

Brookfield Senior Center

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

July 2021 Newsletter

Dear friends,

We've been delighted to see so many of you this past month and we look forward to seeing more of you join us in the coming weeks. Please read the newsletter completely to ensure you understand how programs are being offered and then promptly register for programs you want to attend.

Make sure you have renewed your Annual Membership. This is *not* the same as your monthly program registration form and you will not be able to register for July activities until your 2021-2022 Membership form is on file. Membership is free for Brookfield residents and there is a small \$20 fee for non-residents. Forms are available on the door, outside the Senior Center, and on our website. They can be dropped off, mailed or emailed. Be sure to include your payment by check. No cash will be accepted.

Before entering the Senior Center, be aware that the following protocols remain in place for everyone's safety and comfort and that these guidelines may change at any time. We're following all State and Town-wide guidance for Senior Centers at this time and doing our best to keep you safe.

- If you are fully vaccinated, masks are optional. Unvaccinated members are recommended to wear a mask and socially distance inside the center for your own protection. The current Delta variant of Covid-19 is extremely dangerous and it is spreading primarily among the unvaccinated.
- Scan in, with your scan card, at the 'My Senior Center kiosk' every time you arrive. We must keep accurate records.
- Use hand sanitizer as you enter the building; more are located throughout the building for your convenience while you are here.
- Do NOT come to the Center if you are experiencing ANY cold or flu symptoms.
- Please no outside food at this time. Bring your own water bottle to stay hydrated during an exercise program.
- *Participation in all programs is by advance registration only, which must be completed at least one day prior to your selected program.* No walk-ins will be accommodated.
- Register by using the enclosed July registration form (either paper copy or electronic) or through your *MyActiveSeniorCenter* account, using your scan card number. You will be notified if a class is already full and there is a waiting list.
- Payment must accompany registration. Make all checks payable to the "Town of Brookfield."
- Staff offices cannot accommodate visitors; please allow us to assist you outside our offices.
- There is currently nowhere to "hang out" inside the center; however, our patio and outdoor spaces are available when not in use. Please do not arrive early for programs and activities.

AARP Driver Safety

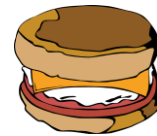
AARP is extending its closure of in-person events, including the Smart Driver courses, until September 1, 2021. The Smart Driver course can be taken online through this link <https://www.aarpdriversafety.org/>. Taking the course in this way will allow you to retain your car insurance discount. We hope to offer an in-person Driver Safety course in October.



Mark your Calendars:

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

Men's Breakfast – Friday, July 9 at 9:30 a.m. Join us outside to enjoy breakfast with new and old friends. Bring your lawn chair and relax outdoors. In case of inclement weather, the breakfast will be cancelled. Register in advance. Requested donation is \$3.



Friends of Brookfield Senior Center (FOBSC) – Tuesday, July 13 at 12:30 p.m. Please join us as we discuss summer activities at the Center. Bring a lawn chair and join us under the tent. Register in advance



Blood Pressure Screening - Thursday, July 15 from 9 a.m. – 1 p.m. Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton for blood pressure screening. Appointments will be in 20-minute timeslots.

'Grab and Go' lunches are available. These lunches are available for pickup on Mondays and Wednesdays at 10:45 a.m. with a suggested donation of \$3 per lunch. You'll receive two full lunches each day for a total of four lunches for the week. Use the enclosed registration form, if you're interested.

Art with Adele - Tuesdays, 1 p.m. – 3 p.m. Bring all of your own supplies and painting project and join Adele and friends. Space is limited to eight participants. Register using the enclosed form. The fee is \$20 to be paid at the time of registration – before the first class. Checks only please. Walk-ins will not be accommodated due to limited space.

Let's Talk- Wednesdays at 11 a.m. This friendly group will gather outside to reconnect and chat. Bring your lawn chair and join us. In case of inclement weather, the group will meet indoors. Register in advance so we know how many to expect.

Reflexology with Eileen – Friday, July 2 and Friday, July 16. Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Please use the enclosed registration form and Eileen will contact you to schedule. *Cost is \$35 for a 30-minute session payable directly to Eileen Byrnes.*



Senior Center Book Club - Wednesday, July 28 at 1:00 p.m., Book Club meetings are the last Wednesday of the month. Bring your lawn chair and join us outside under the tent. The book for July is *Light a Penny Candle* by Maeve Binchy. Evacuated from Blitz-battered London, shy and genteel Elizabeth White is sent to stay with the boisterous O'Connors in Kilgarret, Ireland. It is the beginning of a friendship which will endure through twenty turbulent years of change and chaos, joy and sorrow, soaring dreams and searing betrayals. *Register on the enclosed form.*



0301	
DATE	_____
NAME	_____
ADDRESS	_____
CITY	_____
STATE	_____
ZIP	_____
CITY OF BROOKFIELD, ILLINOIS 60089-3200	

Make all checks payable to: "Town of Brookfield."
Checks cannot be accepted made out to Brookfield Senior Center.
We are no longer accepting cash for Annual Membership or class fees.

Root Beer Floats
Friday, July 30 at 1:00 p.m.



What's better on a hot summer afternoon than a Root beer float? Bring your lawn chair and join your friends under the tent for a taste of summers past. Please register on the enclosed form so we have enough to serve you.

Brookfield Knights of Columbus brings lunch to you!
Saturday, July 10

These wonderful community volunteers are offering to deliver a hot lunch to Brookfield seniors on the 2nd Saturday of the month.

Please use the enclosed registration form to sign up by Thursday, July 1 so that we can let them know how many meals to prepare. Delivery is between 11:15 a.m. and 12:15 p.m. *You must be home to accept delivery.*

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

Social Security

From "Justice in Aging: On May 28, 2021, the Social Security Administration (SSA) began offering "express interviews" (EXI) at its field offices and Social Security card centers nationwide. According to the Emergency Message released on implementation of the EXI process, "EXIs are brief interviews, lasting approximately 5-7 minutes, which allow eligible individuals to apply for an original or replacement Social Security Number (SSN) card and submit necessary evidence in person."

Farmer's Market SNAP Program

The Brookfield Farmer's Market now accepts SNAP and will double your purchase dollars. If you have a SNAP EBT card and enjoy eating and cooking good, farm-fresh foods, come on down to the Brookfield Farmer's Market (across from the Post Office) on Fridays from 3:00 – 6:00 p.m. beginning June 18 and continuing throughout the summer.

Renter's Rebate

Filing period is through October 1, 2021. You must apply every year to receive this benefit. If you turned 65 by December 31, 2020, you may qualify. You will need to provide rent and utility receipts for 2020 and a federal tax return (if you have filed one) or all of the tax documents you would use to file a return. Please call 203-775-7312 with any questions or to arrange getting paperwork to Social Services.

VIP Group

The Vision Impaired Group (VIP Group) is meeting on Thursday, July 8 at 10:00 p.m. We will meet outside for our July 4 picnic brunch. Muffins and drinks will be served.

In the News

From "Justice in Aging": The White House released the President's budget proposal for FY 2022 that outlines spending and policy priorities for Congress. It centers on the American Jobs Plan and American Families Plan, including the \$400 billion investment in Medicaid Home and Community Based Services (HCBS). The budget calls for numerous new or expanded programs focused on addressing racial disparities, inequality, and civil rights, including new investments in housing assistance and funding to prevent housing discrimination. The budget also outlines other policy priorities, including improving Medicare by lowering prescription drug costs and expanding dental, vision, and hearing coverage, ending the Medicaid funding caps for the U.S. Territories, and creating additional public coverage options. Stay tuned...

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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Social Services Coordinator
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lkelly@brookfieldct.gov

All Are Welcome Here!



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

FISH Medical Transportation:

Transportation for medical appointments weekdays from 9 a.m. - 2 p.m. Ambulatory disabled and/or seniors. Brookfield residents only.

Call 203-616-9678 to submit request at least 3 days prior to appointment.



SweetHART Telephone:

Main Phone: 203-744-4070

Reservations: Press 3

Meals on Wheels:

Home delivered meals for those 60 years of age or older who are homebound

Main number: 800-994-9422

Improve Your Mind & Body

Register on the enclosed form for classes each month. We cannot accommodate walk-ins.

Please note that as “things are going back to normal,” we must begin charging for our classes again.

Yoga with Eileen: Mondays at 10:30 a.m. This yoga class includes postures to work on strength, flexibility, balance and movement to make you feel stronger. Bring your own mat. *Available via Zoom and in-person.*

Cardio Dance Party with Matt: Tuesdays at 9:30 a.m. Come for the party music and stay for the dance moves. You won’t want to miss this opportunity to dance with Matt every Tuesday morning! *Class will be held in-person, inside the building, beginning in July. Space is limited.*

Stretch and Strengthen with Cassie: Wednesdays at 1 p.m. The focus of this class is on gentle movement and range of motion exercises through all the joints and muscles in your body. Everyone can benefit from joining Cassie’s class. Bring your hand weights and a towel or rope to assist with stretching. *Class will be held in-person, inside the building. Space is limited.*

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. *Class will be held in-person, outside. In case of inclement weather, we will bring you inside. Space is limited.*

NEW! *Chair Yoga:* Wednesdays at 2:30 p.m. You get all the benefits of movement and breathe work without having to get down on the floor. You can do everything in chair yoga that you do in floor yoga. *Class will be held in-person, inside the building. Space is limited.*

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. *In-person beginning in July. Space is limited.*

Wellness and Wisdom with Eileen: Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen both your body and your mind. Bring your own light hand weights and a small ball. *Available via Zoom and in-person.*

Back in Balance with Kathy: During this pandemic, we’ve all been out of balance, whether it’s in our mind or on our feet. Now that we’re emerging back into our new normal, allow Kathy Creighton from the Center to guide you to a better-balanced self. Join us on Mondays at 1:00 p.m. in-person, outdoors, at the Senior Center for this gentle session. *The session will be indoors if there is inclement weather.*

Outdoor Adventure: First Friday Hike at Deer Pond Farm Audubon Center: Friday, July 2 at 9:00 a.m. Join our friends at Deer Pond Farm in Sherman, for their ever popular “First Friday Hike.” Register directly through the Audubon Center at <https://www.ctaudubon.org/2021/05/first-friday-hike-july-2/> and meet up in Sherman.

Wellness Corner with Kathy

July is “Social Wellness” month. The social aspect of wellness includes nurturing ourselves, our relationships, giving and receiving social support; allowing ourselves to have friends, family and others to turn to in times of need. Some of us are very good at giving, but find it harder to accept help from others. Take time to reflect on your reluctance to accept help. You feel good when you can help others, so your social support network should be able to help you. Our social supporters give us a broader focus on life and improve our positive self-image. It is important to nurture and maintain these relationships. Be sure to show your appreciation to your social network this month.



Programs and Life-Long Learning

AARP Virtual U Community offers a wide variety of FREE interactive online events and classes designed for learning, self-improvement, and fun. If you're a history buff, or a techie, this is for you! Keep checking their website as activities are added daily: <https://local.aarp.org/brookfield-ct/aarp-events/>.

Senior Planet offers a large variety of streaming online events. These include exercise and meditation programs, virtual tours and courses about technology. <https://seniorplanet.org/get-involved/newsletters/>

CT Audubon - visit <https://www.ctaudubon.org> for virtual and in-person, outdoor events. Join the community for two wonderful free events this month:

- **First Friday Hike** on July 2 at 9:00 a.m. at Deer Pond Farm in Sherman. Please register directly with the Audubon Center through <https://www.ctaudubon.org/2021/05/first-friday-hike-july-2/>
- **Monarch Calendar Project** on Saturday, July 10 at 11:00 a.m. at Deer Pond Farm in Sherman. It's time to start looking for monarchs! Join your friends for the kickoff event of the Monarch Calendar Project. We will be discussing the mission and methodology of the project, and then practice making observations of monarchs throughout the property. Please bring a pencil and notebook for recording your observations. Register at <https://www.ctaudubon.org/2021/05/be-a-citizen-scientist-july-10/>.

Cards, Scrabble, Mah-jongg and Poker are back! Starting the Week of July 20

Please note the following procedures we will be following:

- Board games, poker, mah-jongg and scrabble will be on Tuesday afternoons from 1:30 p.m. – 3:30 p.m. This allows our staff time to clean the room before and after play.
- Card games including bridge, pinochle and canasta will be on Thursday afternoons from 1:30 p.m. – 3:30 p.m. This allows our staff time to clean the room before and after play.
- People wishing to play here MUST designate one player to call the center at least a day in advance to register the members of the group. All members must be current senior center members.
- Space for playing games will be limited, so if you do not register your group at least one day in advance, there will not be a space for you. No walk-ins will be allowed.
- Please bring your own cards, boards, etc., with you and take them home at the end of play.
- Please, no outside food at this time. Bring your own water bottles with you so that you stay hydrated.

Movie Matinee: We are happy to begin offering movie matinees at the Senior Center once again. Register in advance: there will be no walk-ins allowed.

Friday, July 16 at 1 p.m. *Nomadland*. Following the economic collapse of a company town in rural Nevada, Fern (Frances McDormand) packs her van and sets off on the road exploring a life outside of conventional society as a modern-day nomad.



Friday, July 23 at 1 p.m. *Knives Out*. When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate.

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

July 2021

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

Name: _____

Cell Phone: _____ Home Phone: _____ Email address: _____

	Cost	Total
___ Mon Yoga at 10:30 a.m. ___ Zoom or ___ In-person	\$10	\$_____
___ Mon Back in Balance with Kathy at 1 p.m. (In-person)	\$10	\$_____
___ Tues Dance Party at 9:30 a.m. (In-person)	\$12	\$_____
___ Wed Tai Chi at 9:30 a.m. (In-person)	\$12	\$_____
___ Wed Stretch & Strengthen at 1:00 p.m. (In-person)	\$12	\$_____
___ Wed Chair Yoga with Eileen at 2:30 p.m. (In-person)	Free	
___ Thurs Bandstand Boogie at 9:30 a.m. (In-person)	\$12	\$_____
___ Fri Wellness & Wisdom at 10:30 a.m. ___ Zoom or ___ In-person	\$12	\$_____
___ 5 Classes for \$50 (Designate 5 Classes Above)	\$50	\$_____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$_____
___ Let's Talk: Wednesdays at 11:00 a.m.		
___ Knitting and Quilting Tuesdays at 10:00 a.m.		
___ Grab and Go Lunches (Monday-Thursday) pickup at 10:45 a.m. on Mondays and Wednesdays. \$3 donation/meal	Pay at pickup	
___ Men's Breakfast: Friday, July 9 at 9:30 a.m.	Donation	
___ FOBSC Meeting: Tuesday, July 13 at 12:30 p.m.		
___ Knights of Columbus lunch delivery: Saturday, July 10		
___ Address: _____		
___ Blood Pressure Screening: Thursday, July 15 (call for timeslot)		
___ Movie Matinee: Friday, July 16 (In-person)		
___ Reflexology with Eileen: (Friday, July 2 and Friday, July 16)	Pay directly	
___ Cooking Class w/ Chef Heff; Thursday, July 22 at noon (Zoom)		
___ Movie Matinee: Friday, July 23 at 1:00 p.m. (In-person)		
___ Book Club: Wednesday, July 28 at 1:00 p.m. (In-person)		
___ Root Beer Floats: Friday, July 30 at 1:00 p.m.		
Total Cost – please attach a check made out to <i>Town of Brookfield. Fees MUST be paid at the time of registration prior to the first class you attend.</i>		\$_____



FRIENDSHIP TOURS THE SHIP SHOP

1 (800) 243-1630 (860) 243-1630

Travel with Friendship Tours. The following trips are being offered directly through Friendship Tours with a pickup in Danbury. Please contact them directly for arrangements and questions.

August 1 New York Botanical Garden – KUSAMA Exhibit \$120pp Adult / \$117pp Senior: The New York Botanical Garden is a real gem! Experience this multisensory presentation of the work of internationally celebrated Japanese artist Yayoi Kusama. With NYBG as the exclusive venue, this exhibition is designed to capture and illuminate the artist's profound engagement with nature throughout the changing seasons from spring into fall.

September 11 – Hudson River Cruise - \$135pp: What could be nicer than a day along the Hudson River. Enjoy a sit-down lunch at Shadows on the Hudson Restaurant - sitting on the South Deck. Then we will go to the Walkway over the Hudson State Historic Park, the world's longest elevated pedestrian bridge, spanning 1.28 miles over the Hudson River in Poughkeepsie, NY. Stroll as much or as little as you would like. Then relax as we take a scenic cruise aboard the Rip Van Winkle with beautiful views of lighthouses, waterfront mansions and more.

September 20 – Villa Roma for the Day – Jimmy Sturr Orchestra. Spend the day at Villa Roma Resort in NY's Catskill Mountains. Refreshments upon arrival and sit down 3- course lunch. Enjoy a matinee Polka show starring the Grammy Award winning Jimmy Sturr & His Orchestra.

October 10 – Bronx Zoo - \$110 Adult / \$108pp Senior / \$106pp Children 5-12. Discover your wild side at the Bronx Zoo! Enjoy motor coach transportation and admission to the Bronx Zoo. The Bronx Zoo is one of the largest zoos in the US with over 265 acres to explore. Visit their many exhibits including the Children's Zoo, the Wild Asia Monorail, the Congo Gorilla Forest, the African Plains, Tiger Mountain, Butterfly Garden, the Zoo Shuttle and more.

Chef Heff Rigatoni Rustica Thursday, July 22 at Noon

Join your friends from Candlewood Valley Health and Rehabilitation Center on Zoom for an authentic Italian Cooking class via Zoom. Chef Heff invites you into his kitchen, from your kitchen, as he prepares his favorite Italian culinary classic, Rigatoni Rustica.



Register on the attached form and we will send along the zoom information. *Mangia! Mangia!*

Chess & Checkers Outside, Anytime



Grab a partner and join them outside for a lively game of chess or checkers! Our new table, made just for the Senior Center by an Eagle Scout from Brookfield Boy Scout Troop 135 is located in the rear of the building.


Please call in advance to reserve the table and game pieces.



SENIOR ACTIVITIES ~ JULY 2021

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Registration Required with the Senior Center on enclosed Registration.</p> <p>** Register with our collaborating agencies directly.</p>			<p>1</p> <p>9:30 Bandstand Boogie* <i>cancelled</i></p>	<p>2</p> <p>9:00 Deer Pond Farm-First Friday Hike**</p> <p>10:30 Wellness and Wisdom*</p> <p>12:00 Reflexology*</p>
<p>5</p> <p>Closed 4th of July</p> 	<p>6</p> <p>9:30 Cardio Dance Party*</p> <p>10:00 Knitting and Quilting*</p> <p>1:00 Art with Adele*</p>	<p>7</p> <p>9:30 Tai Chi*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>11:00 Let's Talk*</p> <p>1:00 Stretch & Strengthen*</p> <p>2:30 Chair Yoga*</p>	<p>8</p> <p>9:30 Bandstand Boogie*</p> <p>10:00 VIP Group*</p>	<p>9</p> <p>9:30 Men's Breakfast*</p> <p>10:30 Wellness and Wisdom* <i>cancelled</i></p> <p><i>Saturday, July 10 Knights of Columbus Lunch delivery*</i></p> <p><i>Saturday, July 10 Monarch Calendar Project at Deer Pond Farm**</i></p>
<p>12</p> <p>10:30 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p>	<p>13</p> <p>9:30 Cardio Dance Party*</p> <p>10:00 Knitting and Quilting*</p> <p>12:30 FOBSC*</p> <p>1:00 Art with Adele*</p>	<p>14</p> <p>9:30 Tai Chi*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>11:00 Let's Talk*</p> <p>1:00 Stretch & Strengthen*</p> <p>2:30 Chair Yoga*</p>	<p>15</p> <p>9:00 -1:00 BP Screening*</p> <p>9:30 Bandstand Boogie*</p>	<p>16</p> <p>10:30 Wellness and Wisdom*</p> <p>12:00 Reflexology*</p> <p>1:00 Movie Matinee*</p>
<p>19</p> <p>10:30 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p>	<p>20</p> <p>9:30 Cardio Dance Party*</p> <p>10:00 Knitting and Quilting*</p> <p>1:00 Art with Adele*</p> <p>1:30 – 3:30 Mah-jongg, Scrabble, Poker*</p>	<p>21</p> <p>9:30 Tai Chi*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>11:00 Let's Talk*</p> <p>1:00 Stretch & Strengthen*</p> <p>2:30 Chair Yoga*</p>	<p>22</p> <p>9:30 Bandstand Boogie*</p> <p>12:00 Rigatoni Rustica w/ Chef Heff - Zoom*</p> <p>1:30-3:30 Bridge, Canasta, Pinochle*</p>	<p>23</p> <p>10:30 Wellness and Wisdom*</p> <p>1:00 Movie Matinee*</p>
<p>26</p> <p>10:30 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p>	<p>27</p> <p>9:30 Cardio Dance Party*</p> <p>10:00 Knitting and Quilting*</p> <p>1:00 Art with Adele*</p> <p>1:30 – 3:30 Mah-jongg, Scrabble, Poker*</p>	<p>28</p> <p>9:30 Tai Chi*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>11:00 Let's Talk*</p> <p>1:00 Stretch & Strengthen*</p> <p>1:00 Book Club*</p> <p>2:30 Chair Yoga*</p>	<p>29</p> <p>9:30 Bandstand Boogie*</p> <p>1:30-3:30 Bridge, Canasta, Pinochle*</p>	<p>31</p> <p>10:30 Wellness and Wisdom*</p> <p>1:00 Root Beer Floats*</p> 