom <b>Cancelled</b><br/>12:00 Reflexology<br/>12:00 Weekly Packet Pickup</p>  |
| <p><b>19</b></p> <p><i>Senior Center Closed In Observance of Juneteenth</i></p>   | <p><b>20</b></p> <p>9:30 Cardio Dance Party<br/>9:30 Hiking Club <i>Rain date</i><br/>10:00 Handiwork Group<br/>10:30 Tai Ji Quan: MBB<br/>10:30 Corn Hole<br/>1:00 Art with Adele<br/>1:00 Cards and Games<br/>1:30 Line Dancing</p>  <p><i>Senior Night at Danbury Westerners</i></p> | <p><b>21</b></p> <p>9:30 Tai Chi<br/>10:45 Let's Talk<br/>12:00 Lunch Program<br/>1:15 Functional Strength &amp; Balance<br/>2:30 Chair Yoga</p>  | <p><b>22</b></p> <p>9:30 Bandstand Boogie<br/>10:30 Back in Balance<br/>11:45 Tai Ji Quan: MBB<br/>1:00 Cards and Games/ Poker<br/>3:00 Is it Time for a Hip Replacement?<br/>4:00 Mix and Mingle on the Patio</p>   | <p><b>23</b></p> <p>10:30 Wellness and Wisdom<br/>12:00 Weekly Packet Pickup</p>  |
| <p><b>26</b></p> <p>10:00 Tech Savvy Seniors<br/></p> <p>10:00 Yoga<br/>10:30 Contemporary Issues with Art Gottlieb<br/>12:00 Lunch Program<br/>1:15 Back in Balance<br/>1:30 Coloring Club</p>                      | <p><b>27</b></p> <p>9:30 Cardio Dance Party<br/>10:00 Handiwork Group<br/>10:30 Tai Ji Quan: MBB<br/>1:00 Art with Adele<br/>1:00 Cards and Games<br/>1:30 Line Dancing</p>  | <p><b>28</b></p> <p>9:30 Tai Chi<br/>10:00 Brain Games<br/>10:45 Let's Talk<br/>12:00 Lunch Program<br/>1:15 Functional Strength &amp; Balance<br/>1:30 Book Club<br/>2:30 Chair Yoga</p>  | <p><b>29</b></p> <p>9:30 Bandstand Boogie<br/>10:30 Back in Balance<br/>11:45 Tai Ji Quan: MBB<br/>1:00 Cards and Games/ Poker<br/>1:30 Bingo!<br/>4:00 Mix and Mingle on the Patio</p>          | <p><b>30</b></p> <p>10:30 Wellness and Wisdom<br/>12:00 Weekly Packet Pickup</p>  |