

Brookfield Senior Center

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

August 2021 Newsletter

Welcome back! We have enjoyed seeing so many of you coming through our doors this month. We continue adding programming weekly. However, some programs may have changed their dates/times and others might not be brought back for some time. Please be patient and flexible. This is a great time to try something new or shake your schedule up a bit. Make sure you read the newsletter carefully and register where necessary.

Have you completed your Annual Membership Form? A new form is required every July so if you haven't completed one yet, please do so as soon as possible. You must have a current form on file to participate in senior center activities.

Per current CT DPH guidelines, masks are optional for vaccinated people indoors. If unvaccinated, you are required to wear a mask indoors. Thank you for adhering to these guidelines.



Join us For Lunch

Beginning in September, our Lunch Program will be back. We will be serving lunches Monday through Thursday at noon in the large meeting room. Menus will be available in August and you must register two days in advance. The suggested donation is \$3. Make plans to join us for food, socialization and fun!

Cards, Scrabble, Mah-jongg and Poker

- Board games, poker, mah-jongg and scrabble are 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 are 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 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.

Fabulous Friday Bingo *Friday, August 27 at 1 p.m.*



Bingo is back! Join us for an afternoon of fun and prizes!

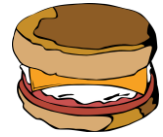
Sponsored by the Village at Brookfield Commons, come join your friends for our first lively game of the year. There will be no food served or allowed in the building. Bring your water bottle or coffee.

Registration is required on the attached form. Walk-ins will not be accommodated.

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, August 6 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, August 10 at 12:30 p.m. Please join us as we discuss summer activities at the Center. Register in advance.



Blood Pressure Screening - Thursday, August 19 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. Walk-ins will not be accommodated.

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. Please register in advance so we know how many to expect.

Reflexology with Eileen – Friday, August 6 and Friday, August 20. 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, August 25 at 1:00 p.m., Book Club meetings are the last Wednesday of the month. The book for August is *28 Summers* by Elin Hilderbrand. Elin Hilderbrand sets the gold standard for beach reads in *28 Summers*! Come for the sailing, the sunsets and the sweet romance. Stay for the pop culture memories and the astute commentary on marriage. *Register on the enclosed form.* The book is on reserve for us at the Brookfield Library.

Ask an Attorney Roundtable Thursday, August 5 at 9:30 a.m.

Michelle Ligouri, JD is here to help you with your general legal questions. Michelle's expertise is with matters involving Elder Law, Estate Planning, Wills, Trusts, Conservatorships, Medicaid eligibility and applications, and Estate Administration. A public, round-table format will be used for this informative session. This roundtable is limited to six participants that have not used her services in the past. *Register on the attached form.*

Beginning this month, fees for online program registrations will be paid by credit card when you submit. Paper registrations *must* have a check for fees attached. In the near future, we will take credit cards in house as well. We cannot accept cash for program registrations.

Checks should be made payable to the “*Town of Brookfield.*”



Brookfield Knights of Columbus brings lunch to you!
Saturday, August 14

Community volunteers are delivering a hot lunch to Brookfield seniors on the second Saturday of the month. Please use the enclosed registration form to sign up by Thursday, August 5. Delivery is between 11:15 a.m. and 12:15 p.m. *You must be home to accept delivery.*



AARP Safe Driving
Friday, October 8 from 9 a.m. to 1 p.m.

The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips. Connecticut residents age 60 and older who complete this class will qualify for a minimum of a 5 percent automobile liability insurance discount for at least two years. Please sign up and pay in advance – your check holds your spot in the class. *Cost is \$20/AARP members and \$25/nonmembers (checks only- made payable to AARP).*

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

Farmer's Market SNAP Program

The Brookfield Farmer's Market now accepts SNAP and will double your purchase dollars. The market is located on Pocono Road across from the Post Office on Fridays from 3:00 – 6:00 p.m. through October 22.

Farmer's Market Coupons

Farmer's market Coupons for low-income seniors (60+) and disabled are in. Please contact Lorraine to see if you are eligible to receive a coupon booklet to use at local participating Farmer's markets to buy fresh fruits and vegetables, honey and bread. The coupons are worth \$3 each and there are six coupons per booklet, for a total value of \$18.

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 Low-Vision Group (VIP) is meeting on Thursday, August 12, on its new day – the second Thursday of the month at 10:00 a.m. We will be hosting a presentation from Independence Northwest, an advocacy organization that serves people with disabilities in the northwest region of CT, including Brookfield.

Senior Paws Project

The Catherine Violet Hubbard Animal Sanctuary offers the Senior Paws Project that helps seniors struggling to pay for food for your animals or basic veterinary services. They can also find a loving *temporary* home for your pet during times such as hospital or rehab stays. You can also volunteer to foster animals. Call the sanctuary at 866-620-8640 or email to info@cvhfoundation.org

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>

Director of Senior/Social Services:

Ellen Melville emelville@brookfieldct.gov

Senior/Social Services Program Coordinator:

Amy Diezemann adiezemann@brookfieldct.gov

Senior/Social Services Administrator

Kathy Creighton kcreighton@brookfieldct.gov

Social Services Coordinator

Lorraine Kelley, LCSW

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 and pay using the enclosed form for classes each month. We cannot accommodate walk-ins.

New Time! *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. *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! *In-person.*

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. *In-person*

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. *In-person.*

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. *In-person.*

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.*

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. *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. *In-person.*

Outdoor Adventure: First Friday Hike at Deer Pond Farm Audubon Center: Friday, August 6 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-aug-6/>

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

Wellness Corner

August 15 is National Relaxation Day. But why wait? Too many of us let self-care and wellness take a back seat in our busy lives. Time to prioritize yourself. A good place to start is to be sure you are hydrated. Drinking plenty of water is so important to our physiology. Getting outside and connecting with nature can also have therapeutic benefits. When we are stressed, we tend to breathe shallow breaths. Practicing deep breathing patterns can teach us to relax our bodies. Try "box breathing": breathe in through nose for 4 counts; hold that breathe for 4 counts; exhale out mouth for 4 counts, pause for 4 counts and repeat. Journaling may help you get things off your mind by putting it on paper - or consider making a list of things you are grateful for. Meditation lowers stress levels and helps us to relax. It has been found to reduce heart rate and blood pressure when practiced daily. One last suggestion is to take time to listen to your favorite music, and put a smile on your face.

Programs and Life-Long Learning

CT Audubon: Citizen Science eBird on Tuesday, August 10 at 11:00 a.m. at Deer Pond Farm, Sherman
Learn how to use eBird, the digital platform for documenting bird sightings. Discussion will include best practices for using the eBird app, followed by practice inputting sightings as you explore the property together. Call the Audubon Center to register and for more information on what you need to bring. (860) 799-4074.

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/>

Genealogy 101 on Friday, August 13 at 1:00 p.m. Join us, in person, for a presentation by a genealogy pro! Learn the basic research tools needed to dive into your very own genealogy history - it's simple, fast and fun. The genealogy specialist will teach you how to identify your lines of descent. Sponsored by Candlewood Valley Health and Rehab Center and Right at Home, In Home Care & Assistance. *Register in advance on the attached form.*

Harry S Truman Presidential Library and Museum, Tuesday, August 17 at 2:00 p.m. Join us, *in person*, for a special video presentation from Senior Learning Network. The list of Harry S. Truman's difficult and world-shaping decisions is extremely long. Assuming the presidency in the final months of World War II, he inherited a worldwide catastrophe. Join Mark Adams, Education Director at Harry S Truman Presidential Library and Museum as we seek to expand appreciation of this Midwestern farm boy. *Register in advance.*



Movie Matinee – Two Showings. *Register on the attached form for ONE showing.*

Friday, August 6, noon or 2:00 pm - Queen Bees. While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying "mean girls." (Ellen Burstyn, Jane Curtin, Loretta Devine, Ann-Margaret, Christopher Lloyd, James Caan)

Friday, August 20, noon or 2:00 pm - Georgetown. Ulrich Mott, an ambitious social climber, marries a wealthy widow in Washington D.C. in order to mix with powerful political players. (Christoph Waltz, Vanessa Redgrave, Annette Bening)



FRIENDSHIP TOURS
THE SHIP SHOP

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

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

September 11 – Hudson River Cruise - \$135pp: 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, the world's longest elevated pedestrian bridge, spanning 1.28 miles over the Hudson River in Poughkeepsie, NY.

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. Enjoy motor coach transportation and admission to the Bronx Zoo, one of the largest zoos in the US. Visit their many exhibits including the Wild Asia Monorail, the Gorilla Forest, the African Plains, Tiger Mountain, Butterfly Garden, the Shuttle and more.

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

August 2021

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

Name: _____

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

| | Monthly Cost | Total |
|--|---------------|---------|
| Please make note: Each month the cost of an exercise class changes based on the number of weeks of instruction | | |
| Mon Yoga at 10:00 a.m. ____ Zoom ____ In-person | \$12 | \$_____ |
| ____ Mon Back in Balance with Kathy at 1 p.m. (In-person) | \$12 | \$_____ |
| ____ 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) | \$12 | \$_____ |
| ____ Thurs Bandstand Boogie at 9:30 a.m. (In-person) | \$12 | \$_____ |
| Fri Wellness & Wisdom at 10:30 a.m. ____ Zoom ____ In-person | \$10 | \$_____ |
| 5 Movement 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 | |
| ____ Ask an Attorney: Thursday, August 5 at 9:30 a.m. | | |
| ____ Men's Breakfast: Friday, August 6 at 9:30 a.m. | Donation | |
| Movie Matinee: Friday, Aug 6: ____ noon or ____ 2:00 p.m. | | |
| ____ FOBSC Meeting: Tuesday, August 10 at 12:30 p.m. | | |
| ____ Genealogy Presentation: Friday, August 13 at 1:00 p.m. | | |
| ____ Knights of Columbus lunch delivery: Saturday, August 14 Address: _____ | | |
| ____ Blood Pressure Screening: Thursday, August 19 (call for timeslot) | | |
| Movie Matinee: Friday, Aug 20 at ____ noon or ____ 2:00 p.m. | | |
| ____ Bingo: Friday, August 27 at 1:00 p.m. | | |
| ____ Book Club: Wednesday, August 25 at 1:00 p.m. | | |
| Reflexology with Eileen: ____ Friday, Aug 6 ____ Friday, Aug 20 | Pay directly | |
| Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> . <i>Payment type (where required):</i> <i>check attached</i> ____ <i>charge online</i> ____ | | \$_____ |

"Brookfield Creates" ... Rock Painting at Home!

Sponsored by the Brookfield Arts Commission

Nearly 100 Brookfielders ordered rock painting kits last year, so we wanted to offer this event again. The Brookfield Arts Commission will give supplies for family members to paint a rock and hide it for someone else to find or give to someone to brighten their day. So, paint a rock, and spread some cheer! Email brookfieldartscommissionct@gmail.com to order your paint colors. You can choose six colors and we will provide you with a rock, your paints and a couple paintbrushes. Materials pick-up will be at Town Hall.



Please place your order by Monday, August 9. Please include the artist's name and the six color choices. The Arts Commission will need about a week to fill cups with paint. Details for pick-up day and time will be emailed to you. This is a free event.

We will fill orders until we run out of supplies so get your order in soon! Let's get painting and spreading some cheer! ***Thank you for supporting the Arts in Brookfield!***

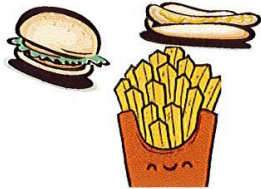
2021 HOLIDAY HILL SENIOR OUTING



Holiday Hill

Monday, August 23, 2021

9 am – 4 pm



9:00 - 12:00 (UNLIMITED)

Assorted Donuts, Fresh Bagels, Muffins & Danish

12:00 - 2:00 (UNLIMITED)

New England Clam Chowder and Oyster Crackers

Assorted Fresh Cheeses and Snack Crackers

Fresh Vegetable Crudités with Dip

12:00- 3:00

Cherrystone Clams on the Half Shell

11:30 - 3:30 (UNLIMITED)

Chilled Relish Tray

Freshly Baked Breads & Rolls

Grilled Hummel Hot Dogs & Sauerkraut

Grilled ¼ lb. Hamburgers, Cheeseburgers

Tomatoes & Onions

Pickles, Relishes, Mustard and Ketchup

French Fries, Onion Rings

Baked Chicken

Italian Sausage with Onions & Peppers

Creamy Mashed Potatoes

New England Baked Beans & Cole Slaw

Summer Squash, Green Garden Salad

Three Cheese Baked Penne

Corn on the Cob with Butter

Chilled Watermelon Wedges

Decorated Sheetcake

Apple Pie, Cherry Pie

Dancing and
fun with our
DJ

Bingo
Bocce
Horseshoes
Heated Pools

Raffle
Prizes

Free
Parking

AVAILABLE ALL DAY

Pepsi, Orange, Sierra Mist, Diet Pepsi, Root Beer, Gatorade,

Lemonade, Iced Tea, Fruit Punch, Coffee, Tea, Milk, Ice Water,

Potato Chips, Goldfish Crackers and Pretzels

Budweiser Beer will be on tap

All Inclusive Price - \$36.00 per Guest

To purchase tickets:

Make check payable to Holiday Hill & mail to our main office:

Holiday Hill, P. O. Box 338, Cheshire, CT 06410

Call 800-533-0029 by 8/9/21 to purchase tickets with Visa, MasterCard or Amex

Tickets will be mailed upon receipt of payment

Non-refundable

Masks are required

Social Distancing at all times

Senior Citizens Only

No admittance to Holiday Hill before 9:00 a.m.

For more Information call 800-533-0029




SENIOR ACTIVITIES ~ AUGUST 2021

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| <p>2</p> <p>10:00 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p> | <p>3</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 Mahjongg, Scrabble, Poker*</p> | <p>4</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>5</p> <p>9:30 Bandstand Boogie*</p> <p>9:30 Ask An Attorney*</p> <p>1:30-3:30 Bridge, Canasta, Pinochle*</p> | <p>6</p> <p>9:00 Deer Pond Farm-First Friday Hike**</p> <p>9:30 Men's Breakfast*</p> <p>10:30 Wellness and Wisdom*</p> <p>12:00 Reflexology*</p> <p>12:00 or 2:00 Movie Matinee*</p> |
| <p>9</p> <p>10:00 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p> <p><i>Have you ordered your Rock Painting at Home Kit yet?</i></p> | <p>10</p> <p>9:30 Cardio Dance Party*</p> <p>10:00 Knitting and Quilting*</p> <p>11:00 e-Birding at Deer Pond Farm**</p> <p>12:30 FOBS*</p> <p>1:00 Art with Adele*</p> <p>1:30 – 3:30 Mahjongg, Scrabble, Poker*</p> | <p>11</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>12</p> <p>9:30 Bandstand Boogie*</p> <p>10:00 VIP Group*</p> <p>1:30-3:30 Bridge, Canasta, Pinochle*</p> | <p>13</p> <p>10:30 Wellness and Wisdom*</p> <p>1:00 Genealogy with Candlewood Valley*</p> <p><i>Saturday, August 14 Knights of Columbus Lunch delivery*</i></p> |
| <p>16</p> <p>10:00 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p> | <p>17</p> <p>9:30 Cardio Dance Party*</p> <p>10:00 Knitting and Quilting*</p> <p>2:00 SLN Truman Presentation*</p> <p>1:00 Art with Adele*</p> <p>1:30 – 3:30 Mahjongg, Scrabble, Poker*</p> | <p>18</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>19</p> <p>9:00 -1:00 BP Screening*</p> <p>9:30 Bandstand Boogie*</p> <p>1:30-3:30 Bridge, Canasta, Pinochle*</p> | <p>20</p> <p>10:30 Wellness and Wisdom*</p> <p>12:00 Reflexology*</p> <p>12:00 or 2:00 Movie Matinee*</p> |
| <p>23</p> <p>9:00 – 4:00 Holiday Hill Senior Outing (drive yourself)**</p> <p>10:00 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p> | <p>24</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 Mahjongg, Scrabble, Poker*</p> | <p>25</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>26</p> <p>9:30 Bandstand Boogie*</p> <p>1:30-3:30 Bridge, Canasta, Pinochle*</p> | <p>27</p> <p>10:30 Wellness and Wisdom*</p> <p>1:00 Bingo*</p> <p></p> |
| <p>30</p> <p>10:00 Yoga*</p> <p>10:45 Grab-and-Go Lunch*</p> <p>1:00 Back in Balance with Kathy*</p> | <p>31</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 Mahjongg, Scrabble, Poker*</p> | | | <p>*Registration Required with the Senior Center on enclosed Registration.</p> <p>** Register with our collaborating agencies directly.</p> |