

Brookfield Senior Center

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

March 2024 Newsletter

*Inclement Weather Policy: If Brookfield schools are closed **due to weather**, the Brookfield Senior Center is closed for regular programming. If there is a weather-related delay, we open on time, but all exercise classes that begin before 10:00 a.m. are cancelled. In case of unusual closings or if you have any questions, please call the Center at 203-775-5308.*



AARP FREE Tax Preparation Assistance
Continuing Fridays through April 12



Continuing through Friday, April 14, AARP Tax-Aide counselors will assist you with income tax preparation at the Senior Center. Assistance is free for low and middle-income taxpayers. An appointment is required. If married, both spouses **MUST** be present. *Call the Senior Center to schedule an appointment.*



Introduction to Drawing – New Class!
With Tom Doty
Starting Wednesday, March 6 at 1:30 p.m.

Just about anything you draw can be broken down into the 3 basic shapes: a circle, rectangle or square. Tom will introduce these basics and guide you through the use of these shapes and their 3-D counterparts – sphere, cone, cube, cylinder, and pyramid. Come test yourself on a new skill and meet some new friends in this 2-hour class. You'll learn about light and how it pertains to realism, about different kinds pencils and how to use them correctly while shading, and use of proper erasers.

Tom, our newest instructor, was the 2023 recipient of the Larry Newquist award for excellence at the spring juried show through the Society of Cultural Arts in Newtown. A lifetime member of S.C.A.N. and a member of the Ridgefield Artist Guild, Tom's artwork has been a part of many shows in the local area since his retirement from corporate life in 2023.

Please sign up on the enclosed form. Space is limited. A supply list will be provided upon registration.

What is Seasonal Affective Disorder (SAD)?
Monday, March 11 at 11:00 a.m.



Join our most trusted friends, Danielle Ramos of National Health Care and Heather Hitchcock of Bristol Health to discuss this important topic that affects many of us this time of year. They will remind us to not brush off that yearly feeling as simply a case of the "winter blues" or a seasonal funk that you must tough out on your own. Learn practical steps to keep our mood and motivation steady throughout the year. Please register on the enclosed form.

Please make a note - we are closed
Friday, March 29 – Good Friday

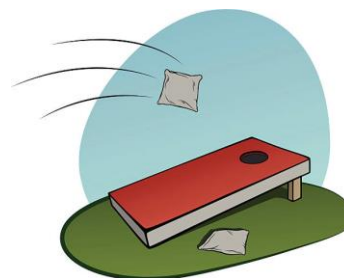
Senior Center Book Club
Wednesday, March 27 at 1:30 p.m.

Our book for March is *Us Against Them* by Fredrick Backman. After everything that the citizens of Beartown have gone through, they are struck yet another blow when they hear that their beloved local hockey team will soon be disbanded. What makes it worse is the obvious satisfaction that all the former Beartown players, who now play for a rival team in Hed, take in that fact. By the time the last game of the season is played, a resident of Beartown will be dead, and the people of both towns will be forced to wonder if, after all they've been through, the game they love can ever return to something simple and innocent.

Books will be on reserve for us at the Brookfield Library. *Please sign up on the enclosed form.*

Corn Hole
Monday, March 11 and 25 at 11:00 a.m.

Join a fun group and learn how to play Corn Hole – a great game for everyone. Our group of players is growing and there's always room for one more. We often hear lots of laughter happening during this activity!



No registration required – just show up for the fun.

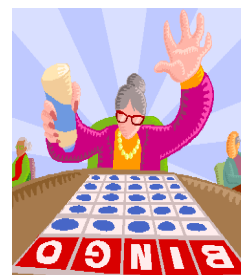
Afternoon Dessert with Green Funeral Home
Thursday, March 7 at 1:00 p.m.

Join Kelly Coughlin from Green Funeral Home for a very informative afternoon on why planning is important. We'll be discussing the how-to's and why we must have plans in place, so others, who are not prepared, do not need to arrange for us. Come share in this discussion on a topic we all need to address. Dessert provided by Candlewood Valley Health and Rehab. Please register so we know how many to prepare for.

Fabulous Thursday Bingo
Thursday, March 28 at 1:00 p.m.

Join us for an afternoon of fun and prizes with Bingo! Sponsored by Church Hill Village. This is a fabulous way to spend a damp Spring afternoon with friends.

Please sign up on the enclosed form.



AARP Safe Driving
Thursday, March 21 at Noon – 4:00 p.m.



The AARP Driver Safety class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips. Connecticut residents aged 60 and older who complete this class will qualify for a minimum of a 5 percent automobile liability insurance discount for at least two years.

You must pay in advance to register – your check holds your spot in the class. Cost is \$20/AARP members and \$25/nonmembers. *Checks only - made payable to AARP Safe Driving.*

***From Ryan Soto, LPCA
Human Services Coordinator 203-775-7312***

CEAP

Applications for the CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$41,553 (individuals) and \$54,338 (couples), you may be eligible for assistance with your heating bills (note updates to qualifying income). To apply, you must show current income information, including the last 4 weeks of paystubs if you're employed. Please contact Ryan at 203-775-7312 if you think you qualify. The assistance with oil deliveries will end March 31, assistance with natural gas and electric heat will end April 30.

Homeowner's Property Tax Credit

The Homeowner's Property Tax Credit program filing period goes through May 15. For more information about this credit and other tax benefits and exemptions, please visit the Tax Assessor's Department on the Town of Brookfield's website www.brookfieldct.gov or call 203-775-7302.

Renter's Rebate

The Renter's Rebate Program starts on April 1, 2024, and runs through October 30, 2024. If you rented in 2023, were age 65 or older, or were disabled, and your income (including Social Security) was no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a rebate from the State. For more information about this program and your eligibility, please contact Ryan Soto at 203-775-7312. You must meet a one-year state residency requirement.

Annual Updates

If you have not updated your information with Brookfield Human Services in a while or if your situation has changed in any way, *i.e.*, a move, new job, new telephone number and/or email, family members leaving the home, new ones coming in, or any other change, please call Ryan at Human Services 203-775-7312, so your file can be updated. This information will be used to determine what assistance you may need and what you qualify for.

Grief Connections with Ben

Monday, March 4 and Monday, March 18 at 11:00 a.m.

Grief is a strong and sometimes overwhelming emotion that is a normal response to loss. There is no right or wrong way to grieve. You are invited to come share your thoughts, express your feelings and explore ways to work through these painful experiences with others who are doing the same. Please register so we know how many to expect.



***Blood Pressure Screening/ Nurses visit
Wednesday, March 20
from 11:00 a.m. – noon***



Tracey Cahill, RN will be available at the Senior Center on Wednesday, February 21 starting at 11:00 a.m. for drop in visits and blood pressure screening. This is a great opportunity to stay on track with your health on a regular basis.

***Alzheimer's and Dementia
Caregiver Support Group
Monday, March 25
at 11:00 a.m.***



This confidential group will be meeting the last Monday of each month at 11:00 a.m. These groups are a safe place for caregivers and loved ones of people with dementia to exchange information, share feelings and to develop a support system. Please register so we know how many to expect.

Brookfield Senior Center



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

Brookfield Senior Center

100 Pocono Road Brookfield, CT 06804 Telephone: 203-775-5308

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

Director of Human Services:

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Human Services Program Coordinator:

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Human Services Coordinator:

Ryan Soto, MA rsoto@brookfieldct.gov

Behavioral Health Liaison:

Benjamin Ferrie bferrie@brookfieldct.gov

All Are Welcome Here!

Brookfield Senior Center respects the diversity of our members. You will find a warm welcome regardless of sex, age, race, ethnicity, religion, national origin, range of abilities, sexual orientation, gender identity, financial means, and political perspective.



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:

Main Phone: 203-744-4070

Reservations: Press 3

Meals on Wheels:

Home delivered meals for those 60 years of age or older who are homebound.

Main number: 800-994-9422

Elder Justice Hotline:

If you are the victim of scam, or neglected, exploited, or abused, they are here to help.

Main phone: 860-808-5555

Improve Your Mind and Body

Yoga with Eileen: Mondays at 10:00 a.m. This yoga class includes postures to work on strength, flexibility, balance, and movement to make you feel stronger. Bring your own floor mat.

Back in Balance with Jess - Entry Level Class: Mondays at 1:15 p.m. and Thursdays at 11:30 a.m. Gently work on balance, range of motion, flexibility, and strength. Gentle enough for those with arthritis or other limitations. Learn about your body and its asymmetries.

Cardio Dance Party with Matt: Tuesdays at 9:30 a.m. Come for the party music and stay for the dance moves. You won't want to miss this opportunity to dance with Matt every Tuesday morning.

Tai Chi Basics: Tuesdays at 10:30 a.m. Enjoy the graceful flowing movements of Tai Chi while building strength and increasing stamina. Learn the basics of this evidence-based form with supportive simplified instruction. Perfect for beginners and for all levels of physical ability.

Line Dancing with Jill: Tuesdays at 1:30 p.m., Jill is a premier line dance instructor, known for her skill, patience, and positive style. Everyone will enjoy this fun and entertaining class. Beginners welcome.

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. Susan's gentle encouragement and enthusiasm will help you quickly feel the benefits of this class.

Functional Strength and Balance with Cassie – Intermediate Level Class: Wednesdays at 1:15 p.m. The focus of this class is on movement and range of motion exercises through all the joints and muscles in your body with multiple directional movements. Bring your hand weights.

Chair Yoga with Eileen: Wednesdays at 2:30 p.m. You get all the benefits of movement and breath work without having to get down on the floor. This class is appropriate for beginner and advanced.

Bandstand Boogie with Matt: Thursdays at 9:30 a.m. This fun and easy class mixes basic choreography with freestyle movements. No dance experience needed. Open to all fitness levels.

Restorative Yoga with Elizabeth: Thursdays at 4:00 p.m. The focus of restorative yoga is that through relaxing in poses, with the aid of props, without strain or pain, we can achieve physical, mental, and emotional relaxation. Join Beth Hornbeck at the end of your day to enter the evening stretched and relaxed. The cost is \$10 per class, directly payable to the instructor (cost for March is \$40). Please register and pay in advance.

Movement, Strength, and Mobility with Eileen: Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen your body and mind. Bring your own light hand weights and a small ball. Class includes movement, strength training and balance work that can be adapted to your level.

Seated Stretch and Conditioning with Kim: Fridays at noon. Kim Downs is an Occupational Therapist who has taught people how to care for their bodies for 25+ years. Do you feel stiff? Experiencing changes in posture? Attend this class to learn how to properly stretch, condition, and care for your body. These activities can be performed sitting with the option to stand as able. Come ready to learn, have a good workout, and feel better. All ability levels are welcome.

Please consult your personal physician before beginning any new exercise class.

Wear appropriate footwear and clothing and always bring your water.

Please arrive in time to be fully set up and ready when class begins.



Brain and Body Fitness with Stacey McIvor

Wednesday, March 13 at 10:00 a.m.



LOVE YOUR MIND AND BODY and join Stacey McIvor MS, OTR/L of RESTORE Mobile Therapy who will engage you monthly with activities you won't want to miss. She'll give you helpful homework, too! Brain and Body Fitness is a fun and interactive program that will keep both your mind and body engaged by playing a variety of activities for all levels. This class is made possible by the Brookfield Education Foundation. www.brookfieldeducationfoundation.org. Please sign up on the enclosed form.

Brain Games from the Brain Health Toolbox

March 27 at 10:00 a.m.



Preventing and treating forms of dementia are largely driven by lifestyle and the choices we make daily. Join Danielle Ramos, Bethel Health Care, for a fun hour of memory joggers and trivia. Register on the enclosed form.

Escape with Us!



Saturday, April 20. Join us as we return to our favorite restaurant - The Student Prince - in downtown Springfield, MA for a delicious German-style lunch. Lunch will be followed by a special performance of *The Play that Goes Wrong* at the Majestic theatre in West Springfield. Cost is \$156pp/ reservations now being accepted.

Tuesday, June 25. West Point Campus tour and lunch at the famous Hotel Thayer buffet. You will enjoy a guided walking tour of the West Point campus. Cost is \$135pp/ reservations now being accepted.

October 9-11. Long Island and the Lifestyles of the Rich and Famous. Join us for three days and two nights as we travel through The Hamptons, visit the Vanderbilt Mansion, Old Westbury gardens and mansion, and much more. Flyers are available at the center with all the details.

Thursday, July 25. Lunch at the Chowder Pot followed by The Thimble Island Cruise. How could a July day be any more perfect? Cost is \$135pp/ reservations now being accepted.

October 26-November 2. Ireland Sampler. Dublin, Galway, Killarney and more! Includes a 2-night stay in a castle. Flyers are available at the center with all the details.

Please note that your check holds your spot and that our buses are loaded based on the date your registration and check is received. We are required to give a final count to the travel agent 4-6 weeks in advance and cannot give you a refund after that time. We'll provide you with any waiting list names that we have, but it will be your responsibility to replace yourself at that time.

Tech Assistance with Ashley

Thursday, March 28 at 3:30 p.m. – 4:30 p.m.

iPads? iPhones? Kindle? Internet? E-mail? If you find yourself struggling with technology, we have help! Ashley Matthews, a junior at Brookfield High School will assist you with all your questions. Call the Center for an appointment.

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

March 2024 Registration

You must have a current membership form on file for 2023-2024.

Name: _____ Preferred Phone Number: _____

	Monthly Cost	Total
___ Mon Yoga at 10:00 a.m.	\$15	\$_____
___ Mon Back in Balance at 1:15 p.m.	\$15	\$_____
___ Tues Cardio Dance Party at 9:30 a.m.	\$15	\$_____
___ Tues Tai Chi Basics at 10:30 a.m.	\$15	\$_____
___ Tues Line Dancing at 1:30 p.m.	\$15	\$_____
___ Wed Tai Chi at 9:30 a.m.	\$15	\$_____
___ Wed Functional Strength & Balance at 1:15 p.m.	\$15	\$_____
___ Wed Chair Yoga at 2:30 p.m.	\$15	\$_____
___ Thurs Bandstand Boogie at 9:30 a.m. (No class March 7)	\$10	\$_____
___ Thurs Back in Balance at 11:30 a.m.	\$15	\$_____
___ Thurs Restorative Yoga with Beth at 4:00 p.m. Pay Beth Hornbeck directly (\$40 for March)		
___ Fri Movement, Strength, and Mobility at 10:30 a.m.	\$15	\$_____
___ Fri Seated Stretch and Conditioning at noon	\$15	\$_____
___ Tues Art with Adele at 1:00 p.m.	\$20	\$_____
___ New Class! Wed Introduction to Drawing at 1:30 p.m.	\$20	\$_____
___ Friday, March 1 at 9:00 a.m.: Men's Breakfast	\$ 4	\$_____
___ Monday, March 4 and 18 at 11:00 a.m.: Grief Connections		
___ Thursday, March 7 at 11:00 a.m.: El Nino and La Nina		
___ Thursday, March 7 at 1:00 p.m.: Green Funeral Home		
___ Saturday, February 10 at Noon: Knights of Columbus lunch Address: _____		
___ Monday, March 11 at 11:00 a.m.: What is Seasonal Affective Disorder?		
___ Wednesday, March 13 at 10:00 a.m.: Brain and Body Fitness		
___ Monday, March 25 at 11:00 a.m.: Alzheimer's & Dementia Support Group		
___ Wednesday, March 27 at 10:00 a.m.: Brain Games		
___ Wednesday, March 27 at 1:30 p.m.: Book Club		
___ Thursday, March 28 at 1:00 p.m. Bingo		
Total Cost – Payment by check or credit card MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> .		\$_____

BROOKFIELD SENIOR CENTER LUNCH REGISTRATION FORM

March 2024

You must have a current membership form on file for 2023-2024.

Name: _____ Preferred Phone Number: _____

___	Monday, March 4	\$5	\$ _____
___	Tuesday, March 5	\$5	\$ _____
___	Wednesday, March 6	\$5	\$ _____
___	Monday, March 11	\$5	\$ _____
___	Tuesday, March 12	\$5	\$ _____
___	Wednesday, March 13	\$5	\$ _____
___	Monday, March 18	\$5	\$ _____
___	Tuesday, March 19	\$5	\$ _____
___	Wednesday, March 20	\$5	\$ _____
___	Monday, March 25	\$5	\$ _____
___	Tuesday, March 26	\$5	\$ _____
___	Wednesday, March 27	\$5	\$ _____
Total Cost –Make checks payable to the <i>Town of Brookfield.</i>			\$ _____

March 2024

Brookfield Senior Center Lunch Program

Monday	Tuesday	Wednesday	Thursday
4 Baked stuffed shells/ Tossed Salad/ Garlic bread Milk/fruit/ Cookies	5 Stuffed chicken/ mashed potatoes/ tossed salad/ Whole grain bread/ Milk/fruit juice/cookies	6 Chicken Francesca Roasted potatoes Caesar Salad Italian bread/ Milk/fruit juice/cookies	7
11 Chicken Cacciatore Fresh Broccoli Tossed Salad Whole grain bread Milk/fresh fruit/cookies	12 Spaghetti and meat sauce/ Caesar salad/ Italian bread/ milk/ fruit juice/ cookies	13 Turkey Hero/ Caprese Salad/ Fruit salad/milk and cookies	14
18 Baked manicotti/ green beans/ Tossed Salad Italian bread Milk/fruit cup	19 Roast beef sandwich Cole Slaw Pasta Faggioli Milk/fruit juice/ Cookies	20 Chicken with Mushrooms/ Mashed potatoes/ Caesar Salad Italian bread/ Milk/fruit juice/ cookies	21
25 Chicken Marsala/ Mashed potatoes/ Tossed salad multigrain bread/ Fruit/ milk and cookies	26 Sole with butter sauce Roasted potatoes Grilled vegetables Italian bread/ fruit/ Milk and cookies	27 Sausage Peppers and Onions/ziti with marinara sauce/fruit salad/ Italian bread/ milk and cookies	28
			Portion Sizes: 3 oz protein ½ cup starch ½ cup vegetable ¼ cup fruit 1 slice bread 8 oz low fat milk

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

Mark your Calendars:

Men's Breakfast – Friday, March 1 at 9:00 a.m. Register and pay on the enclosed form by Wednesday, January 31. The cost is \$4 per person.

Reflexology with Eileen – Friday, March 1 and 15. Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Cost is \$35 for a 30-minute session payable directly to Eileen Byrnes. Contact her to make an appointment. Eileen@eileenbyrnes.com.

Brookfield Knights of Columbus lunch delivery - Saturday, March 9. Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to **sign up by Thursday, February 29**. Delivery is between 11:15 a.m. and 12:15 p.m. You must be home to accept delivery.

Friends of Brookfield Senior Center (FOBSC) – Tuesday, March 12 at noon. Join the Board and employees at the Center to discuss activities, programming, and events. No registration required.

Blood Pressure Screening – Wednesday, March 20 from 11:00 a.m. – 12:00 noon. Let us help you stay on track with healthy blood pressure. Tracey Cahill, RN will be available for drop in visits.

Coloring Club - Mondays at 1:30 p.m. Get out of the house and enjoy the company of others while having some fun coloring. Adult coloring has shown to help reduce stress, boost mental clarity, exercise fine motor skills, and help train the brain to focus. Bring your own coloring supplies or use ours.

Handiwork Group – Tuesdays at 10:00 a.m. Bring your own knitting, quilting, crocheting or cross-stitch project and enjoy the company of other talented members. This is a great way to make new friends.

Art with Adele - Tuesdays, 1:00 p.m. – 3:00 p.m. Bring your own supplies and painting project and join Adele and friends. Register on the enclosed form.

Bridge, Mahjogg, Pinochle and Games – Tuesdays, 1:00 p.m. – 3:45 p.m. and Thursdays at 1:00 – 5:45 p.m. Gather your table and join us for cards and games on Tuesdays and Thursdays. You can play either or both days.

Let's Talk- Wednesdays at 10:45 a.m. This friendly group will gather to connect and chat. Just walk in and join this fun and lively group.

Movie Matinee

Thursday, March 14 at 1:00 p.m. *Indiana Jones and the Dial of Destiny*. Harrison Ford returns to the role of the legendary hero archaeologist, Indiana Jones, for this highly anticipated final installment of the iconic franchise – a big, globe-trotting, rip-roaring adventure! (2H6m; PG-13)



El Niño and La Niña with Dr. Mitch Wagener **Thursday, March 7 at 11:00 a.m.**



One of the main factors affecting changes in temperature is the occurrence of a weather pattern called El Niño. El Niño is caused by a change in the distribution of hot water in the Pacific Ocean. El Niño leads to warmer temperatures across the world while the contrasting La Niña, leads to the temperatures cooling more than usual and winds changing direction. To understand climate change, we must understand how El Niño and La Niña work. How did ancient Polynesian peoples colonize islands to the east when the winds usually blow towards the west? That too, is a part of this climate story. Please register on the enclosed form.

Brookfield Senior Center presents:

★ MAJESTIC ★ THEATER

West Springfield, MA



Saturday, April 20, 2024



The time is right to see *THE PLAY THAT GOES WRONG*, Broadway's funniest smash hit! This Olivier Award-winning comedy is a hilarious hybrid of Monty Python and Sherlock Holmes. Welcome to opening night of *The Murder at Haversham Manor* where things are quickly going from bad to utterly disastrous. With an unconscious leading lady, a corpse that can't play dead, and actors who trip over everything (including their lines), it's **"A RIOTOUS EXPLOSION OF COMEDY!"**

Enjoy a delicious lunch at the **Student Prince**, a charming, **German-style restaurant** in the heart of downtown Springfield, known for its fine food and service and beautifully decorated with German flare. Our full course meal will include: Salad, **Choice of:** Beef Goulash & Sauerkraut with Butter Noodles - OR- Baked Scrod with Crumb Topping -OR- Chicken Schnitzel with Gravy; Vegetable, Potato, Apple Strudel a la Mode & Coffee. **Entree Choice in advance**

COST: \$156pp based on 35-50

Depart 9:45am Brookfield Sr Center, 100 Pocono Rd

Estimated Return: 7:00pm Brookfield

Reservations: **Brookfield Senior Center**



FRIENDSHIP TOURS
THE SHIP SHOP

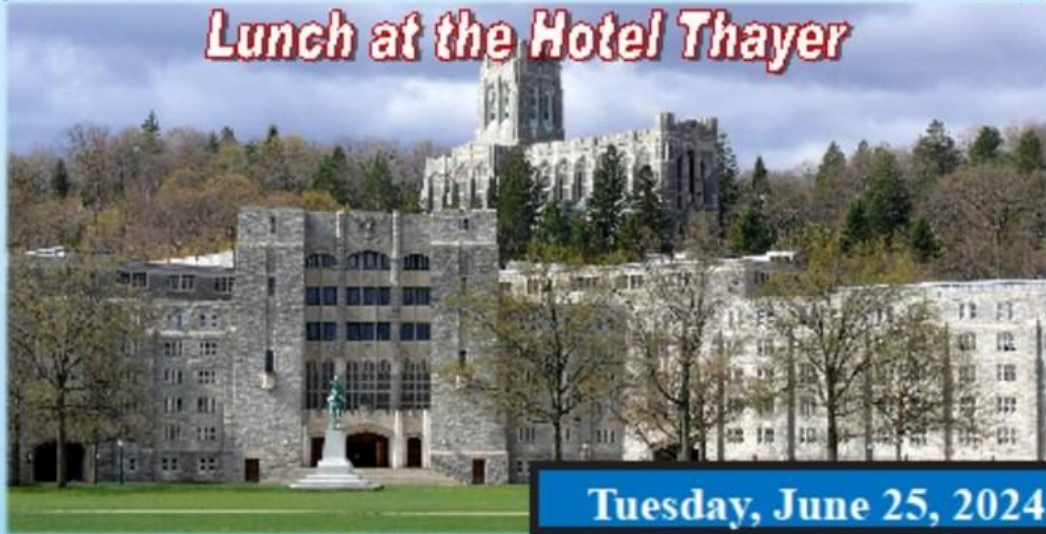
200 Bluefield Ave. Brookfield, CT 06006
860.345.1630 • 800.345.1630

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.

Brookfield Senior Center present:

WEST POINT CAMPUS TOUR

Lunch at the Hotel Thayer



Tuesday, June 25, 2024

Lunch at the Hotel Thayer for their Bountiful Buffet. Wonderful assortment of salads, cold cut display, hot entrees and dessert buffet.

Following lunch enjoy a fun & informative 90 minute guided tour of the **United States Military Academy at West Point**. Stop at the Cadet Chapel, Trophy Point, Battle Monument and the Plain. Explore the campus and learn in great detail the history of West Point and our nation. *This tour requires moderate walking on some uneven ground at the various stops, most of which are outdoors.

Morning stop to **The National Purple Heart Hall of Honor** in New Windsor, NY, commemorating the extraordinary sacrifices of America's servicemen who were killed or wounded in combat.

COST: \$135.pp based on 35-50 passengers

Depart 8:45am Brookfield Sr Center, 100 Pocono Rd
Estimated Return: 5:30pm Brookfield



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



FRIENDSHIP TOURS
THE SHIP SHOP

797 Elmwood Ave., Brookfield, CT 06005
860-434-1431 • 860-741-7310
www.friendshiptours.net

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.




SENIOR ACTIVITIES ~ MARCH 2024

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD



203-775-5308

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Please sign up for the lunch program on a separate registration form enclosed.</p>				1
			<p>Back in Balance: B= Bands Day W= Weights Day</p>	<p>8:30 AARP Taxes 9:00 Men's Breakfast 10:30 Movement, Strength and Mobility 12:00 Reflexology 12:00 Seated Stretch and Conditioning with Kim</p>
4	5	6	7	8
<p>10:00 Yoga 11:00 Grief Connections 12:00 Lunch Program 1:15 Back in Balance (B) 1:30 Coloring Club</p>	<p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Introduction to Drawing 2:30 Chair Yoga</p>	<p>9:30 Bandstand Boogie Cancelled 11:00 El Nino and La Nina 11:30 Back in Balance (B) 1:00 Cards and Games/ Poker 1:00 Green Funeral Home 4:00 Restorative Yoga</p>	<p>8:30 AARP Taxes 10:30 Movement, Strength and Mobility 12:00 Seated Stretch and Conditioning with Kim</p> <p>Saturday, March 9 at noon KoC lunch delivery</p>
11	12	13	14	15
<p>10:00 Yoga 11:00 Corn Hole 11:00 What is Seasonal Affective Disorder? 12:00 Lunch Program 1:15 Back in Balance (W) 1:30 Coloring Club</p>	<p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 12:00 Lunch Program 12:00 FOBS 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>9:30 Tai Chi 10:00 Brain & Body Fitness 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Introduction to Drawing 2:30 Chair Yoga</p>	<p>9:30 Bandstand Boogie 11:30 Back in Balance (W) 1:00 Cards and Games/ Poker 1:00 Movie-Indiana Jones and The Dial of Destiny 4:00 Restorative Yoga</p>	<p>8:30 AARP Taxes 10:30 Movement, Strength and Mobility 12:00 Reflexology 12:00 Seated Stretch and Conditioning with Kim</p>
18	19	20	21	22
<p>10:00 Yoga 11:00 Grief Connections 12:00 Lunch Program 1:15 Back in Balance (B) 1:30 Coloring Club</p>	<p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>9:30 Tai Chi 10:45 Let's Talk 11:00 – 12:00 Blood Pressure Screening 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Introduction to Drawing 2:30 Chair Yoga</p>	<p>9:30 Bandstand Boogie 11:30 Back in Balance (W) 12:00 – 4:00 AARP Safe Driving 1:00 Cards and Games/ Poker 4:00 Restorative Yoga</p> <p> First day of Spring</p>	<p>8:30 AARP Taxes 10:30 Movement, Strength and Mobility 12:00 Seated Stretch and Conditioning with Kim</p>
25	26	27	28	29
<p>10:00 Yoga 11:00 Corn Hole 11:00 Alzheimer's and Dementia Support Group 12:00 Lunch Program 1:15 Back in Balance (W) 1:30 Coloring Club</p> <p>April Registration begins</p>	<p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>9:30 Tai Chi 10:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Introduction to Drawing 1:30 Book Club 2:30 Chair Yoga</p>	<p>9:30 Bandstand Boogie 11:30 Back in Balance (W) 1:00 Cards and Games/ Poker 1:00 Bingo with Church Hill Village 3:30 Tech Assistance with Ashley 4:00 Restorative Yoga</p>	<p>Senior Center Closed in observance of Good Friday</p>