

Brookfield Senior Center

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

August 2019

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

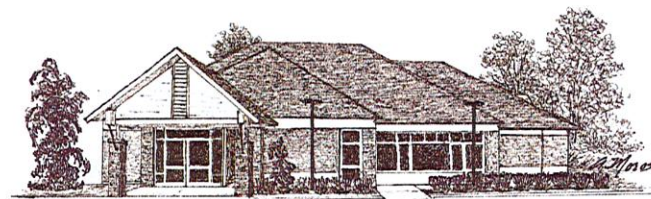
<https://www.brookfieldct.gov/senior-center>

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, LCSW – lkelly@brookfieldct.gov

Senior/Social Services Outreach Coordinator: Nancy Cronin – ncronin@brookfieldct.gov



Friday Lunch & Learns Continue!

***Brookfield Pollinator Pathways
with the Brookfield Open Space Legacy
Friday, August 9 at Noon***



Pollinators fertilize the plants in our yards and parks, as well as our farms and orchards. Lou Memoli, President of the Brookfield Open Space Legacy, will talk about how "The Pathway" is important to our food source and environmental equilibrium. The Pollinator Pathway project is an effort by volunteers from municipal and private conservation organizations, garden clubs, and interested citizens to establish pollinator-friendly habitat and food sources for bees, butterflies, hummingbirds and other pollinating insects and wildlife. *Please sign up at the front desk by Tuesday, August 6.*

Look for more Lunch and Learns in the future as part of our environmental series!



***White House Memories
with Alan DeValerio, Former White House Butler
Friday, August 23 at Noon***



Alan DeValerio is a former White House butler. He'll share with you the inside details about all the preparations involved in White House entertaining, and how it has evolved over the years, from FDR to the present. Not only will he relate his first-hand experiences with history, but he will pass on the stories from those people that he worked with (like Eugene Allen, on whom the movie "The Butler" was based). Alan will also display many of the White House artifacts (menus, programs, Christmas cards, personal photos, etc.) that he has collected over the years.

Seating is limited. Sign up by Tuesday, August 20 to get your seat to this unique presentation!

Mark your Calendar - don't forget

Men's Breakfast – Friday, August 2 at 9:30 a.m. Join us for our monthly Men's Breakfast. Please sign up by Tuesday, July 30.

Friends of Brookfield Senior Center does not meet during the summer months. See you in September!

Ask an Attorney Round Table – Wednesday, August 21 at 9:30 a.m. Join lawyers from Kuss and Liguori for an informal round-table discussion on Elder Law. *Please sign up. Limited to six people.*

Blood Pressure Screening (New Milford VNA) – Tuesday, August 27 at noon.

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

Ping Pong and Wii Bowling – Thursdays at 9:30 a.m. and Wednesdays at 8:30 a.m. (Ping Pong only)

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

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

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 lively group of musicians.

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

Alzheimer's Support Group – Wednesday, August 28 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 or dementia. Group led by an Alzheimer's Association Facilitator.

Walk and Talk! Will take a break during the heat of summer and will resume September 18.

A Sneak Peek into September

Live Well With Chronic Conditions – Starting Tuesday, September 10, 9:30 am. This 6-week facilitated program will help people with chronic conditions explore healthy ways to live with physical or emotional conditions. See enclosed flier. *Sign up at the front desk. Space is limited to 14 members.*

Lunch & Learn with Catherine Vlasto – Friday, September 20, Noon. "What if I have Dementia?" How much medical care would you want if you had Alzheimer's disease or another type of dementia? In this workshop, Catherine Vlasto, LCSW from New Milford VNA & Hospice, will review an Alzheimer's specific living will. This directive was developed by Barak Gaster MS and it is used to provide guidance, reassure you that you will get the medical care you would want, and to help your loved ones if they are faced with making difficult decisions on your behalf. *Please sign up as space is limited.*

Reflexology with Eileen Friday, August 9 starting at noon

Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to every part of the body. Applying pressure to reflexes can help bring your body to a state of natural balance, relieve tension and improve circulation. The session is done while the client rests on a massage table.

Sign up as Eileen brings this practice to Brookfield Senior Center. Cost is \$35 for a 30-minute session. You must sign up and pay in advance. Missed appointments will not be refunded.

AARP Safe Driving Friday, August 16, 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 for adapting 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 a 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).*

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 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!

Wellness and Wisdom with Eileen – Fridays at 10:45 a.m. Yes, you can build muscle strength and have fun at the same time. Join us to increase joint flexibility and strength. No experience required – all abilities welcome!

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.

Class fee is \$5/class. If you pay for the month the first week of class, the cost is \$3/class or \$36 for unlimited exercise classes. Payment should be made in cash (exact change) or checks made out to 'Town of Brookfield'.

Movie Matinee



Friday, August 2 at 1 p.m. *Can You Ever Forgive Me?* In this fact-based drama, author Lee Israel strikes gold. But when tastes shift and her demons begin to disrupt her writing, she turns to forgery to support herself.

Friday, August 16 at 1 pm. *The Butler.* Oscar-winner Forest Whitaker delivers a powerful performance as Cecil Gaines, who served as the White House butler under eight presidents. His three decades of service unfold against a backdrop of unparalleled change in American history. (Cast: Forest Whitaker, Oprah Winfrey, and more).



Outdoor Adventures *Williams Park in Brookfield* *August 20 (rain date August 27)*

We're staying close to home in August and revisiting one of our local parks. Williams Park has many trails that can lead us through meadows, the forest, and around the pond. We can try to identify the summer wildflowers in bloom (considering downloading the free iNaturalist app on your smartphone), and check out the newly installed Boy Scout Eagle Project boardwalk that runs along the swamp area which is a great place for viewing wildlife. If time permits we can stop for ice cream. Please remember to sign up ahead of time. We leave promptly at 9 am. *Cost is \$3 per person. Please sign up and pay in advance so that we can plan our car pools.*

Brookfield Senior Center



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



Check us out on Facebook

Senior Center Membership: Brookfield residents age 60 and over can join the center at no cost, but you must be a member if you're interested in programs and services. 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 center activities. All members must sign in at the front desk upon entering the 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. *2019-2020 annual membership forms and dues are due now.*

Personal Conduct: The Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully toward them and is responsible to act respectfully toward others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination toward any person for any reason will not be tolerated. Town of Brookfield employees should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Escape With Us!



Wednesday, August 14: Experience elegant travel and dining aboard Rip Van Winkle Flyer on the Delaware and Ulster Railroad in the Catskills. Cost is \$109pp. *Waiting list only.*

Wednesday, September 18: Get a behind-the-scenes United Nations tour and enjoy lunch at the Delegates Dining Room. *Moderate to heavy walking.* Cost is \$147pp. *Waiting list only.*

October 8 - 18: Escorted Canadian Cruise from NY stopping in Sydney, Nova Scotia; Cornerbrook, Newfoundland; Prince Edward Island and Quebec. From \$1,149 pp inside cabin for 11 days/10 nights.

Thursday, October 24: Oktoberfest at Krucker's in Pomona, NY. Enjoy a full day of entertainment, food, fun, music and dancing! Cost is \$97pp. *Now accepting reservations.*

Thursday, November 7: *Billy Elliott the Musical* at Goodspeed Opera House. Enjoy a fabulous lunch at the historic Gelston House on the Connecticut River shore. The Goodspeed premier of the powerful dance-filled story, *Billy Elliot*, will follow lunch. Cost is \$138pp. *Now accepting reservations.*

Tuesday, December 3: Our annual holiday trip will be to Radio City Music Hall for the Christmas Spectacular starring the Radio City Rockettes. *Moderate walking – due to NY holiday traffic, you should plan to walk four NY city blocks.* Lunch at Carmine's. Cost is \$170pp. *Now accepting reservations.*

Your check holds your reservation! Checks should be made out to "Town of Brookfield."

Fabulous Friday Hot Dog Bingo Friday, August 30 at noon

Join us for an afternoon of Bingo and a hot dog lunch. Cost is \$5 per person. *Sign up by August 27.*



Tech Assistance Tuesday, August 13 at 2 p.m.

iPads? iPhones? Kindle? Internet? e-mail? If you find yourself struggling with technology, we have help! Tuesday, August 13 we have youth willing to offer assistance with any of these devices and more. *Please sign up.*

Crafting with Candlewood Wednesday, August 28 at 1 p.m.

Join our favorite friends from Candlewood Valley rehab as we create and craft. This month we will be making seascapes! Please sign up so they know how many to expect.

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 Numbers:

Main Phone: 203-744-4070

Reservations: Press 3

Will call, cancellations and confirmations: Press 2

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

Renter's Rebate

Filing period is **to October 1, 2019**. If you turned 65 in 2018 and your income is no more than **\$36,000** for **single** and **\$43,900** for **married couples**, you may qualify for a state rebate. Please make an appointment and bring with you your rent receipts or a letter from your landlord stating your rent payments for 2018, and any utility payments made in 2018 (if you can't get receipts from the electric company, please bring your account number). A 2018 tax return will also be needed if you filed one, plus your Social Security 1099 for 2018. If you did not file a tax return in 2018, please bring your 1099 for Social Security and any other 1099s from income you received in 2018, i.e. interest/dividends, pension, etc.

Farmer's Market Coupons

If you are 60 or over, or disabled with low income, you may qualify to receive coupons that you can use at our local Farmer's Markets including the one at the Brookfield Town Hall on Fridays from 3 - 6 pm. Please contact Lorraine in Social Services to see if you qualify to receive a coupon booklet and to arrange to pick one up.

Low-Vision Support Group

The Low-Vision Group will meet on Wednesday, August 14 at noon. *Please make note of the new time.* Speaker to be announced.

Looking for Help at Home?

Brookfield Social Services has a Job Bank program. If you need handyman services, a painter, someone to clean your house, a caregiver or gardener, we have 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 call our Outreach Coordinator, **Nancy Cronin, at 203-775-5238** with any questions and/or to sign up.

Travel Plans Anyone?

As summer's end approaches, it might be a good time to take that trip you were thinking about while the weather is still warm and inviting, but you may ask "Can I really afford it?" See below for senior travel discounts that may help to persuade you to just do it.

Several airlines – including Southwest, United, and U.S. Airways – have various discounts available for travelers 65 and over. You should always call the airline before booking to receive the discount. Greyhound bus also offers hotel and travel discounts to members.

Alamo, Avis, Budget, Hertz, and National all have discounts of up to 25 percent for AARP members. Enterprise Rent-A-Car has a 5 percent discount for AARP members.

Holiday Inn offers 15 percent to 40 percent (depending on location) to guests 62 and over. Best Western has a 10 percent discount for AARP members. La Quinta Hotels has a 30 percent discount and free breakfast deal for guests 55 and over. Marriott Hotels have a 15 percent discount for AARP members.

National parks offer an \$80 lifetime pass (includes free admission for a "car load") or \$20 annual pass and 50 percent off additional services – including camping – for people 62 and over. Go to almost any National Park to ask and pay for the pass and bring proof of age and residency.

Take
Control



Join a **FREE** 6-week Live Well Workshop Today!

For more info, call Brookfield Senior Center at 203-775-5308

Feel
Better

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease or depression? Or do you care for someone who does? This workshop can help you be in control and feel better!



Energize

You will learn:

- Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- Better ways to talk to your doctor about your health
- Communication techniques to make your needs known
- How to make a step-by-step plan to improve your health and your life

Live

No Cost to Attend • Once a Week for Six Weeks • Caregivers Welcome

Enjoy

Dates: Tuesdays, September 10 - October 22, 2019

Time: 9:30 a.m. – noon

Place: Brookfield Senior Center

Address: 100 Pocono Road, Brookfield

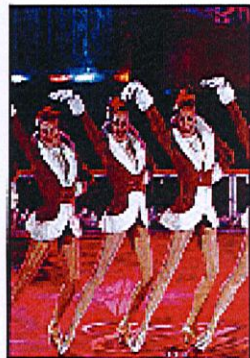
To Register: Call 203-775-5308

Space is limited; sign up today! Raffle and giveaways!



Brookfield Senior Center presents:

A FAVORITE HOLIDAY TRADITION!



Tuesday December 3, 2019

Come relax in your Orchestra / First Mezzanine seat for **America's favorite holiday tradition!**

Radio City Christmas Spectacular starring the world-famous **Rockettes** is back for its 90th year at Radio City Music Hall. Experience the magical line up of the **Parade of Wooden Soldiers**. Enjoy the wondrous **3D Journey with Santa** and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the **living nativity scene**. Dreams come to life with their unique take on the **Nutcracker**, complete with dancing Teddy Bears and Ice Skaters.

Preshow family style lunch at **Carmines Restaurant**
Menu: Garlic Bread, Caesar Salad, Penne alla Vodka, Eggplant Parmigiana, Chicken Marsala & Mushrooms, Chocolate Cannoli & Coffee

Cost: **\$170.00** based on 40-50

Depart: 9:00a Brookfield Senior Center, 100 Pocono Rd

Return ETA: 6:00p Brookfield

Reservations: Brookfield Senior Center -
203-775-5308



Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.








FRIENDSHIP TOURS
THE SHIP SHOP
215 River Street, New Milford, CT 06858
603-285-4000 • 800-245-6000
www.friendshiptours.com



SENIOR ACTIVITIES ~ AUGUST 2019
BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>*Sign Up Required \$Fee Required</p>	<p>Lunch is served Monday - Thursday at noon.</p> <p>Please call the kitchen TWO days in advance to make a reservation: 203-775-5237</p>		<p>1 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p>	<p>2 9:30 Men's Breakfast* 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 1 Movie Matinee – <i>Can You Ever Forgive Me?</i></p> 	<p>3/4 9:30 Saturday Zumba\$</p>
<p>5 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>6 9 Mahjongg 9:30 Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>7 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 7 Stamp Club</p>	<p>8 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p>	<p>9 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen*\$ 12 Lunch and Learn - Pollinator Pathways & Brookfield Open Space Legacy</p> 	<p>10/11 9:30 Saturday Zumba\$</p>
<p>12 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>13 9 Mahjongg 9:30 Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$ 2 Tech Assistance*</p>	<p>14 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 12 Low Vision Group (Note time change) 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ Trip: Catskills, NY. Bus departs at 8 a.m.</p>	<p>15 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p>	<p>16 9 AARP Safe Driving*\$ 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 1 Movie Matinee: <i>The Butler</i>*</p> 	<p>17/18 9:30 Saturday Zumba\$</p>
<p>19 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>20 9 Outdoor Adventures*\$ 9 Mahjongg 9:30 Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>21 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</p>	<p>22 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p>	<p>23 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Lunch and Learn – White House Butler During the Reagan Years*</p> 	<p>24/25 9:30 Saturday Zumba\$ <i>cancelled</i></p>
<p>26 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>27 9 Outdoor Adventures*\$ (rain date) 9 Mahjongg 9:30 Line Dancing\$ 12 Blood Pressure Screening NMVNA 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>28 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 1 Alzheimer's Support Group 1 Crafting with Candlewood*</p>	<p>29 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p>	<p>30 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Hot Dog Bingo*\$</p> 	<p>31/1 9:30 Saturday Zumba\$</p> <p><i>Note: We are closed Monday, September 2 in honor of Labor Day.</i></p>