

Brookfield Senior Center

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

April 2018

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

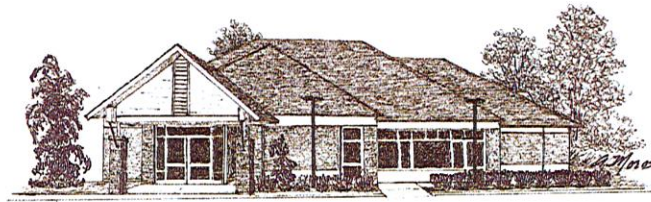
<https://www.brookfieldct.gov/senior-center>

Director of Senior/Social Services: Ellen Melville – emelville@brookfieldct.gov

Senior/Social Services Program Coordinator: Amy Diezemann – adiezemann@brookfieldct.gov

Social Services Coordinator: Lorraine Kelley – lkelly@brookfieldct.gov

Social Services Outreach Coordinator- ncronin@brookfieldct.gov



Eat This, Not That with Judy Prager, RD-N, CD-N

Tuesday, April 3 at 10:45 a.m.

We all enjoy when Judy comes to bring new recipes and discuss healthy ways of eating. Many of you requested that she return to discuss small changes you can make in your eating habits to promote a healthier lifestyle. Please sign up and join Brookfield Senior Center's favorite with "Eat This, Not That".



The Garden Club of Brookfield Spring Event

Tuesday, April 17 at 12:30 p.m.



Our friends from the Garden Club will help usher in spring to the Brookfield Senior Center as we paint and craft with pine cones. Please sign up in advance so that they know how many to prepare for.

AARP Caregiver Roadshow for CT Families (rescheduled)

Wednesday, April 18 at 1 p.m.

AARP will present a conversation designed specifically for family caregivers. They are the backbone of our healthcare system and can use support to make sure loved ones have the opportunity to live safely and independently at home. You will learn specific tools to navigate and connect to available services, understand your care options and costs, and stay informed about the legislative issues affecting seniors and family caregivers. Please sign up.



Assisted Living - When is the RIGHT time? (Rescheduled)

Tuesday, April 24 at 9:30 a.m.

Join us for an interactive journey exploring the option of Assisted Living with Lauren and Debi from The Village at Brookfield Common. Please sign up so we know how many to expect.

Mark your Calendar - don't forget

Men's Breakfast – Friday, April 6 at 9:30 a.m. Please sign up to reserve your seat.

Friends of Brookfield Senior Center – Tuesday, April 10 at 12:30 p.m. Please join us as we discuss events at the Senior Center. Please note the new time!

Farkle – Mondays at 1 p.m. Join us for a fun dice game and an afternoon of laughter.

Let's Talk – Wednesday at 11 a.m. Join this friendly group that discusses one topic each meeting.

Ask an Attorney Round Table – Wednesday, April 18 at 9:30 a.m. Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Space is limited so please sign up early.*

Are You From the Bronx? – Monday, April 16 at 11 a.m. Join this wonderful group of Bronx transplants and make some new friends.

Blood Pressure Screening (New Milford VNA) – Tuesday, April 24 at 11:30 a.m.

Scrabble Play – Fridays at 11 a.m. and Wednesdays at 1 p.m. Join us to meet some new friends!

Alzheimer's Support Group – Wednesday, April 25 from 1 - 2:30 p.m. This ongoing educational support group is for all caregivers, family members or friends of anyone who is affected by Alzheimer's disease or dementia. Group led by an Alzheimer's Association Facilitator.

Tech Assistance with Gregory – Thursday, April 12 from 2:30 - 3:40 p.m. iPads? iPhones? Kindle? Internet? Email? If you find yourself struggling with technology this is for you. *Please sign up.*



Fabulous Friday Hot Dog Bingo ***Friday, April 27 at noon***

Join us for an afternoon of hot dogs and Bingo.
Sign up required by Tuesday, April 24.

Lunch and Learn

Friday, April 20 at noon: Kevin and Linda McCaffrey of Coldwell Banker will join us to present “*Preparing Your Home for What's Next.*” The McCaffrey's are longtime friends of the Senior Center and will give advice on what home improvements are a good idea and which ones might not be, to answer questions and to help you think about your home in a whole new way. Lunch will be provided, so please sign up by Tuesday, April 17.



Movie Matinees

Wednesday, April 11 at 12:30 p.m. *Three Billboards Outside Ebbing, Missouri.* (Rated R 1hr 55m). When law enforcement fails to make headway on the months-long hunt for her daughter's killer, Mildred Hayes takes the drastic step of putting up three large signs questioning the motivation of the town's widely respected police chief. (Cast: Frances McDormand, Woody Harrelson, and Sam Rockwell). ***Note: Significant strong language***

Friday, April 13 at 1 p.m. *Lady Bird.* (Rated R 1hr 33m). In her senior year of high school in Sacramento, teenage Lady Bird is set on making her way east to attend college in New York City. With help from her adopted brother, Miguel, she begins putting together a plan for her great escape. (Cast: Saoirse Ronan, Laurie Metcalf, and Tracy Letts).

Improve Your Mind & Body

Zumba Gold with Corrie – Mondays at 9:30 a.m. This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. Come and join the fun!

Yoga with Kris – Mondays and Wednesdays from 2:30 - 3:45 p.m. Join us for a gentle Vinyasa flow class. This class focuses on proper alignment, movement modifications (if needed) and your breathing.

Strength/Balance with Claudia – Mondays at 1 p.m. Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

Line Dancing with Jill – Tuesdays at 9:30 a.m. Everyone will enjoy this fun and entertaining class! Beginners welcome.

Chair Yoga with Kris – Tuesdays at 1 p.m. It's a great class for those who have hip or knee limitations. This class will give you all of the benefits of a traditional yoga class without getting on the floor!

Tai Chi with Susan – Wednesdays at 9:30 a.m. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls.

Functional Strength and Balance with Cassie – Wednesdays and Thursdays at 1 p.m. Join this great program and start moving again!

Low Impact Aerobics with Claudia – Thursdays at 9:30 a.m. Great for all levels.

Muscle Sculpt Chair Class with Miriam – Fridays at 10:45 a.m. This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

Zumba with Coleen – Saturdays at 9:30 a.m. It's the perfect way to start your weekend!

Please check with your instructor to ensure you are wearing appropriate footwear and don't forget to bring your water bottle. Please consult your personal physician before beginning any new exercise class.

Wednesday, April 4 at 1 p.m. Gadgets & Gizmos



Join Charlene Wicks from the WCAAA Tech Center as she demonstrates assistive devices such as magnifiers, phone amplifiers, iPads, vibrating alarm clocks, smart pens and talking watches to make your life easier! Please sign up at the front desk.

National Walking Day! Wednesday, April 4 at 12:30 p.m.



The American Heart Association sponsors the first Wednesday in April as *National Walking Day*. Everyone is encouraged to take a 30-minute walk at some point in the day. Join friends outside the Senior Center at 12:30 to take a 30-minute walk together!

Sharps & Flats is seeking new members! Do you enjoy singing? Do you enjoy having fun with friends? Do you enjoy making new friends? If so, then this group is for you! We meet Thursdays at 10:30 a.m. and sing Intergenerational Standards with musical accompaniment. Stop by and see what The fun is all about.



AARP Safe Driving Friday, April 13 from 9 a.m. – 1 p.m.



The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips for adapting your driving to compensate for physical and cognitive changes that come with aging. By law, Connecticut residents age 60 and older who complete this class will qualify for a minimum of 5 percent automobile liability insurance discount for at least two years. *Please sign up and pay in advance. Cost is \$15/AARP members and \$20/nonmembers (checks only).*

FOBSC Board Corner - If you are a member of the Brookfield Senior Center, you are a member of the Friends of Brookfield Senior Center. Please join us on *Tuesday, April 10 at 12:30 p.m.* for our next meeting. We want to hear your opinion and thoughts.

Brookfield Senior Center



P.O. Box 5106
100 Pocono Road
Brookfield, CT 06804



Check us out on Facebook

Senior Center Membership: Those who want to use Senior Center services must become members. Brookfield residents age 60 and over can join the Senior Center at no cost. Nonresidents age 60 and over will be charged a \$20 annual membership fee. Underage spouses may become members and may participate in activities with their spouses who are registered members. Only participants with current memberships are allowed to attend Senior Center activities. All members must sign in at the front desk upon entering the Senior Center and before participating in any activities. This is a safety measure so staff is aware of who is in the building. This also allows us to track how many seniors we serve.

NATIONAL VOLUNTEER WEEK

April 15-22, 2018

National Volunteer Week is a time to recognize people doing extraordinary things in their community through service.

Thank you to the many volunteers who contribute to Brookfield and to our greater community every day in so many ways – both great and small. Our Senior Center could not do all that we do without the time and talent that so many of you give so generously every day. Our schools and agencies rely on your cheerful and dependable presence. You are truly role models for our younger generation.

Thank you for all you do!

Ellen, Amy and Lorraine



Escape With Us!

Wednesday, April 11: *Sister Act* at Westchester Theatre. Join us for a day of fun and good food as we see lounge singer Delores Van Cartier relocated to a convent after witnessing a murder by her mobster boyfriend. Cost: \$104pp. *Now accepting reservations.*

Sunday, May 6: *The Full Monty* at Warner Theatre. Preshow lunch at La Cupola Ristorante & Inn Litchfield. The Full Monty tells the story of six unemployed steel workers in England who form a male striptease act to raise money. Full of comedy with a touch of serious. Cost \$92pp. *Now accepting reservations.*

May 9-11: *JESUS* at the Sound and Light Theatre in Lancaster, PA. Three days and two nights in the beautiful Amish Country. Cost \$441pp double. *Now accepting reservations.*

Wednesday, June 6: Brooklyn's Best! Join us for a day in Brooklyn's most captivating neighborhoods. Lunch on your own in DeKalb Market Hall (includes Katz's Deli) and exploring Brooklyn on a guided coach tour. Cost \$70pp. *Accepting reservations.*

Wednesday, July 25: Cruise aboard a 19th Century Mississippi Riverboat on Webster Lake in Webster, MA. Lunch is at the Historic Breeze Point Restaurant with its picturesque views, followed by a riverboat cruise aboard the Indian Princess. Last, we will have some time at Foppoma's Farm to check out all of the local produce at this family owned and operated farm. Cost is \$94/pp. *Now accepting reservations.*

Thursday, August 23: Our Annual Mystery Trip – a favorite trip of the year! A destination of mystery; a stop full of history; a delightful motor coach ride; a costumed guide. We'll see that and more on our trip to explore; this region so fine there might even be wine! Cost is \$100/pp. *Accepting reservations March 1.*

September 5-7: Atlantic City and Cape May. We will spend two nights at Resorts Casino located on the Atlantic City Boardwalk, where you can enjoy your casino bonus (slots, food credit, show, meal credits). On day two we depart for beautiful Cape May, NJ, where you can enjoy the day touring the Emlen Physick Estate, the downtown Historic District, Cape May Point and Sunset Beach. Cost \$337pp/double. *Now accepting deposits.*

In October, by popular request, we will be returning to the Culinary Institute for lunch. Please keep on the lookout for details to come!

Wednesday, November 14: *Come From Away on Broadway.* This 2017 Tony Award winning musical is the remarkable true story of the small town that welcomed the world. Cost includes lunch and orchestra seats for this show. Cost \$210. *Now accepting reservations. Please note the date change.*

Tuesday, December 11: *Our Annual Holiday Sparkle trip to the Big Apple returns!* Join us for a wonderful day in Manhattan. The day includes Bryant Park Craft shopping, lunch, and a guided riding tour of Manhattan's holiday lights. Cost is \$90/pp.

Ongoing Classes/Activities

Wood Carving Group – Mondays at 1 p.m. Join this group and learn something new!

Quilting Group – Tuesdays at 10 a.m.

Ping Pong and Wii Bowling – Tuesdays 9:30 a.m. - noon and Thursdays 10:30 a.m. - noon.

Knitting group – Wednesdays at 10 a.m. This fun group knits, laughs, and shares ideas.

Painting and Drawing with Adele – Thursdays at 10 a.m. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

Sharps & Flats Band and Singing group – Thursdays at 10:30 a.m. Join this fun group of musicians and singers.

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

CT Mission of Mercy Free Dental Clinic!

When & Where: **April 20 & 21.** Torrington High School, located at 50 Major Besse Drive, Torrington, CT 06790. Clinic doors will open at **8:00 AM** on both days. No appointment necessary. Just show up.

Renter's Rebate for the Elderly and Disabled

Income-eligible renters who are elderly (65 years) or totally disabled (18-64 years) may be eligible for a rebate from the state of CT again this year. Income and housing expenses determine the rebate amount.

What do I need to apply?

- 2017 gross income below \$35,300 if unmarried or \$43,000 if married.
- A copy of your 2017 income tax return, if filed
- Proof of all income for 2017 including Social Security, pension, V.A. pension, bank interest, stocks, bonds, rental income, etc.
- Proof of all housing expenses paid for 2017 such as: rent, electric, gas, and fuel bills.

When and where do I apply?

- April 1 to October 1, 2018 is the filing period.
- Must have been a Connecticut resident for any 12 months prior to applying
- To set up an appointment, please call Brookfield Social Services.

Tax Relief – filing period 2/1/18-5/15/18

If you turned 65 by December 31, 2017 and your income is below \$35,200 (unmarried) or \$42,900 (married), you may qualify for the State-Elderly and the Additional Veteran's Property Tax Credit. If you have lived in your home for 5 years or more and the assessed value of your home is \$237,090 or less, you may also qualify for the Town-Elderly Tax Credit if your income does not exceed \$49,420 (unmarried) or \$60,200 (married).

You may also apply for the Town Tax Deferral for Elderly Homeowners program which allows a senior to pay a certain percentage of his or her taxes that will be recouped by the Town, with interest, at the time the property is sold. This allows an elderly person to continue to live in his or her own home when taxes are a burden.

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

Are you Wheelchair Bound?

The Handy Dandy Handyman Ministry (**HDHM**) in Brookfield now offers rides to people who require a wheelchair for mobility. If you need **transportation** to go to hair appointments, the gym, out to lunch, and more please contact Peter Brady at 203-740-1243 for more information or to make an appointment.

CT Energy Assistance Program (CEAP)

We continue taking applications for **CEAP**. Last day to apply is **May 1, 2018**. **Qualifying income** is no more than **\$34,366.28** (individual) or **\$44,940.52** (couple). **Asset limits** are **\$12,000** for renters and **\$15,000** for homeowners.

In order to complete an application, you will need to provide your current income information, current bank statements from all bank accounts, and an electric bill. You will also need to know the names, dates of birth and Social Security numbers of all persons that live in your home, whether or not they are immediate family members. Please call our office (203-775-7312) to make an appointment.

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.

Low Vision Support Group Wednesday, April 11 at 10 a.m.

This interactive and supportive group meets the second Wednesday of each month (except January and February). Our April meeting will have news about upcoming speakers and information on assistance and programs for individuals with low vision. Transportation is available. Please call Lorraine Kelley at 203-775-7312 for more information. *We look forward to meeting you.*

Strong Women™ Strong Bones Beginning May 1 – Thursdays at 2 p.m.

Strong Women™ Strong Bones is a nationally recognized fitness program designed to prevent and reverse osteoporosis/osteopenia and promote general health and wellness. Health and wellness benefits include arthritis relief, restoration of balance and flexibility, strengthening of bones, proper weight maintenance, and improved glucose control and heart health. Brookfield Senior Center has the opportunity to offer this excellent program in partnership with New Milford hospital. Please sign up at the front desk if you are interested in finding out more. Cost will be \$49 for a 7-week class.

SweetHART Telephone Numbers:

Main Phone: 203-744-4070

Reservations: Press 3

Will call, cancellations and confirmations: Press 2

Something New!

Looking for Help at Home?

Want to Offer Help to Others?

We are excited to introduce our new Job Bank Program! If you need handyman services, a painter, someone to clean your house, a caregiver, gardener or something else, we have a list of people who can assist you at a price that might fit your budget. You are responsible for hiring them, negotiating a price, and setting the hours.

If you want to offer services and make some extra money, this might be the program for you too!

Please Nancy Cronin, Outreach Coordinator, at 203-775-5238 to make an appointment

Brookfield Commission on Aging Veterans Seminar Saturday, April 28 at 1 p.m.



To be held at Brookfield Senior Center
100 Pocono Road

Topics will include local and state benefits, current status of Brookfield VFW and more.

Please register at coaging@brookfieldct.gov so we know how many to expect.

In an effort to keep up with the new waste and recycling mandates from the state and the Housatonic Resources Recovery Authority (HRRA), we are doing a few things here at the Senior Center and encourage you to help us achieve the recycling goals:



- Eliminate plastic straws and stirrers
- Eliminate single use plastic bags
- Bring your own water bottle or coffee mug
- Work on other initiatives to lessen our garbage waste during our lunch program

Please see the enclosed recycling guide that outlines the new dos and don'ts of recycling and waste.

AgewellCT.org is a wonderful website filled with tips and activities for seniors in our area. This month they have put the spotlight on Brookfield's Eileen Sinkus. Take a moment to read this wonderful article at <https://agewellct.org/whats-new/spotlights/spotlight-eileen-sinkus/>. Thank you Eileen for your positive attitude!

Recycling Guide

What's IN?

What's OUT?



PAPER

Cardboard & boxboard
Food & beverage cartons
Junk mail
Magazines & newspaper inserts
Newsprint
Office paper
Pizza boxes

Gift wrap & gift bags
Ice cream containers
Paper cups (hot & cold)
Shredded paper *
Take-out food containers
Tissue paper

GLASS

Beverage bottles & jars
Food bottles & jars

Ceramic mugs & plates
Drinking glasses

METAL

Aerosol containers (food grade only)
Aluminum foil
Cans & bottles
Foil containers
Metal lids from cans & bottles

Aerosol containers (deodorizers, cleaners, pesticides, etc.)
Foil tops from yogurt containers
Paint cans
Pots & Pans
Small pieces of scrap metal
Spiral wound containers

PLASTIC

Plastic bottles (with or without caps attached)
Plastic containers, tubs & lids
Plastic one-use cups (no lids, no straws)

Loose bottle caps
Plastic bags & wrap *
Plastic plates, bowls & utensils
Prescription bottles
Single-use coffee containers
Styrofoam cups, containers & packaging peanuts
Water filters

Connecticut now has a universal list of what belongs in your recycling bin and what doesn't. All items should be **empty, rinsed, clean and open**. Do **not** shred, box, bag or bundle material.

Be **IN** the know.

It's important to understand why some items are **OUT**!

Visit www.hrra.org for more information.

Use the recycling search tool on the HRRR home page for items not listed.

Learn more about where you can recycle clean dry plastic bags, shredded paper and other items such as electronic waste, mattresses, paint and thermostats. Yes they all can be recycled (**not** in your curb side bin!) but know where and how by visiting www.hrra.org site.

Sign-up for a free composting class or see if your town offers a food scrap drop-off.

See when the next Household Hazardous Waste Event will be held.

Discover the best practices for the disposal of medical waste, construction and demolition debris, bulky furniture, white goods, textiles and more.

* Check your local recycling center for a separate container for shredded paper and plastic bags. These items are recycled separately ONLY at a recycling center. They do **not** go in your curbside bin.

The Housatonic Resources Recovery Authority is a regional, governmental, waste management and recycling authority serving 11 municipalities in Western Connecticut including Bethel, Bridgewater, Brookfield, Danbury, Kent, New Fairfield, New Milford, Newtown, Redding, Ridgefield and Sherman.

www.hrra.org | 203.775.4539 | info@hrra.org



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Join us for a FREE SEMINAR

On Pain Management

with Dr. Antonio Paz

Orthopaedic Specialists of Connecticut

Wednesday, May 2 at 2 p.m.

Brookfield Senior Center

Interventional Pain Management:

- Stem Cell
- Kyphoplasty Lumbar Fracture
- Managing Pain Without Surgery
- Epidurals in office
- PRP/Platelet Rich Plasma Injections

About Dr. Paz

Dr. Paz, an interventional pain management physician, specializes in the diagnosis and treatment of musculoskeletal, neurological and cancer-related pain. He is board certified in both anesthesiology and internal medicine.



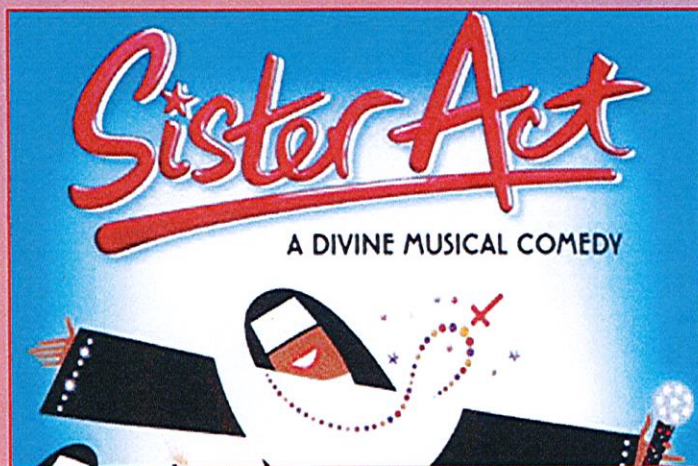
Brookfield Senior Center presents:

WESTCHESTER BROADWAY THEATRE

Wednesday April 11, 2018

Westchester Dinner Theatre located in **Elmsford, NY** is an elegant, year round equity theater, featuring fine dining and full scale musical productions. Once seated at your reserved table, you'll select from an excellent menu and enjoy a pre-show lunch.

When lively lounge singer Deloris Van Cartier sees her mobster beau, Vince LaRocca, commit murder, she is relocated for her protection. Set up in the guise of a nun in a California convent, Deloris proceeds to up end the quiet lives of the resident sisters. In an effort to keep her out of trouble, they assign Deloris to the convent's choir, an ensemble that she soon turns into a vibrant and soulful act that gains widespread attention.



COST: \$104pp based on 40-52

**Depart: 9:30am Brookfield Senior Center,
100 Pocono Road**

Estimated Return: 5:00pm Brookfield

**Reservations: Brookfield Senior Center
203-775-5308**




SENIOR ACTIVITIES ~ APRIL 2018

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Wood Carving 2:30 Yoga\$	3 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 10:45 <i>Eat This Not That</i> with Judy Prager, RD* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	4 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting 11 Let's Talk 12 Lunch Program* 12:30 National Walking Day Event 1 Gadgets and Gizmos* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	5 9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$	6 8:30 AARP Tax Prep* 9:30 Men's Breakfast*\$ 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble	7/8 9:30 Saturday Zumba
9 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Wood Carving 2:30 Yoga\$	10 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 12 Lunch Program* 12:30 FOBSC 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	11 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 10 Low Vision Support 11 Let's Talk 12 Lunch Program* 12:30 Movie Matinee: <i>Three Billboards Outside Ebbing, Missouri</i> 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ <i>Trip: Sister Act at Westchester Theatre</i>	12 9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ 2:30 Tech Assistance*	13 8:30 AARP Tax Prep* 9 AARP Safe Driving*\$ 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee: <i>Lady Bird</i>	14/15 9:30 Saturday Zumba
16 9:30 Zumba Gold\$ 9:30 Canasta 11 Are You from the Bronx? 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Wood Carving 2:30 Yoga\$	17 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 12 Lunch Program* 12:30 Garden Club* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	18 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask and Attorney* 10 Knitting 11 Let's Talk 12 Lunch Program* 1 AARP Caregiver Support Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 7 Stamp Club Meeting	19 9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$	20 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Lunch and Learn – <i>Preparing your Home for What's Next</i> with Caldwell Banker*	21/22 9:30 Saturday Zumba
23 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Wood Carving 2:30 Yoga\$	24 9 Mahjongg 9:30 Line Dancing\$ cancelled 9:30 "When is the Right Time?" with the Village at Brookfield Commons* 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 11:30 NMVNA Blood Pressure Clinic 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	25 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Alzheimer's Support Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	26 9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$	27 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Hot Dog Bingo*\$ 	28/29 9:30 Saturday Zumba <i>Saturday April 28 1 -3 p.m. Veterans Seminar at Brookfield Senior Center</i>
30 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Wood Carving 2:30 Yoga\$		Wednesday, May 2 at 2 p.m. Dr. Paz of Orthopaedic Specialists of Connecticut will present a seminar on Pain Management.			Lunch is served Monday - Thursday at noon. Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237