



Brookfield Senior Center

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

May 2020

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, LCSW – lkelly@brookfieldct.gov

Greetings,

As we continue this season of challenge, know that we are thinking of you and miss you all! We look forward to the day when it is safe for everyone to return to the Senior Center. Until then we are adding some programs and activities online and via Zoom. We continue seeking innovative ways to offer programs and activities to help you maintain a healthy lifestyle. If you want assistance with getting online, please call us.

You all should know that some things at the center are the same:

- The big room is still too hot/too cold.
- The women's restroom is still freezing.
- The water dispenser still needs replacing.
- The coffee is still too weak/too strong.
- The puzzle is still missing a piece.
- Amy is still reminding me to recycle.

But until you all are back here, things just won't be the same! Please stay safe and well!

Ellen

When will the Senior Center Open? Many of you have called to ask when we will open again. The simple answer is that we don't know, but wish we had answers for you. We are following federal, state and local health director advisories and will open when -- and in the ways -- they deem safest for you. As you read above, we are putting content and activities online and are available to you in other ways. Please let us know what else you would like to see!

For those of you waiting for AARP Tax Preparation, we don't know when that will resume either. We will call all of you with previously scheduled appointments once we know anything. Remember, all tax filings have automatically been extended until July 15.

All trips and travel are on hold. We have returned all checks and deposits to you. It may take until May 20 before you receive them, but if you have not received them by then, please contact us.

Let's Talk: This friendly group will continue gathering and talking virtually. Contact the center for sign-in information. For current Let's *Talk* members only.

Friday Lunch Bunch: Join us on Fridays for virtual Lunch Bunch. Grab your lunch and sign onto the Zoom meeting or call in on your telephone line. Below is the sign-in information for each week. Everyone is welcome to join us and catch up!

Join Zoom Meeting: <https://us02web.zoom.us/j/86725039556>

Call in number: 1-646-518-9805

Meeting ID: 867 2503 9556

Improve Your Mind & Body: Beginning May 11, we will be offering the following Zoom exercise classes. These classes will be the familiar format. New students will be welcomed – this is the perfect time to try something new. Please email us in advance, so we can send you the Zoom link. Since these are Senior Center classes, please do not share the link with others. Matt Ames has created a wonderful video on attending your first zoom class: <https://youtu.be/G3I5wUNcZQI>

Yoga with Eileen: Mondays at 10:30 a.m. A yoga class that includes postures to work on strength, flexibility, balance and movements to make your feet stronger.

Bandstand Boogie with Matt: Thursdays at 10:30 a.m. This fun and easy class mixes basic choreography with freestyle movements. No dance experience needed. Open to all fitness levels.

Stretch and Strengthen with Cassie: Thursdays at 1 p.m. The focus of this class is on gentle movement and range of motion exercises through all the joints and muscles in your body. If you find you have been doing more sitting over the last 8 weeks...come try this out! Everyone can benefit from joining Cassie. You will need a towel or rope to assist with stretching.

Wellness and Wisdom with Eileen: Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen both your body and your mind.

Before you lace-up your footwear for a virtual class, here are a few things to check:

- Be familiar with Zoom. Get to know the format before the class so you don't miss any of the fun trying to figure everything out.
- Where you place the camera for a zoom call is going to be different from where you would place it for a class. You want to make sure you can see everything and you want to make sure the instructor can see you.
- If you have Apple TV or Amazon Fire Stick, you can put the class on your television to get a better view.
- Check the space around you. Make sure there is plenty of room to each side, front and back. In movement classes, make sure nothing will be in your way, causing you to become unbalanced.
- Wear bright colors. Not only does it make it easier for the instructor to see you, but also when the instructor is looking at you, wearing all black makes it tougher to see the depth of a movement.
- Know that during class, the instructor can be heard, but participants will be muted to block out background noises. Practice your fun facial expressions.
- Be patient with yourself and the instructors as we navigate through this time thrown at us without a playbook.
- Don't forget your water bottle even though you're at home! Make sure you grab any equipment ahead of time.

Crafting with Candlewood: YES – our friends from Candlewood Valley Rehab will be offering a Grab and Go Craft project on Wednesday, May 13 to be picked up at 1 p.m. Please call the center to sign up as numbers are limited. For social distancing protocol, please approach the table one at a time; wait in your car until the previous person has left.

Walk and Talk: Go outside and go for a walk! Take your phone and call a friend and talk while you're walking. Keep track of your steps, miles and time you walk. Let's get miles as a group virtually! We might not be able to travel for a while, but let's see how far our virtual walks take us! Let's all try to walk together every Tuesday! You can fill out the form on your own <https://forms.gle/wqtPQnogK2ASqss56>. It's easy! If you cannot access the form, let us know if you want to be included: adiezemann@brookfieldct.gov or call Amy with your miles and minutes.

Puzzles and Books, oh my! We have been asked to share some of the puzzles and books currently at the Senior Center and we are glad to share what we have. Please call us if you are interested in arranging a contactless pickup. Currently, we cannot accept donations.

Grocery Shopping: The Brookfield Library is maintaining a current list of grocery store senior hours and deliveries. To get current information, call the Library number (203-775-6241) or check out the link: <https://www.brookfieldlibrary.org/wp-content/uploads/2020/05/GroceryStores5-1docx.pdf>

A Few Things:

- Adele Moros is critiquing work for her art student online. If you have been given art supplies recently, she will also be happy to help you understand how to use them. You can reach her at her email: adelemoros2@yahoo.com.
- Maplewood Senior Living is offering a 4-week series to discuss brain, mind and memory. Contact them to register or find out more information: maplewoodinfo@maplewoodsl.com
- For those of you who do not access things online, we will have "grab and go" packets of news, coloring pages and more available on Wednesdays at 1 p.m. Please let us know if you would like one to pick up. For social distancing protocol, please approach the table one at a time; wait in your car until the previous person has left.
- Through generous donations, we have some cloth and surgical masks available to give out. Please call us if you need one and we will make pick-up arrangements.
- HART is still running public bus and SweetHART for those who need to get out. No fares are being charged.
- Keep your cars locked! Brookfield Police Chief Jay Purcell has told us that car thieves are not taking a holiday. The easiest way to protect yourself is to never leave anything in your car and to always keep it locked!
- Town of Brookfield Info Line will help you while town buildings are closed to the public. Call with any questions about town services and we will guide you to the right resource. (203) 775 - 3700

Tuesday Ted Talk: Join us for a weekly Ted Talk at 1 pm. If there is interest we can set up a discussion group after or you can call a friend and discuss them.



Tuesday, May 12: Are you out of your mind?
<https://www.youtube.com/watch?v=N1qfAoQEoWY>

Tuesday, May 19: Never, ever give up.
https://www.ted.com/talks/diana_nyad_never_ever_give_up?language=en

Tuesday, May 26: Why Social Media is reimagining our future:
https://www.ted.com/talks/bryan_kramer_why_social_media_is_reimagining_our_future



BROOKFIELD SENIOR CENTER ACTIVITIES

MAY 2020 203-775-5308



Monday	Tuesday	Wednesday	Thursday	Friday
11	12	13	14	15
10:30 Yoga with Eileen – Zoom 10:45 Grab n Go Lunch Pickup Call a friend to check in!	10:30 Walk and Talk – Record your miles! 1 Tuesday Ted Talk! <i>Are you out of your mind?</i>	10:45 Grab n Go Lunch Pickup 11 Zoom Let's Talk 1 Crafting with Candlewood – pickup 1 Activity Packet Grab n Go	10:30 Bandstand Boogie with Matt – Zoom 1 Stretch and Strengthen with Cassie - Zoom	10:30 Wellness and Wisdom with Eileen – Zoom 12 Lunch with Amy and Ellen – Zoom Do something Creative!
18	19	20	21	22
10:30 Yoga with Eileen - Zoom 10:45 Grab n Go Lunch Pickup Call a friend to check in!	10:30 Walk and Talk – Record your miles! 1 Tuesday Ted Talk! <i>Never Ever Give Up.</i>	10:45 Grab n Go Lunch Pickup 11 Zoom Let's Talk 1 Activity Packet Grab n Go <i>It's a good day for some ice cream!</i>	10:30 Bandstand Boogie with Matt – Zoom 1 Stretch and Strengthen with Cassie - Zoom	10:30 Wellness and Wisdom with Eileen – Zoom 12 Lunch with Amy and Ellen – Zoom Do something Creative!
25	26	27	28	29
 CLOSED FOR MEMORIAL DAY	10:30 Walk and Talk – Record your miles! 1 Tuesday Ted Talk! <i>Why social media is reimagining our future</i>	10:45 Grab n Go Lunch Pickup 11 Zoom Let's Talk 1 Activity Packet Grab n Go	10:30 Bandstand Boogie with Matt – Zoom 1 Stretch and Strengthen with Cassie - Zoom	10:30 Wellness and Wisdom with Eileen – Zoom 12 Lunch with Amy and Ellen – Zoom Do something Creative!

Brookfield Senior Center



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