

Brookfield Senior Center

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

January 2018

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

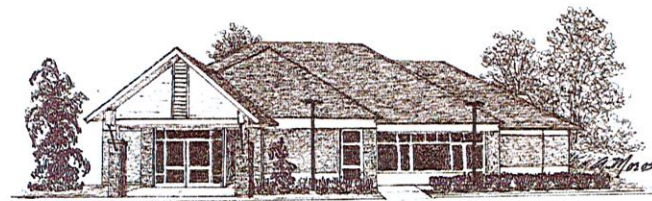
Telephone: 203-775-5308

http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index

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



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 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.

Try something new in 2018!

Eat Lunch with us Monday - Thursday at noon. Enjoy a delicious hot lunch and make new friends.

Check out our Movie Matinees on Wednesdays and Fridays!

We have an exercise class for everyone – yoga, Zumba, chair yoga, Strength and Balance, Functional Mobility, Tai Chi, Line Dancing and more! Please ask us if you aren't sure which class is right for you.

Hot Dog Bingo is the Fourth Friday of every month.

Our famous Men's Breakfast is back on the First Friday of every month!

Travel with The Senior Center, volunteer, play games, join us for our Lunch Program and much more.

Make your New Year's resolution to stop in and try something new in 2018!

Thank You!

We want to say a very big THANK YOU to the Boutique Committee and all of the volunteers who made our Holiday Boutique a success. The Boutique Committee has amazing dedication, planning this event for more than six months. Once again, our wonderful volunteers donated, baked, knitted, quilted, gathered jewelry, created arrangements, cooked lunch, set up, cleaned up, and decorated. Thank you to Sharps & Flats who provided the joyous music for the day. Thank you to those of you who shopped and supported our efforts. None of this would be possible without all your efforts. ***Thank you!***



Mark your Calendar - don't forget

Men's Breakfast – Men's Breakfast is back on Friday, January 5 at 9:30 a.m. Please sign up to reserve your seat.



Friends of Brookfield Senior Center will be meeting Tuesday, January 9 at 11 a.m. Please join as we discuss events at the Senior Center.

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, January 17 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, January 22 at 11 a.m. Join this wonderful group of Bronx transplants as they walk down memory lane. You may live in Connecticut, but your heart will always be in the Bronx.

Blood Pressure Screening (New Milford VNA) – Tuesday, January 23 at 11:30 a.m.

Scrabble Play is Fridays at 11 a.m. and Wednesdays at 1:30 p.m.
Join us to meet some new friends!



Alzheimer's Support Group – Wednesday, January 24 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, January 11 from 2:30 - 3:40 p.m. iPads? iPhones? Kindle? Internet? Email? If you find yourself struggling with technology, he will offer assistance with all types of devices on two Thursday afternoons each month. *Please sign up.*



Fabulous Friday Bingo & Hot Dog Lunch ***Friday, January 26 at noon***

Join us for an exciting afternoon of Bingo and Hot Dogs.
Lunch starts at noon followed immediately by Bingo.
Cost is \$5 per person. Sign up required by January 23.



Brookfield Trekkers goes Snowshoeing! With winter coming, join us for snowshoeing adventures. Since we will be making last-minute plans based on the weather, please sign up for our call list at the Senior Center by leaving your telephone number and e-mail.

FOBSC Board Corner

If you are a member of Brookfield Senior Center, you are a member of the Friends of Brookfield Senior Center. Please join us on *Tuesday, January 9* for our next meeting. We want to hear your opinion and thoughts.

Highlights from our December meeting included:

- Discussion of 2017 Holiday Boutique and a thank you to everyone involved! We raised over \$3,500.
- Vote to purchase new Christmas trees for the Center.
- Announcement that Joan Marshall is moving and will step down as Vice President. Anyone interested in serving as Vice President for the remainder of the year should see Art Gravenhorst. This is a great way to find out what the Friends group is all about!

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.

Wednesday, January 10 at 1 p.m. Growing up during World War II

Pete Peterson, local historian, will be with us to discuss your memories of growing up during the war. His presentation tells the true stories of the turbulence confronting American families during and post-World War II. Join us for a fascinating afternoon.

Wednesday, January 17 at 1 p.m. Brookfield's New Library Project



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. This is an important project for Brookfield's future. Come learn all about it.

Movie Matinees

Wednesday, January 3 at 12:30 p.m. *This Beautiful Fantastic*. When her landlord forces librarian and aspiring actor Bella to clean up her overgrown garden, she meets her grumpy elderly neighbor Alfie who is an avid horticulturalist, and an unlikely friendship is born. (Cast: Jessica Brown Findlay, Tom Wilkinson, and Andrew Scott).

Friday, January 5 at 1 p.m. *Pray for Rain*. Young New York journalist, Emma Gardner, returns to the idyllic Central California farming community where she was raised only to find it has been ravaged by drought and has become a place ruled by gangs, violent threats and greed. She investigates the suspicious circumstances of her father's death even though it puts her in great danger. (Cast: Jane Seymour, and Annabelle Stephenson)

Friday, January 12 at 1 p.m. *Tommy's Honor*. Links legend Tom Morris works as greenkeeper at the Royal Golf Club in Scotland -- a position he expects his son to fill one day. Headstrong young Tommy has other plans, which include becoming golf's first touring pro. (Cast: Peter Mullan, Jack Lowden, and Ophelia Lovibond).

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 at Westchester Dinner Theatre 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 in DeKalb Market Hall (includes Katz's Deli) and exploring Brooklyn on a guided coach tour. Cost \$70pp. *Accepting reservations January 1.*

Wednesday, July 25: Cruise aboard a 19th Century Mississippi Riverboat on Webster Lake in Webster, MA. *More details to follow.*

Thursday, August 23: Our Annual Mystery Trip – everyone's favorite trip of the year! *More details to follow.*

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.*

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, January 19 at noon. Tracy Brady of Visiting Angels will be back with us to play *The Price is Right*. Come enjoy an afternoon of fun that will be sure to warm your heart. *Please sign up.*

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.*



It's almost that tax again!

Income tax preparation will begin Friday, February 2. We will begin taking appointments January 22. To make an appointment, call the center at 203-775-5308.

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 2nd 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

The Medicare Saving Program (MSP) revisions have been placed on hold. Those revisions cut the qualifying income levels by more than half, making many low-income seniors no longer eligible for the program. The cuts in limits are as follows:

QMB: Individual: from \$2,120/mo to \$1,025/mo, Couple: \$2,854/mo to \$1,374/mo

SLMB: Individual: from \$2,321/mo to \$1,226/mo, Couple: \$3,125/mo to \$1,644/mo

ALMB: Individual: from \$2,472/mo to \$1,377/mo, Couple: \$3,328/mo to \$1,847/mo

Those on the MSP will receive a letter from the Department of Social Services that there will be no change until March 1, 2018. This will give the State Legislature time to reconvene at the beginning of the new year to discuss this program and, hopefully, to make changes to the revisions that would affect the most vulnerable of the seniors and disabled who rely on this program to pay for medical care and prescriptions drugs. If you would like to contact your legislators about the need for this program and/or what it means to you, please call Lorraine Kelley, Brookfield Social Services, to receive a packet that will explain how to do this.

We will now begin accepting applications for the CT Energy Assistance Program (CEAP) for those who heat their homes with electricity as well as continue with those who heat with 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 (or bank statement deposit), employment (one month's of 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 all persons that live in your home, 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 contact the Social Services office at 203-775-7312.

Many of you have already received your notice from Social Security concerning the 2% increase in your Social Security benefit for 2018. Please note also the changes in Medicare costs. They are as follows:

-Medicare Part B premium will remain at \$134/month

-The Medicare Part A (Hospitalization) deductible for each hospital stay outside of a 60-day period will increase by \$40 to \$1,340.

-The Medicare Part B annual deductible will remain at \$183

-The Part A co-insurance for hospitalizations lasting from 61 to 90 days will increase by \$6 to \$335/day

-Lifetime hospital reserve days increases by 12 to \$670/day

-Coinsurance for a skilled nursing facility from days 21-100 will increase by \$3 to \$167.50/day

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

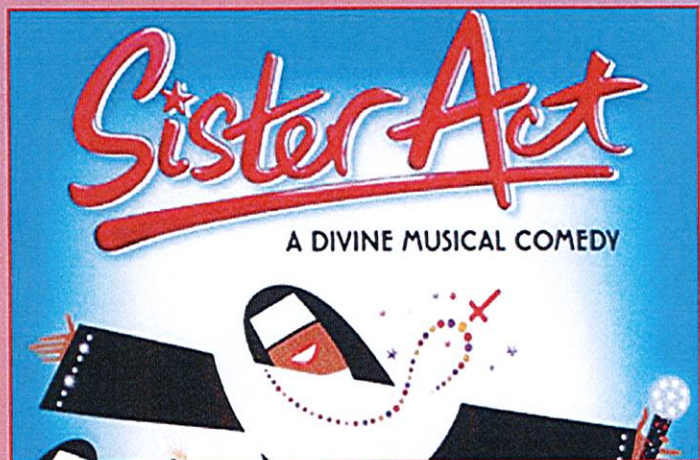
Brookfield Senior Center presents:

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:



TONY AWARD® NOMINEE
BEST MUSICAL
COME
FROM
AWAY

**7 TONY AWARD®
NOMINATIONS**

BROADWAY SHOW - Gerald Schoenfeld Theatre

Wednesday, November 7, 2018 MATINEE

COME FROM AWAY takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night and gratitude grew into enduring friendships.

Don't miss this breathtaking show, written by Tony® nominees Irene Sankoff and David Hein and directed by two-time Tony® nominee Christopher Ashley (*Memphis*), that *Newsweek* cheers, "It does what the best musicals do: takes you to a place you never want to leave."

On 9/11, the world stopped. On 9/12, their stories moved us all.

- *Enjoy a pre-theatre lunch at Mont Blanc 52 in their new location.*
Menu: Salad, Choice of: Chicken Marsala, Filet of Salmon with Capers, Lemon & Scallions, OR Cheese Ravioli, (Entrées served with Potato Pancakes & Vegetable except for pasta entrée), Apple Strudel a la mode & Coffee.

Entrée choice in advance.

COST: \$210pp based on 40-52 - Side Orchestra Seating

Full Payment with Reservation

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

Return ETA: 6:30p 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

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services, including motor coaches. 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.








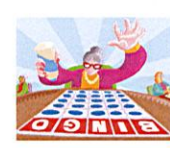


SENIOR ACTIVITIES ~ JANUARY 2018

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 SENIOR CENTER CLOSED FOR NEW YEARS 	2 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\$	3 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 12:30 Movie Matinee: <i>This Beautiful Fantastic</i> 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 	4 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\$	5 9:30 Men's Breakfast*\$ 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee: <i>Pray for Rain</i> 	6/7 9:30 Saturday Zumba
8 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\$	9 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting (small meeting room) 11 FOBSC Meeting 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	10 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Growing up During WWII 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	11 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*	12 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee: <i>Tommy's Honor</i> 	13/14 9:30 Saturday Zumba
15 SENIOR CENTER CLOSED FOR MARTIN LUTHER KING, JR DAY 	16 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\$	17 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting 10 Low Vision Support Group* 11 Let's Talk 12 Lunch Program* 1 New Library Project Presentation 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 6 Stamp Club Meeting	18 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\$	19 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Lunch and Learn – <i>The Price is Right with Visiting Angels*</i>	20/21 9:30 Saturday Zumba
22 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\$	23 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\$	24 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Alzheimer's Support Group 1 Scrabble 2:30 Yoga\$	25 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\$	26 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Hot Dog Bingo*\$ 	27/28 9:30 Saturday Zumba
29 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\$	30 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\$	31 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	Lunch is served Monday - Thursday at noon. Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237	*Sign Up Required \$ Fee Required	