

Brookfield Senior Center

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

May 2017

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

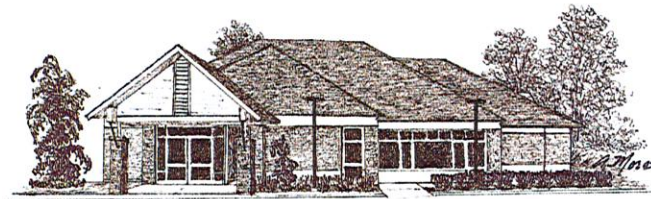
Telephone: 203-775-5308

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



Journey of a Caregiver ***Thursday, May 4 at 1 p.m.***



Beverly Ruekberg of Home Care Advantage will be sharing a special presentation with us entitled *"Walking On Eggshells" – The Journey of a Caregiver*. Join us for a heart-to-heart interactive discussion that will educate you about finding your voice as caregiver, partner and advocate, navigating the complex medical system and achieving a healthy balanced outlook as a caregiver. Please sign up; seats are limited.



Mother's Day Tea ***Friday, May 12 at 1 p.m.***

Join us as we celebrate all mothers, mother figures, those who love mothers and, of course, each other. Enjoy tea sandwiches, dessert and (of course) tea! Please do not forget to wear your fancy hat. Our friends from Masonicare in Danbury will be sponsoring this event and a craft. Simpson and Vail will be providing the tea and brief discussion about the teas.

This event is free of charge for all Brookfield Senior Center members and their mothers/daughters! Please sign up by Tuesday, May 2 so we may plan accordingly.

Are You from the Bronx? ***Monday, May 22 at 11 a.m.***



Join this lively group of "Bronx Transplants" for a special meeting. We have invited Historian Art Gottlieb, who will be presenting a photo-historical tour of the Bronx. This event will be free of charge for all Brookfield Senior Center members.

Mark your Calendar - don't forget

Men's Breakfast – Friday, May 5 at 9:30 a.m. Come enjoy old friends and make new ones! Please sign up at the front desk to reserve your seat.



Bingo – Monday, May 1 at 10:30 a.m. Join us for laughter, fun and games!

Friends of Brookfield Senior Center - Tuesday, May 9 at 11 a.m. Please join us as we discuss events at the Senior Center. Refreshments will be provided.

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



Let's Talk - Wednesdays 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, May 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.*

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

Scrabble Play - Wednesdays at 1 p.m. and Fridays at 11 a.m. Join us and meet some new friends!

Housatonic Probate Judge Martin Landgrebe - Friday, May 26 at 9:30 a.m. This is your opportunity to meet with and ask questions of our local Probate Judge. He will answer your questions about wills, probate, conservatorship and more in confidential one-on-one sessions. Please call to schedule an appointment

AARP Safe Driving Friday, June 9 9 a.m. – 1 p.m.

The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips for adapting your driving to compensate for physical and cognitive changes that come with aging. By law, Connecticut residents age 60 and older who complete this class will qualify for a minimum of 5 percent automobile liability insurance discount for at least two years. *Please sign up and pay in advance. Cost is \$15/AARP members and \$20/nonmembers (checks only).*

Fabulous Friday Hot Dog Bingo Friday, May 26 at noon

Join us for an afternoon of Bingo and a Hot Dog lunch. Cost is \$5 per person. *Sign up by May 24.*

Tech Assistance with Gregory Thursday May 11, 25 2 - 3:45 p.m.

iPads? iPhones? Kindle? Internet? E-mail? If you find yourself struggling with technology, he's here to help! Thursday afternoons he will be offering his assistance with any of these devices and more. *Please sign up.*



Meet the Chief Friday, May 19 at noon

Join us for a special Lunch and Learn and meet Chief Jay Purcell, the new Chief of Police for Brookfield. He will be speaking on what the police do in Brookfield, how and when to contact them and offer safety tips on many of the recent scams. He will also answer your questions. Please sign up in advance so that we know how many to prepare for.

Art Class Exhibit May 11 – May 18



During the week of May 11-18 our Drawing and Painting class will be hanging their work at Brookfield Senior Center. Please take some time during that week to drop by the center and see what these talented artists have created!

Grief Support Group beginning Monday, June 5 at 1:30 p.m.

Regional Hospice and Palliative Care is offering a grief support group for seniors coping with the loss of a spouse within the last two years. Please call the Center to register – registration required.

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 p.m. – 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 - Tuesdays at 1 p.m. with Kris. 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. Also join us for **Advanced Tai Chi Thursdays at 6:45 p.m.**

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

Low Impact Aerobics - Thursdays at 9:30 a.m. with Claudia. 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 consult your personal physician before beginning any new exercise class.

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.

Game Day! Tuesdays 9:30 a.m. to noon and Thursdays 10:30 a.m. to 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.

Alzheimer's Support Group

Wednesday, May 24 1 p.m. – 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.

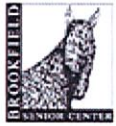
Group led by an Alzheimer's Association Facilitator.

Ping Pong and More!

Ping Pong and game playing are social, physical, mental, and low-injury sports that stimulate the brain and promote quick thinking. Studies have shown that ping pong reduces the effects of dementia and Alzheimers. Won't you join us on Tuesdays and Thursdays during *Game Time!* to increase your agility, flexibility and reaction time? We will offer Wii Bowling, Ping Pong and Corn Hole!



Brookfield Senior Center



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



Check us out on Facebook

Senior Center Membership: Those wishing 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.

This and that...

Cell phones. We've seen an increase in cell phone use at the center. Please be considerate of those around you and follow some simple etiquette. Please keep your phone on vibrate when there is a class or activity where the ringing might disturb others. Please excuse yourself from the room (especially our Library) if you need to take a call and please keep your voice down as much as possible if you are in a public space. Thank you as we all adjust.

Parking lot. As the weather gets better and school is out, we will be sharing the parking lots with children and families going to Kids Kingdom and youth heading for the sports fields. All of the parking lots near the center are public spaces and we should all rejoice that our children and youth are using these wonderful facilities! Please be aware of the times when parking might be difficult and plan to leave home a bit earlier than you have been accustomed to. Most importantly, be very aware of young children darting between cars and keep an eye out for them. Thanks!

Escape With Us!

Monday, May 15: Swing into spring with the world famous Glenn Miller Orchestra at the Aqua Turf while enjoying the delicious family style lunch that Aqua Turf is famous for! Cost is \$93 pp. *Now accepting reservations.*

Thursday, June 22: The New York Botanical Garden with the Dale Chihuly Exhibition. Enjoy the hand-blown glass sculptures of this world-renowned artist. Lunch will be at Mario's Restaurant on Arthur Avenue followed by time in "Little Italy." Cost is \$94 pp. *Now accepting reservations.*

Thursday, July 20: 6th Annual Mystery Trip. Enjoy a day of leisure and sites galore, on land and water with great local lore. It's a favorite trip for many! Cost is \$86 pp. *Waiting List Only.*

Thursday, August 17: Intrepid Sea, Air, Space Museum and Circle Line Cruise. Join us as we visit the Intrepid and board the Circle Line for a two-hour tour. Cost is \$90 pp. *Now accepting reservations.*

Wednesday, September 6: Mohegan Sun Special. Departure from the Center at 8:30 a.m. and return at approximately 6 p.m. Enjoy your day at Mohegan Sun. Cost is \$25 pp. *Now accepting reservations.*

September 25 – 28: Three night visit to Niagara Falls, Skylon Towers, Fallsview Casino and Peller Estates Winery. More information available at the Center. *Waiting list only.*

Wednesday, September 27: Hello Dolly! On Broadway! Cost is \$175 pp. *Waiting List only.*

Thursday, October 26: Annual Germanfest. The Williams Inn in Williamstown, MA, well-known for its outstanding food and special events, will feature interactive, German influenced entertainment in music, fun story and song. Delight in the vast Buffet of traditional German dishes. Cost is \$94 pp.

Thursday, December 7: Holiday Sparkle in the Big Apple! Join us for a wonderful day in Manhattan at Holiday time – the city never looks more beautiful! The day includes Bryant Park Craft shopping (more than 125 boutique-like kiosks), lunch at Maria's Mont Blanc, and a two-hour Guided Riding Tour of Manhattan's Holiday Lights where you will see the tree at Rockefeller Center, 5th Avenue Windows, Lincoln Center and more. Cost is \$84 pp.

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

Movie Matinee presents:

Friday, May 5 at 1 p.m. Jason Bourne. Back for another high-stakes, high-octane thriller, superspy Jason Bourne plays cat and mouse with covert government agencies and terrorist rings while edging closer to unraveling the mystery of his real identity. (Cast: Matt Damon, Julia Stiles, Alicia Vikander).

Wednesday, May 10 at 12:30 p.m. La La Land. While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair. But, as their separate paths of ambition force them to make tough choices, their relationship starts to fray. (Cast: Ryan Gosling, Emma Stone, John Legend).

Wednesday, May 31 at 12:30 p.m. Hidden Figures. In the race to space between the United States and the Soviet Union during the Cold War, three black female mathematicians play a key role in launching astronaut John Glenn into outer space, making him the first American to orbit Earth. (Cast: Taraji P. Henson, Octavia Spencer).

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

RENTERS' REBATE FOR ELDERLY or DISABLED

Income-eligible renters who are elderly (65 years) or totally disabled (18-64 years) 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?

- 2016 gross income below \$35,200 if unmarried or \$42,900 if married.
- A copy of your 2016 income tax return (if filed)
- Proof of all income for 2016 including Social Security, pension, V.A. pension, bank interest, stocks, bonds, rental income, etc.
- Proof of all housing expenses paid for 2016 such as: rent, electric, gas, and fuel bills.

When and where do I apply?

- April 1 to October 1, 2017 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.

LOW VISION SUPPORT GROUP FORMING

If you have **low vision** and are interested in learning more about what assistance is available and what new treatments are on the horizon, please call **Lorraine at 203-775-7312**. We would like to get a group together that would provide very useful information and encourage group discussion.

HEMOCARE OPTIONS

Many people call our office and ask about help at home. This help can range anywhere from a few hours a week or month to help clean the home, do some laundry or grocery shopping, to daily help with bathing and other personal care. Depending on your need and your financial situation, there are many options for you. Remember, home care can prevent unnecessary nursing home placements.

Non-medical care includes companions and homemakers. Companions provide company so that a person is not alone. In addition, homemakers can cook, clean or shop for someone. Home Health Aides perform hands-on care and can give baths, showers, and help with other personal care needs. Nurses, physical therapists and occupational therapists are skilled health options for those who need their services.

There are private agencies that provide homemaker and companion services and others that offer home health aides and skilled workers. Some agencies provide both. The costs range from around \$18-22 the hour for companions and homemakers to \$26-28/hour for home health aides with a 2 -or 3--hour minimum. The costs will be much higher for nurses, PTs and OTs, but with a doctor's note Medicare can pick up these costs for a time. For a list of provider agencies, please contact the Brookfield Senior Center or Social Services.

There are programs available for those who have qualifying income and assets. Some programs have higher income and asset levels so it is always good to ask about them first to determine if you or your loved one may qualify. Among these programs is the **CT Home Care Program for Elders** (age 65 and over). There are two levels of this program. One is the State-funded level for those who do not need as much care (it allows assets of up to \$35,766 for individuals and up to \$47,688 for married couples). A higher level of care is the Medicaid level (assets cannot surpass \$1,600 for a single person and \$3,200 for couples.) There are exceptions to this if only one of the couple needs the home care. Applications for this program can be found online at www.ascendami.com/cthomecareforelders/default/ or by calling 1-800-445-5394, ext.4. Other programs are the **National Family Caregiver Support Program** and the **Alzheimer's Respite Program**. The Western CT Area Agency on Aging offers these programs. You can call the WCAAA at 1-800-994-9422 for more information and to apply. Please call us if you want help explaining these programs to you.



Brookfield Trekkers

Spring Outdoor Exploration Continues!

Burr Farm, Brookfield

Thursday, May 4

Rain date: Thursday, May 11

Meet at the Senior Center at 9 a.m.

Brookfield is fortunate to have several protected open spaces that are free of charge for the recreation of the public. We will explore some of the trails on the 116 acres at Burr Farm, which the town purchased in 1999, and learn about its history. This is a moderate hike on undulating trails through old corn and hay fields and around meadows. There are benches along the way to sit and enjoy the peace and quiet.

Sticks and Stones Farm, Newtown

Tuesday, May 16

Rain date: Tuesday, May 23

Meet at the Senior Center at 9 a.m.

It is the perfect environment for a community of artists and craftsmen, naturalists, and environmentalists to converge and flourish. The woods are home to beavers, muskrats, ducks, hawks, owls, turtles, raccoon, deer, fox, and coyote. Walk the steep roads carved into the hills and become aware of all that is ongoing in the woods. It is truly a rustic farm in CT.

Cost: \$3.00 per person

Please sign up at the front desk

Brookfield Senior Center Presents:

SWING into Spring with The World Famous

GLENN MILLER ORCHESTRA



Monday May 15, 2017

Aqua Turf Club, Plantsville, CT

This world famous orchestra is the most popular and sought after swing band in the world.

Let's listen, dance & swing to: "String of Pearls", "Moonlight Serenade"

"Chattanooga Choo Choo", & "Tuxedo Junction"

• **Delicious lunch at the elegant Aqua Turf in Plantsville, CT**

COFFEE & DONUTS ON ARRIVAL

FAMILY STYLE MENU: Garden Salad, Pasta, Chicken ala Kathryn & Broiled Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert, Beverage

COST: \$93 based on 40-52

For Information:

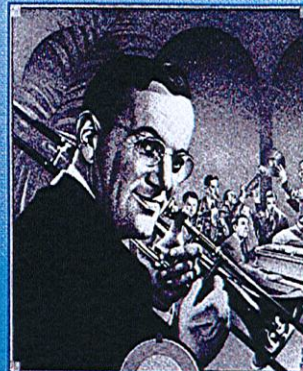
Brookfield Senior Center 203-775-5308

Depart: 10:30a

Brookfield Senior Center, 100 Pocono Rd

Est. Return: 5:00p

Brookfield



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.









**FRIENDSHIP TOURS
THE SHIP SHOP**

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net



SENIOR ACTIVITIES ~ MAY 2017
BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<div>1</div> <div>9:30 Zumba Gold\$ 9:30 Canasta 10:30 Bingo 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Wood Carving 2:30 Yoga\$</div> <div></div>	<div>2</div> <div>9 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</div>	<div>3</div> <div>9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</div>	<div>4</div> <div>9 Brookfield Trekkers\$ 9:30 LI Aerobics \$ 10 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Strengthening with Cassie\$ 1 Journey of a Caregiver* 6:45 Advanced Tai Chi\$</div>	<div>5</div> <div>9:30 Men's Breakfast* 9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Movie Matinee – Jason Bourne </div>	<div>6/7</div> <div>9:30 Saturday Zumba</div>
<div>8</div> <div>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\$</div>	<div>9</div> <div>9 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 11 FOBSC Meeting 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</div>	<div>10</div> <div>9:30 Tai Chi\$ 10 Knitting 11 Let's Talk 12 Lunch Program* 12:30 Movie Matinee – La La Land 1 Functional Strength & Balance 1 Scrabble 2:30 Yoga \$ 7 Stamp Club </div>	<div>11</div> <div>9 Brookfield Trekkers\$(raindate) 9:30 LI Aerobics \$ 10 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Strengthening with Cassie\$ 2:30 Tech Assist* 6:45 Advanced Tai Chi\$</div>	<div>12</div> <div>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 1 Mother's Day Tea</div>	<div>13/14</div> <div>9:30 Saturday Zumba\$</div>
<div>15</div> <div>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\$ Glenn Miller at Aqua Turf. Bus departs at 10:30 a.m. </div>	<div>16</div> <div>9 Brookfield Trekkers\$ 9 Mahjongg 9:30 Line Dancing \$ 9:30 Game Day! 10 Quilting 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</div>	<div>17</div> <div>9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</div>	<div>18</div> <div>9:30 LI Aerobics\$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Strengthening with Cassie\$ 6:45 Advanced Tai Chi\$</div>	<div>19</div> <div>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Lunch and Learn – Meet the Chief*</div>	<div>20/21</div> <div>9:30 Saturday Zumba\$</div>
<div>22</div> <div>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\$</div>	<div>23</div> <div>9 Brookfield Trekkers\$(raindate) 9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 11:30 Blood Pressure NMVNA 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</div>	<div>24</div> <div>9:30 Tai Chi \$ 10 Knitting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 1 Alzheimer's Support Group 2:30 Yoga\$</div>	<div>25</div> <div>9:30 LI Aerobics\$ 10 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Game Day! 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Strengthening with Cassie\$ 2:30 Tech Assist* 6:45 Advanced Tai Chi\$</div>	<div>26</div> <div>9:30 Mahjongg 9:30 Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11 Scrabble 12 Hot Dog Bingo*\$ </div>	<div>27/28</div> <div>9:30 Saturday Zumba\$</div>
<div>29</div> <div>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\$</div>	<div>30</div> <div>9 Mahjongg 9:30 Line Dancing\$ 9:30 Game Day! 10 Quilting 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</div>	<div>31</div> <div>9:30 Tai Chi \$ 10 Knitting 11 Let's Talk 12 Lunch Program* 12:30 Movie Matinee- Hidden Figures 1 Functional Strength & Balance\$ 1 Alzheimer's Support 1 Scrabble 2:30 Yoga\$ </div>	<div>*Sign Up Required</div> <div>\$ Fee Required</div>	<div>Lunch is served Monday – Thursday At noon.</div> <div>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237.</div>	