

# Brookfield Senior Center

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

## February 2018

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

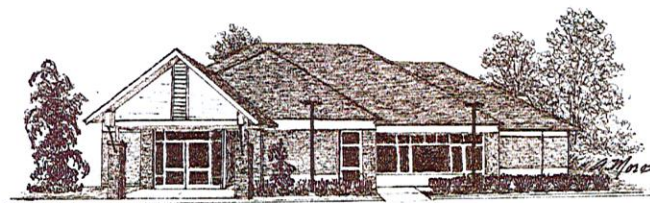
Telephone: 203-775-5308

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

Director of Senior/Social Services: Ellen Melville – [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

Senior/Social Services Program Coordinator: Amy Diezemann – [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)

Social Services Coordinator: Lorraine Kelley – [lkelly@brookfieldct.gov](mailto:lkelly@brookfieldct.gov)



*Inclement Weather Policy: If Brookfield schools are closed due to weather, the Brookfield Senior Center is closed for regular programming. If there is a 2-hour school delay, we open on time, but the 9:30 a.m. exercise classes are cancelled. In case of unusual closings or if you have any questions, please call the Center at 203-775-5308.*

### *Valentine's Events at the Center*

**Friday, February 9 at 1 p.m.** River Glenn Health Care Center will host a very special *Valentine's Silk Scarf painting event*. Samples scarves are available to look at in the office. Join us and unleash your inner Picasso! Seating is limited so please sign up early.

**Wednesday, February 14 at 12:30 p.m.** We will show our Valentine's Movie Matinee, *French Kiss*. After her fiancée, Charlie (Timothy Hutton) calls off the engagement because he's met a beautiful Frenchwoman, American Kate (Meg Ryan) flies to Paris to win him back. But on the plane, she encounters cunning French thief Luc (Kevin Kline), who plants stolen jewels on her. While trying to recover the goods, Luc pretends to help Kate find Charlie, but the City of Lights soon works its amorous magic on the couple in this warm romantic comedy.

### *AARP FREE Tax Preparation Assistance*

**Beginning Friday, February 2, Tax-Aide counselors will assist you with income tax preparation at the Senior Center. Assistance is free for low- and middle-income taxpayers. Sign up is required. If married, both spouses should be present. You MUST bring the following:**

- Last year's Federal income tax forms.
- Photo ID.
- All tax forms received, including W-2, 1099, Social Security, Access Health CT Exchange 1095 Statement (if applicable).
- Documentation for all itemized deductions, including medical, taxes, interest & charitable contributions.
- Personal check if you wish to have your refund directly deposited or payment made directly.

*Contact the Senior Center (203-775-5308) to schedule an appointment.*



## Mark your Calendar - don't forget

**Men's Breakfast** – Men's Breakfast is back on Friday, February 2 at 9:30 a.m. Please sign-up to reserve your seat.



**Friends of Brookfield Senior Center – Tuesday, February 13 at 12:30 p.m.**

Please join as we discuss events at the Senior Center. Please note the new time!

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



**Let's Talk is Wednesday at 11 a.m.** Join this friendly group that discusses one topic each meeting. No political discussion is allowed.

**Ask an Attorney Round Table - Wednesday, February 21 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? – No February meeting. Our next meeting will be Monday, March 19 at 11 a.m.** Join this wonderful group of Bronx transplants and make some new friends.

**Blood Pressure Screening (New Milford VNA) – Tuesday, February 27 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, February 28 from 1 - 2:30 p.m.** This ongoing 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, February 8 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 Bingo & Tuna Melt Lunch**  
**Friday, February 23 at noon**



Join us for an afternoon of Bingo and tuna melts. Lunch starts at noon followed by Bingo. Cost is \$5/pp. Sign up required by February 20.

**New Library Project Rescheduled**  
**Wednesday, February 21 at 2 p.m.**

Members of the new Brookfield Library project will be with us to update us. Come join us to see the planned designs and to have your questions answered.



**Top 10 Things to Know and to Tell about Abraham Lincoln**  
**Friday, February 16 at 1 p.m.**

In honor of Lincoln's birthday, we will welcome local Abraham Lincoln expert Paula Hopewell for a very special and interesting afternoon. Please join us for this fun and interactive presentation. Festive snacks. *Please sign up.*

## 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, February 13 at 12:30 p.m.* for our next meeting. We want to hear your opinion and thoughts.

Highlights from our January meeting included:

- Joan Marschall has moved and has stepped down as Vice President. Joan Cirrone was voted in as Vice President to complete Joan Marschall's term; Pat Pudelfko was voted in as Secretary to complete Joan Cirrone's term. Thanks to all for their willingness to serve and to be flexible!
- Beginning in February, the meeting time will move to 12:30 p.m. We encourage everyone to join us for lunch, then the meeting and dessert before afternoon activities begin.



## *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 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.

**Strengthening with Cassie – Thursdays at 1 p.m.** This chair class will include moderate strength training exercises. Work on strategies to get stronger and more flexible.

**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.*

### ***Soups On! With Judy Prager*** ***Tuesday, February 6 at 10:45am***



Join our favorite Registered Dietician, Judy Prager, as she introduces us to healthy and hearty soups and stews. We learn something about healthy and delicious eating every time Judy is here, and there are always samples. *Please sign up in advance so we know how many to prepare for. Seating is limited!*

### ***Learn the Basics of Microsoft Excel***

Excel is far more than just a business application for spreadsheets. There are many uses around the home that will make your life easier and more organized. Classes will be starting this winter – please sign up at the front desk if you are interested.

### ***Wednesday, February 7 at 1 p.m.*** ***AARP Caregiver Roadshow for CT Families***

AARP will be presenting 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 choice to live safely and independently at home. You will learn specific tools in navigating and connecting to available services, understand your care options and costs, and stay informed on the legislative issues impacting seniors and family caregivers.

Please sign up and join us if you are or know a caregiver. Festive refreshments will be provided by our friends at River Glen Health Care Center.

### ***Volunteer Help Wanted!***

**Woodcarving Group** – Monday from 1 p.m. We are seeking someone to help guide this group as well as additional members interested in learning woodworking. Stop by on a Monday afternoon and check us out.

**Are You From the Bronx?** – This special group is in search of a leader. No special skills required other than a warm personality and willingness to make new friends! The group generally meets on the 3<sup>rd</sup> Monday of the month at 11 a.m.

# *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.

**Personal Conduct:** The Brookfield 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 towards them and each 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 are here to serve you. They 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.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.



## ***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 \$82pp. *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 deposits.*

**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 19<sup>th</sup> 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. Lastly, we will have some time at Foppomaa's Farm to check out all of the local produce at this family owned and operated farm. Cost is \$94/pp. *Accepting reservations February 1.*

**Thursday, August 23:** Our Annual Mystery Trip – everyone's favorite trip of the year! A destination of mystery; a stop full of history; a delightful motor coach ride; a costume on 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 7:** *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.*

## ***Lunch and Learns***

**Friday, February 2 at noon.** Peter Girardi, Branch Manager of the Newtown Savings Bank in Brookfield, will be with us to discuss identity theft protection and common frauds, scams and other types of elder financial exploitation. *Please sign up.*



## ***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.** (Meeting in the small meeting room on the 2<sup>nd</sup> Tuesday of each month.)

**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.**



## *News You Can Use from Brookfield Social Services*

### *Lorraine Kelley, LCSW (203) 775-7312*

#### ***Medicare Savings Program (MSP)***

The MSP has been restored to its original qualifying criteria until June 30, 2018. This means that the program will remain as it has been for now, but there still is a possibility of some cuts to the program in the next fiscal year, which begins on July 1. If you are interested in contacting your legislators to let them know what MSP means to you, Social Services has prepared packets with addresses of our legislators for your convenience.

#### ***CT Energy Assistance Program (CEAP)***

We continue taking applications for CEAP for those who heat their homes with electricity as well as oil or other deliverable fuels, and for new applicants who use any source of heat. **Qualifying income** is no more than **\$34,366.28** for an individual and **\$44,940.52** for a couple. **Asset limits** are **\$12,000** for renters and **\$15,000** for homeowners. Please make an appointment and bring the following:

1. Current income information: Social Security (can use bank statement deposit), employment (one month's pay-stubs), unemployment (claim form from the DOL) and self-employment (You will need to have a 2016 tax return and current ledger of self-employment income.)
2. Current bank statements from all bank accounts
3. An electric bill, even if you don't heat with electricity.

You will also need to know the names, dates of birth and Social Security numbers of everyone in your household, whether or not they are immediate family members. If you have any questions concerning what to bring and to set up an appointment for assistance, please call the Social Services office at 203-775-7312.

#### ***Property Tax Relief***

It is time to file for property tax relief. Filing period is **February 1 - May 15**. If you turned 65 by December 31, 2017 and your income is below **\$35,300** for unmarried and **\$43,000** for 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 \$236,860 or less, you may also qualify for the **Town-Elderly Tax Credit** if your income does not exceed **\$49,280** for unmarried and **\$60,060** for married (subject to slight change). 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 at [www.brookfiledct.gov](http://www.brookfiledct.gov) or call or visit the Assessor's Office at the Town Hall (203-775-7302) for more information.

**A BIG THANKS TO OUR WONDERFUL MEDICARE PART D VOLUNTEERS, PETE CRONIN AND ELEANOR LOESCH** who served 136 people this year. While several stayed in their current plan, people who switched saved \$78,680.00!

#### ***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



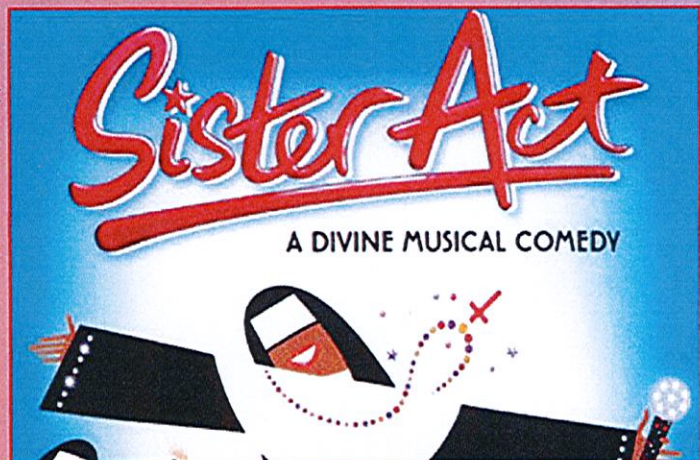
Brookfield Senior Center presents:

# 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**



Brookfield Senior Center presents:

# WARNER THEATRE

TORRINGTON, CT



**MAY 6, 2018**

**SUNDAY MATINEE**

- ◆ The story of six unemployed steel workers, in Sheffield, England who decide to form a male striptease act in order to gather enough money to get somewhere else. Full of comedy with a touch of the serious.

**La Cupola Restaurant**

Pre Show Lunch at La Cupola  
Ristorante & Inn Litchfield

**ADVANCE MEAL CHOICE**

**MENU:** Salad, Pasta, advance choice of:  
**Chicken Francaise OR Stuffed Sole**  
**Vegetable, Potato, Dessert & Coffee**



**COST:** \$92pp based on 40-52

**Depart:** 10:30am Brookfield Senior Center, 100 Pocono Road

**Estimated Return:** 6:00pm Brookfield

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



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**

705 Bloomfield Ave, Bloomfield, CT 06002  
860-243-1630 • 800-243-1630  
[www.friendshiptours.net](http://www.friendshiptours.net)

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled due to 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.









# SENIOR ACTIVITIES ~ FEBRUARY 2018

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
	<p><b>Lunch is served Monday - Thursday at noon.</b></p> <p><b>Please call the kitchen phone <u>TWO</u> days in advance to make a reservation: 203-775-5237</b></p>		1 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 Strengthening with Cassie\$	2 8:30 AARP Tax Prep* 9:30 Men's Breakfast*\$ 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Lunch & Learn: Identity Theft with Newtown Savings Bank*	3/4 9:30 Saturday Zumba
5 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\$	6 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 10:45 <i>Soups On!</i> Cooking with Judy Prager* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	7 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 AARP Caregiver Roadshow* 1 Scrabble 2:30 Yoga\$	8 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 Strengthening with Cassie\$ 2:30 Tech Assistance*	9 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Valentine's Silk Scarf painting with River Glenn*	10/11 9:30 Saturday Zumba
12  <b>SENIOR CENTER CLOSED</b>    <b>LINCOLN'S BIRTHDAY</b>	13 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 12 Lunch Program* 12:30 FOBSC Meeting 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	14 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* <b>12:30 Valentine's Movie Matinee: French Kiss</b> 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$  6 Stamp Club Meeting  	15 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 Strengthening with Cassie\$	16 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Top 10 Things to Know and Tell About Abraham Lincoln*	17/18 9:30 Saturday Zumba
19  <b>SENIOR CENTER CLOSED</b>    <b>WASHINGTONS BIRTHDAY</b>	20 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	21 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2 New Library Project Meeting* 2:30 Yoga\$	22 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 Strengthening with Cassie\$	23 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Bingo and Tuna Melt*\$  	24/25 9:30 Saturday Zumba
26 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\$	27 9 Mahjongg 9:30 Line Dancing 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting 11:30 NMVNA Blood Pressure Screening 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	28 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Alzheimer's Support Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$		<p><b>*Sign Up Required</b></p> <p><b>\$ Fee Required</b></p>	