

# Brookfield Senior Center

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

## July 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)

Social Services Outreach Coordinator- [ncronin@brookfieldct.gov](mailto:ncronin@brookfieldct.gov)



### ***Lions Club Cookout Saturday, July 14 at noon***



Brookfield Lions Club is hosting everyone's favorite annual event this summer for members of Brookfield Senior Center. Join your friends and neighbors for a fun-filled Saturday afternoon. *Sign up now – space is limited.*

### ***Summer Sizzler Friday, July 27 at noon***

It's the HOTTEST PARTY in town! Mark your calendar! Brookfield Senior Center presents our *SUMMER SIZZLER* complete with fried chicken and all the fixings!

After lunch you should expect to clap, dance, laugh and be thoroughly entertained by Airborne Jazz. Don't miss this party! Cost is \$15 per person.

*Please sign up by Tuesday, July 24.*



### ***Garden Club of Brookfield Summer Event Tuesday, July 10 at 12:30 p.m.***



Join this talented group as we make flower arrangements in odd-shaped planters, using fresh flowers and/or succulents. *Please sign up in advance so you don't miss this popular event as space is limited.*

### ***Annual Membership Applications Due***

In order to update our files and information, we request that everyone complete an Annual Senior Center Membership Application by July 1. If you are not a resident of Brookfield, please submit your annual \$20 fee at the same time. The forms are now available at the front desk.

### ***Mark your Calendar - don't forget***

**Men's Breakfast – Friday, July 6 at 9:30 a.m.** Join us for our July Men's Breakfast. Please sign up by Tuesday July 3 so that we know how many to expect.

**Friends of Brookfield Senior Center will not be meeting during July and August.**

**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, July 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, July 23 at 11 a.m.** Join this wonderful group of Bronx transplants and make some new friends.

**Blood Pressure Screening (New Milford VNA) – Tuesday, July 31 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, July 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 is led by an Alzheimer's Association Facilitator.

### ***Movie Matinee***

**Friday, July 6 at 1 p.m.** *The Glass Castle.* (2017 Rated PG-13 2hr 7m). This family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. (Cast: Brie Larson, Woody Harrelson, and Max Greenfield)

**Friday, July 13 at 1 p.m.** *The Shape of Water.* (2017 Rated R - 2hr 3m). During the Cold War era, lonely Elisa works as a cleaning lady in a top-secret U.S. government laboratory. But her life is altered forever after she and a co-worker stumble upon a hush-hush experiment. (Cast: Sally Hawkins, Michael Shannon, and Richard Jenkins.)



### ***Grandparent Houdini and Root Beer Floats***

***Friday, August 17 at 12:30 p.m.***

Bring your grandchildren, or just yourselves, for an afternoon with our favorite magician, Tom O'Brien, and our summertime favorite of Root Beer Floats. What could be a better way to spend a hot summer afternoon? *Please sign up so we know how many to expect.*

### ***Brookfield Commission on Aging, Wednesday, July 11 at noon***

Join members of Brookfield's Commission on Aging for their regular monthly meeting and find out what they are doing. Bring your questions and concerns for the Commission; they are working on your behalf.

### ***Brookfield Tax Abatement Seminar, Wednesday, July 11 at 1 p.m.***

Join members of the Brookfield Tax Abatement Subcommittee for a special presentation about their evaluation of Brookfield's Property Tax Abatement program for seniors. Hear what they have learned and how this affects you.

### ***Fabulous Friday Hot Dog Bingo Friday, July 20 at noon***

Join us for an afternoon of Bingo and a hot dog lunch. Cost is \$5 per person. *Sign up by July 17 so you don't miss the fun!*



### ***Aging Gracefully A Three-part Lunch and Learn Series Continuing August 10***

We're pleased to partner with New Milford VNA, The Village at Brookfield Common and River Glenn Health Center to present this informative series. *Please sign up.*

## ***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.

**Strong Women Strong Bones with Lisa – Thursdays at 2 p.m.** 7 week series continues this month.

**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.*

## ***Strong Women™ Strong Bones Starting Thursday, July 12 at 2:00 p.m.***

Strong Women is a nationally recognized fitness program designed to prevent and reverse Osteoporosis or Osteopenia and to 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. The Senior Center, in partnership with New Milford hospital, is delighted to offer this opportunity. Please sign up and complete the registration form prior to the first class. Cost will be \$49 for a 7-week class.



## ***Brookfield Trekkers Tuesday, July 17 at 9 a.m. (Rain date: July 24) River Road Appalachian Trail, Kent***

Join us as we return to one of our all-time favorite hiking locations along the Appalachian Trail. This is a beautiful, level, riverside walk suitable for everyone. We'll immerse ourselves in the sounds and sights of nature and take a break at a lean-to shelter before checking on the eagles nest that we spotted last year.



# *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. 2018-2019 annual membership forms and dues are due by July 1.

**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 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 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, July 25:** Cruise aboard a 19<sup>th</sup> Century Mississippi Riverboat on Webster Lake in Webster, MA. Cost is \$94/pp. *Wait List only.*

**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. Cost is \$100/pp. *Wait List Only*

**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.*

**Thursday, September 27:** *The Drowsy Chaperone* at Goodspeed Opera House. After a pre-show lunch at LaVita located across the street from the Goodspeed Opera House, you will enjoy this show, which won five Tony awards and features one show-stopping song and dance number after another. Cost \$138pp. *Now accepting reservations.*

**Wednesday, October 24:** Back by popular request, we will be returning to the Culinary Institute for lunch at its American Bounty Restaurant. Menu includes Pumpkin Apple Soup, Roasted Pork Loin with crispy mushroom polenta, Merlot sauce and sautéed spinach, and an apple tart with vanilla ice cream. Lunch will be followed by a guided tour of The Vanderbilt Mansion National Historic Site. Cost \$97/pp. *Now accepting reservations.*

**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.*

**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. *Accepting reservations July 2.*

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which **final** payment is received.*

## ***Ongoing Classes/Activities***

**Quilting Group – Tuesdays at 10 a.m.**

**Ping Pong and Wii Bowling – Tuesdays 9:30 a.m., Wednesday 8:30 a.m. and Thursdays 10:30 a.m.**

**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.

## ***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***

### ***Low Vision Support Group***

The Low-Vision Support Group will meet on Wednesday, July 18 at 9:45 a.m. to get information on the various Independent Living Aids for people with low vision and how to obtain them.

### ***Looking for Help at Home?***

We are excited to introduce our new 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.

### ***Renter's Rebate for the Elderly and Disabled***

Income-eligible renters who are over 65 years old or totally disabled (18-64 years old) 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 (203-775-7312).

### ***It looks like summer is finally here to stay***

Check out CT discounts for seniors and Veterans to enjoy its State Parks. They are the Charter Oak pass, which offers free admission to seniors 65 and older and the Disabled Veteran's pass for Veterans with service-connected disabilities, to any day-use areas where a parking fee applies. It also provides free admissions to Gillette Castle, Dinosaur, or Fort Trumbull State Parks. The vehicle driver does not need to be the pass holder, but the pass-holder must present the pass. To obtain a Charter Oak pass or Veteran's Pass by mail, please send a legible photo-copy of your current driver's license or State I.D. card or other legal proof of age and residency, (and VA card if you are a Veteran), to:

DEEP Charter Oak Pass or DEEP Disabled Veteran Pass  
State Parks Division/ 79 Elm Street  
Hartford, CT 06106-5127

The **Town of Brookfield** also offers a **free Town Park Beach Pass to residents age 65 or older**. You can get your pass at the Parks & Recreation Department. Visit their office at the intersection of Route 25 and Silvermine Road.



Take  
Control

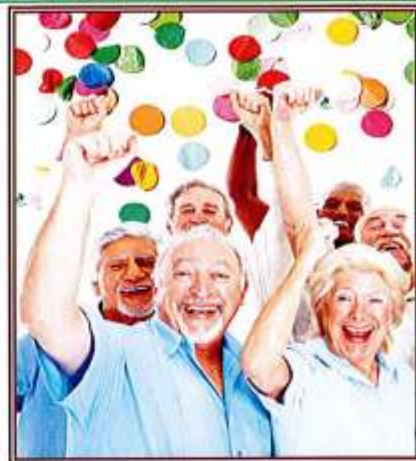


## Join a **FREE** 6-week Live Well Workshop Today!

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, July 24 – August 28, 2018**

**Time: 9:30 a.m. – 12 p.m.**

**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:

# GOODSPEED OPERA

**September 27, 2018**

**Thursday Matinee**

**East Haddam, CT**



When a die-hard theatre fan plays his favorite cast album - the characters come to life in this hilarious musical farce. Winner of five Tony awards including best original score, the Drowsy Chaperone is a loving send-up of the Jazz Age musical, featuring one show-stopping song and dance number after another.

## ***Lunch at La Vita - Goodspeed Landing***

Pre-show lunch at LaVita located directly across the street  
from the Goodspeed Opera

Menu: Salad, Choice of Choice of Cheese & Spinach Stuffed Cannelloni ,  
Sauteed Chicken Breast with Mushrooms & Artichokes over Linguini OR  
Baked Scrod with Rice & Vegetables, Dessert & Beverage

*Entrée Choice in Advance*

**COST: \$138**.pp based on 40-52

**Depart: 10:00am Brookfield Senior Center,  
100 Pocono Road**

**Estimated Return: 6:15pm 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 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.











SENIOR ACTIVITIES ~ JULY 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 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	4  Closed 4 <sup>th</sup> of July 	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 9:30 Men's Breakfast* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee: <i>The Glass Castle</i> 	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 Garden Club Event* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	11 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 12 Brookfield COA meeting 1 Brookfield Tax Abatement Subcommittee Seminar * 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	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 Strong Women\$*	13 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee: <i>The Shape of Water</i> 	14/15 9:30 Saturday Zumba <i>Cancelled</i>  12 Lion's Club Cookout*
16 9:30 Zumba Gold\$ <i>Cancelled</i> 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ <i>Cancelled</i> 2:30 Yoga\$ <i>Cancelled</i>	17 9 Brookfield Trekkers\$ 9 Mahjongg 9:30 Line Dancing\$ <i>Cancelled</i> 9:30 Wii Bowling 9:30 Ping Pong 10 Quilting <i>Cancelled</i> 12 Lunch Program* 12:30 FOBSC Meeting 1 Bridge, Pinochle & Mahjongg <i>Cancelled</i> 1 Chair Yoga\$	18 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 9:45 Low Vision Support Group 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	19 9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling & Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ 2 Strong Women\$*	20 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Hot Dog Bingo* 	21/22 9:30 Saturday Zumba
23 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\$ 2:30 Yoga\$	24 9 Brookfield Trekkers\$ (Rain Date) 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 9:30 Live Well Workshop* 10 Quilting <i>cancelled</i> 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	25 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 1 Scrabble 2:30 Yoga\$ <i>Riverboat Cruise</i> <i>Departs at 8:15 a.m.</i> 	26 9 Brookfield Trekkers\$ ( <i>rain date</i> ) 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 Strong Women \$*	27 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Summer SIZZLER*\$ 	28/29 9:30 Saturday Zumba
30 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$	31 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 9:30 Live Well Workshop* 10 Quilting <i>cancelled</i> 11:30 NMVNA Blood Pressure Clinic 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$		*Sign Up Required  \$ Fee Required	Lunch is served Monday - Thursday at noon.  Please call the kitchen phone <b>TWO</b> days in advance to make a reservation: <b>203-775-5237</b>	