

Brookfield Senior Center

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

March 2018

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

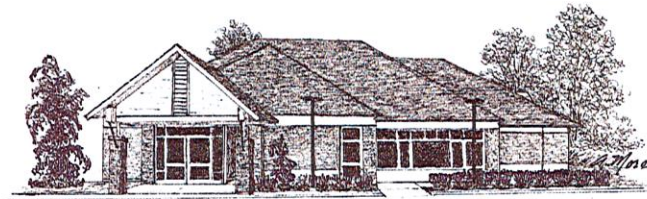
Telephone: 203-775-5308

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

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

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

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



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.



Erin go Bragh
Join us for a "Bite of Irish"
Friday, March 16 at noon



You will enjoy a traditional corned beef and cabbage lunch with all the trimmings, followed by Irish entertainment from T-Bone Stankus!

Enjoy an afternoon of great food, fun, music and laughter with friends. *Cost is \$15/person.*

Please reserve your seat by Monday, March 13.

Slainte!

AARP FREE Tax Preparation Assistance

Tax-Aide counselors are available to 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.

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

Mark your Calendar - don't forget

Men's Breakfast – Friday, March 2 at 9:30 a.m. Please sign up to reserve your seat.

Friends of Brookfield Senior Center – Tuesday, March 13 at 12:30 p.m. Please join us 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 - Wednesday at 11 a.m. Join this friendly group that discusses one topic each meeting.

Ask an Attorney Round Table - Wednesday, March 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? – 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, March 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, March 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 disease or dementia. Group led by an Alzheimer's Association Facilitator.

Tech Assistance with Gregory – Thursday, March 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, March 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 Tuesday, March 20.*

Lunch and Learn:

Friday, March 2 at noon: *Assisted Living - When is the RIGHT time?* Join us for an interactive journey exploring the option of Assisted Living with Lauren and Debi from The Village at Brookfield Common. Please sign up so we know how many to expect.



Friday, March 9 at noon: AARP presents *Disrupt Aging Community Conversation*. Please join our friends from the AARP as they present an interactive session focusing on aging from an intergenerational perspective. There will be thought-provoking discussion and activities. Please sign up in advance so you don't miss this very popular program.

Movie Matinees

Wednesday, March 7 at 12:30 p.m. *A Family Man*. When it comes to business, Chicago headhunter Dane Jensen is ruthless. But just as he's about to take over the reins of the company where he works, his 10-year-old son is diagnosed with cancer, casting everything in a new light. (Cast: Gerard Butler, Gretchen Mol).

Wednesday, March 14 at 12:30 p.m. *Darkest Hour*. Winston Churchill's stirring defiance of the Nazi threat is the focus of this historical drama. (Cast: Gary Oldman, Kristin Scott Thomas, Ben Mendelsohn).

Wednesday, March 21 at 12:30 p.m. *Victoria & Abdul*. The extraordinary true story of an unexpected friendship in the later years of Queen Victoria's (Academy Award winner Judi Dench) remarkable rule.

Improve Your Mind & Body

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

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

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

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

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

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

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

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

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

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

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

AARP Caregiver Roadshow for CT Families rescheduled to April 18 at 1 p.m.

This important program was rescheduled to April 18 due to a snow cancellation in February. AARP will offer a conversation designed specifically for family caregivers. You will learn specific tools to navigate and connect to available services, understand your care options and costs, and to stay informed on the legislative issues impacting seniors and family caregivers.

Looking Forward:

Wednesday, April 4 at 1 p.m. Charlene Wicks of Area Agency on Aging will return with her popular *Gadgets and Gizmos*. Come see what new assistive devices can make your life easier!

Friday, April 13 at 9 a.m. *AARP Safe Driving.* The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills.

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 more organized and easier. Classes will be starting this winter. Please sign up at the front desk if you are interested.

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.



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!

Volunteer FISH Drivers – help your Brookfield neighbors who need transportation to medical appointments. A willingness to help, transportation and a clean driving record is all that is needed.

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

Brookfield Senior Center



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



Check us out on Facebook

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

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 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 \$92pp. *Now accepting reservations.*

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

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

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

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

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

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

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

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

Ongoing Classes/Activities

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

Quilting Group – Tuesdays at 10 a.m. (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. Join this fun group of musicians and singers.

News You Can Use from Brookfield Social Services

Lorraine Kelley, LCSW (203) 775-7312

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 worth 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).
4. Names, dates of birth and Social Security numbers of all people who live in your home, whether or not they are immediate family members.

If you have any questions concerning what to bring or to set up an appointment for assistance, please contact the Social Services office at 203-775-7312.

TAX RELIEF (corrections on town income limits made from last month's newsletter):

It is time to file for tax relief. Filing period is **through May 15**. If you turned 65 by December 31, 2017 and your income is below **\$35,200** for unmarried and **\$42,900** 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 \$237,090 or less, you may also qualify for the **Town-Elderly Tax Credit** if your income does not exceed **\$49,420** for unmarried and **\$60,200** for married. You may also apply for the **Town Tax Deferral for Elderly Homeowners program** which allows seniors to pay a certain percentage of their taxes which 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 web-site at www.brookfieldct.gov or call or visit the Assessor's Office at the Town Hall (203-775-7302) for more information.

ARE YOU WHEELCHAIR-BOUND? The Handy Dandy Handyman Ministry (**HDHM**) in Brookfield now offers rides to those who require a wheelchair for their mobility. If you need **transportation** to go to hair appointments, the gym, out to lunch, shopping, etc., the founder and president of the HDHM has acquired a handicapped accessible van to offer rides to people in wheelchairs. For more information and/or make an appointment, please contact Peter Brady at peterbrady@hdhm.org or call 203-740-1243.

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

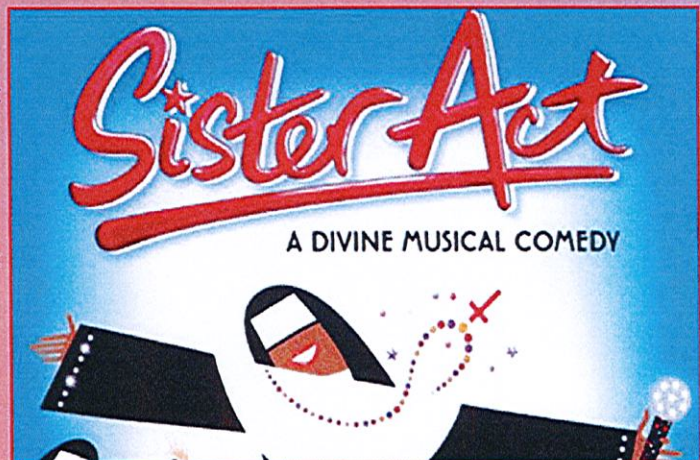
Brookfield Senior Center presents:

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

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 ~ MARCH 2018
BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
	<p>Lunch is served Monday - Thursday at noon.</p> <p>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</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 Functional Strength & Balance\$	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: <i>Assisted Living, When is the Right Time? with Village of Brookfield Common*</i>	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 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* 12:30 Movie Matinee: <i>A Family Man</i> 1 Functional Strength & Balance\$ 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 Functional Strength & Balance\$ 2:30 Tech Assistance*	9 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Lunch & Learn: <i>Disrupt Aging Community Conversation with AARP*</i>	10/11 9:30 Saturday Zumba
12 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\$	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* 12:30 Movie Matinee: <i>Darkest Hour</i> 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 7 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 Functional Strength & Balance\$	16 8:30 AARP Tax Prep* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class <i>cancelled</i> 11 Scrabble 12 Bite of Irish Luncheon with "T-Bone Stankus"\$* 	17/18 9:30 Saturday Zumba
19 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\$	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* 12:30 Movie Matinee: <i>Victoria & Abdul</i> 1 Functional Strength & Balance\$ 1 Scrabble 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 Functional Strength & Balance\$	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\$	29 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\$	30 SENIOR CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY	31/1  HAPPY EASTER