



Brookfield Senior Center

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

May 2023 Newsletter

May is for Mothers, Music, and Mindfulness!

Friday, May 12 at 10:00 a.m.
Mother's Day Brunch

Join us as we celebrate mothers, mother figures, and of course, each other. Please remember to wear your fancy hat for this special event, which is free for all Senior Center members, their mothers, and daughters. *Please sign up on the enclosed form so we know how many to expect.*



Thursday, May 25 at 1:30 p.m.
Spring Trio Concert from WCSU



At the core of our everyday experience with music, we use it to relax, express ourselves, come to terms with our emotions, and generally improve our well-being. It has evolved into a tool for healing and self-expression, often dictating how we, as individuals, take steps to impact society. Join us for a delightful afternoon, while improving your well-being compliments of graduate students from WCSU. Light refreshments will be served. *Please sign up on the enclosed form.*

Demystifying Mindfulness and Meditation
Tuesday, May 2 at 10:30 a.m.

Mindfulness is a practice to tap into our deeper awareness to steady ourselves in challenging moments. It's a proactive, practical, and progressive focus to reframe and reinterpret life and transform the negative into a positive outlook. It helps us take the edge off our suffering and understand the connection between our thoughts and feelings. Prabhar Makayee will introduce us to the different types of meditation and take us through a practice session.



Please sign up on the enclosed form.

Summer Hours

Effective 06/02/23 through 09/01/23

Monday – Wednesday: 8:00 a.m. – 4:00 p.m.

Thursday: 8:00 a.m. – 6:00 p.m.

Friday: 8:00 a.m. – 1:00 p.m.

CT Historical Society

Rosie the Riveter

Friday, May 5 at 1:00 p.m.



Rosie the Riveter became the iconic image during World War II. What was it really like? We will explore the propaganda posters, art, music, photos and hear real life accounts from Connecticut women who worked for victory during the war. *Please sign up on the enclosed form.*

PURA 101 - Public Utilities Regulatory Authority (PURA)

Monday, May 8 at 11:00 a.m.

Join us for an insightful presentation given by Taren O'Connor, Director of Legislation, Regulations and Communications. What is PURA and how does this agency impact your utility bill? What does PURA regulate? Who are the third-party electric suppliers and more. Come with questions! *Sign up on the enclosed form.*



Dementia 101 for Caregivers
Thursday, May 11 at 10:30 a.m.



We know that receiving a diagnosis of dementia or seeing warning signs can be scary for the person experiencing them, family members, and caregivers. While Alzheimer's and dementia-related diseases do not have a cure, there are many things that can potentially lessen the impact or slow the progression. Let Maplewood guide you through this process and offer a group environment for support. *Please sign up on the enclosed form.*

Escape with Us!

Flyers are available at the Center. Friendship Tours requires a separate check for each event. Checks should be made payable to Friendship Tours.

Wednesday, May 17 – Visit Harlem. Special guided tour of Harlem's famed Apollo Theater. Lunch at Harlem's famous soul food restaurant, Sylvia's. Guided riding and walking tour of the neighborhood. Cost is \$158pp. Now accepting reservations.

Tuesday, July 18 – Relax on the River. Lunch at the historic Griswold Inn. Explore the beauty of the Connecticut River Valley from the water as you cruise and relax on the River Quest. End the day with time to explore Main Street Essex. Cost is \$147pp. Now accepting reservations.

Wednesday, September 13 – Lunch at Carmines followed by *A Beautiful Noise*, the musical based on the life and music of Neil Diamond. Cost is \$253pp. A \$120 non-refundable deposit will hold your seat with the balance due August 1. *Waitlist Only.*

December TBD – lunch at the fully decorated Student Prince Café in Springfield, MA, followed by some time at Mohegan Sun and a tour of Christmas lights before heading home. *More details to come.*

Wednesday, May 10 at 10:30 a.m.
Stroke Prevention with Nuvance Health

Lauren Henriques, MSN, RN, SCRNP, ASC-BC, NVRN-BC, Neuroscience Coordinator for Danbury and New Milford Hospitals will join us for this important seminar regarding TIAs and strokes: What are the signs and symptoms of strokes? Who is at risk? Nutritionally, what can one do to prevent a stroke? What are the latest treatment options?

Please register on the enclosed form.

Tech Assistance with Ashley
Thursday, May 4 and 11
30-minute time slots starting at 2:30 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. Ashley is a pro with Apple products, but she can field questions about Android.

Call the Center for an appointment.

***From Ryan Soto, MA, Social Services Coordinator
203-775-7312***

Elderly and Disabled Homeowner's Property Tax Credit

There's still time to file a Homeowner's Property tax credit for those 65 and older or disabled. The filing period ends May 15. To file, you'll need your 2022 tax return if you filed one and a 2022 SS 1099 form from Social Security (should be with your tax return). If you did not file a 2022 return, you'll need to provide all your 2022 1099s for Social Security, pensions, interest and dividends and distributions. You may go directly to the Assessor's Office to file. They'll provide assistance if you need it.

Renter's Rebate

Filing period continues through October 1. If you rented in 2022, were age 65 or older or 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.

CEAP

Applications for CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$39,027 (individuals) and \$51,035 (couples), you may be eligible for assistance with your heating bills. Please call Ryan Soto at 203-775-7312 if you think you qualify.

Social Services Community Health

If you or someone you care about is in need of support and would like to talk or inquire about resources that may be available, please contact Benjamin Ferrie, the Behavioral Health Liaison, to discuss your options. This position serves to empower members of the community, assessing needs that people have in their lives, and finding ways to best assist them. The primary objective is to promote well-being and serve as a bridge to public and social service resources. We serve all Brookfield residents and encourage you to reach out and inquire about assistance that may be available. Contact Ben at 203-775-5237, or email: bferrie@brookfieldct.gov to schedule an appointment.

Wellness Corner: Hydration and our Bodies

The National Institutes of Health published a study in 2023 demonstrating that adults who stay well-hydrated appear to be healthier, develop fewer chronic conditions, such as heart and lung disease, and live longer than those who may not get sufficient fluids.

Nutrition.gov states: Dehydration can lead to unclear thinking, result in mood changes, cause your body to overheat, and lead to constipation and kidney stones. Drinking plenty of water will help your body keep a normal temperature, lubricate and cushion joints, protect your spinal cord and other sensitive tissues, and help rid wastes through urination, perspiration, and bowel movements.

Daily water intake recommendations vary by age, sex, pregnancy and breast-feeding status. It's important to note that total daily total water intake should come from a variety of beverages and foods. Most of your fluid needs are met through the water and other beverages you drink, but high-water content foods - such as many fruits and vegetables - can also help.

We always have water in the cooler here at the Senior Center – be sure to help yourself. We keep plastic cups available but prefer if you bring your own water bottle and refill, for environmental reasons. So: Drink to your health!

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>

Monday – Friday from 8:00 a.m. – 4:00 p.m.

Director of Senior/Social Services:

Ellen Melville emelville@brookfieldct.gov

Senior/Social Services Program Coordinator:

Amy Diezemann adiezemann@brookfieldct.gov

Senior/Social Services Administrator

Kathy Creighton kcreighton@brookfieldct.gov

Social 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 & 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 Kathy - Entry Level Class: Mondays at 1:15 p.m. **and** Thursdays at 10:30 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. Practice different styles of meditation.

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.

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.

Note new time! *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. You can do everything in chair yoga that you do in floor yoga. This class is appropriate for beginner and advanced students.

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.

Wellness and Wisdom 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 with hand weights and balance work and can be adapted to your level.

Please consult your personal physician before beginning any new exercise class. Wear appropriate footwear and clothing and always bring your water.

Grief Connections with Catherine Vlasto Tuesday, May 16 at 10:30 a.m.

Grief can be very painful and difficult at times. You're invited to come and share your thoughts, express your feelings, and discuss how to work through this process while connecting with others doing the same. Meet Ben Ferrie, Behavioral Health Liaison, and the newest member of the Senior Center. *Please register on the enclosed form.*



Climate in Connecticut Dr. Stephen Wagener, WCSU Tuesday, May 23 at 10:30 a.m.



In a warming Connecticut, can we expect stronger storms as well as combined extreme heat and humidity rising? Join Dr. Wagener as he discusses the sea level rise, longer summers and increased moisture leading to Lyme disease and other pathogens. How can we manage this effectively? There is hope. *Please register on the enclosed form.*

Movie Matinee

Friday, May 19 at 1:00 p.m. Everything, Everywhere all at Once. (2h 19m: age 16+). Academy Award winner Best Picture starring Academy Award winner Michelle Yeoh as an overwhelmed immigrant mother who must learn to channel her newfound powers after an interdimensional rupture threatens the fate of the world. Warning: movie contains violence and offensive language. *Please register on the enclosed form.*

Lifelong Learning from Our Community

Tuesday, May 2 at 11:00 a.m.: Global Voyagers – Journey to the Middle East: Join us for a virtual tour of the Middle East Galleries led by a guide who grew up in the region. Journey through some of the oldest cities on earth while hearing stories about the people who live in this part of the world today. *Register on the enclosed form. The Center will send you the Zoom link.*

Tuesday, May 9 at 4:00 p.m.: A Wonderland of Rocks: Chiricahua National Monument has a fascinating natural history and intriguing cultural history. Join Ranger Callie to learn how the park's unique rock pinnacles were formed and hear about the historic district that includes structures and landscapes associated with the Chiricahua Apache, Buffalo Soldiers, and pioneer families. *Register on the enclosed form. The Center will send you the Zoom link.*

Monday, May 15 at 3:00 p.m.: Downsize Gourmet - Susan and Paul Doyle will guide you on cooking for one or two. They have great new recipes for the virtual group. *Register on the enclosed form. The Center will send you the Zoom link. **Program has been put on hold for May. Sorry for the inconvenience.***

Monthly Brain Games from the Brain Health Toolbox

Wednesday, May 24 at 10:00 a.m.



Preventing and treating forms of dementia are largely driven by lifestyle and the choices we make daily. Come use one tool from the brain health toolkit. Join Danielle Ramos, Bethel Health Care, for a fun hour of memory joggers and trivia. *Register on the enclosed form.*

Hiking Group
Bent of the River, Southbury
Tuesday, May 9 at 9:30 a.m.



❖ The rating of this hike is EASY.

Join your friends for a return after many years to Bent of the River Audubon Center in Southbury. It's a beautiful nature sanctuary and education center with much to explore between the forests, meadows, Pomperaug River, and 15 miles of hiking trails. Please be prepared with the following:

- Bring Water
- Sneakers recommended
- Hiking poles NOT necessary
- Meet at the Senior Center to carpool

Rain date is scheduled for Tuesday, May 23. *Please sign up on the enclosed form*

Current Issues with Art Gottlieb
Monday, May 22 at 10:30
New Lifelong Learning Series

Abandon the commonly held notion that learning is for children and young adults. You graduate high school, get a university degree, and consider yourself done with education. In the past, this may have been sufficient to land and keep a great job until you retire. The concept of being a learner has shifted. No more is the concept *learn, do, retire*. To be agile and adaptable, you need to *learn, do, unlearn — learn, do, rest — learn, do, unlearn — repeat*. This is the cycle of a lifelong learner. Join Art Gottlieb in our quest to continue our lifelong learning. It should never end! The discussion of current topics in the news: local, statewide, national, and international will be facilitated by Art in a safe, conversational environment. *Please sign up on the enclosed form.*

Senior Center Book Club
Wednesday, May 31 at 1:30 p.m.



This month we'll be reading *Exposed* by Lisa Scottoline. *Exposed* is a fast-gripping thriller about family, partnerships and loyalty and was chosen as Best Mystery by Kirkus Reviews in 2017. Books will be on reserve for us at the Brookfield Library. *Please sign up on the enclosed form.*

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

May 2023 Registration

You must have a current membership form on file for 2022-2023.

Name: _____ Preferred Phone Number: _____

	Monthly Cost	Total
___ Mon Yoga at 10:00 a.m.	\$15	\$ _____
___ Mon Back in Balance at 1:15 p.m. (No class May 15)	\$10	\$ _____
___ Tues Dance Party at 9:30 a.m.	\$20	\$ _____
___ Tues Line Dancing at 1:30 p.m.	\$20	\$ _____
___ Wed Tai Chi at 9:30 a.m.	\$20	\$ _____
___ Wed Functional Strength & Balance at 1:15 p.m. Note time!	\$15	\$ _____
___ Wed Chair Yoga at 2:30 p.m.	\$20	\$ _____
___ Thurs Bandstand Boogie at 9:30 a.m. (No class May 11)	\$10	\$ _____
___ Thurs Back in Balance at 10:30 a.m. (No class May 18)	\$10	\$ _____
___ Fri Wellness & Wisdom at 10:30 a.m. (No class May 12)	\$10	\$ _____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$ _____
___ Tuesday, May 2 at 10:30 a.m.: Demystifying Mindfulness		
___ Tuesday, May 2 at 11:00 a.m.: Global Voyagers (Zoom)		
___ Friday, May 5 at 9:00 a.m. Men's Breakfast (Donation requested)		
___ Friday, May 5 at 1:00 p.m.: CT Historical Society - Rosie the Riveter		
___ Monday, May 8 at 11:00 a.m.: Lecture – P.U.R.A. Eversource		
___ Tuesday, May 9 at 9:30 a.m. : Hiking Club (Rain date May 23)		
___ Tuesday, May 9 at 4:00 p.m. CILC – Wonderland of Rocks (Zoom)		
___ Wednesday, May 10 at 10:30 a.m: Lecture - Stroke Prevention		
___ Friday, May 12 at 10:00 a.m. Mother's Day Brunch: ___ guests (daughters, mothers, mother-in-laws, granddaughters invited)		
___ Saturday, May 13 Knights of Columbus lunch Address: _____		
___ Friday, May 19 at 1:00 p.m. Movie matinee: <i>Everything, Everywhere all at Once</i>		
___ Monday, May 22 at 10:30 a.m. : <i>Current Issues</i> with Art Gottlieb		
___ Tuesday, May 23 at 10:30 a.m.: <i>Climate Series</i> with Dr. Wagener		
___ Wednesday, May 24 at 10:00 a.m.: Brain Games		
___ Thursday, May 25 at 1:30 p.m.: Spring Trio Concert		
___ Friday, May 26 at noon: Bingo! ___ Veggie wrap or ___ Turkey wrap	\$5	\$ _____
___ Wednesday, May 31 at 1:30 p.m.: Book Club		
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 - MAY

You must have a current membership form on file for 2022-2023.

Name: _____ Preferred Phone Number: _____

___ Monday, May 1	\$5	\$ _____
___ Wednesday, May 3	\$5	\$ _____
___ Monday, May 8	\$5	\$ _____
___ Wednesday, May 10	\$5	\$ _____
___ Monday, May 15	\$5	\$ _____
___ Wednesday, May 17	\$5	\$ _____
___ Monday, May 22	\$5	\$ _____
___ Wednesday, May 24	\$5	\$ _____
___ Wednesday, May 31	\$5	\$ _____
Total Cost –Make checks payable to the <i>Town of Brookfield.</i>		\$ _____

<i>May 2023</i>		<i>Brookfield Senior Center Lunch Program</i>	
Monday	Tuesday	Wednesday	Thursday
1 <i>Chicken Campagna Broccoli Parmesan Tossed Salad Italian bread/roll Milk/juice/cookies</i>	2	3 <i>Meat ravioli Tomato Sauce/ Roasted Vegetables/Caesar Salad Italian bread/roll/ Milk/fruit/cookies</i>	4
8 <i>Turkey Sandwich Lentil Soup Macaroni Salad Milk/juice cookies</i>	9	10 <i>Baked Ziti Fresh Antipasto Italian bread/roll Milk/fruit cup</i>	11
15 <i>Sausage Peppers and Onions Buttered Ziti Caesar salad Italian bread/roll Milk/juice cookies</i>	16	17 <i>Pasta Primavera Caesar Salad Fruit salad Italian bread/roll Milk</i>	18
22 <i>Chicken Marsala Broccoli Parmesan Roasted potato Wheat bread Milk/juice/cookies</i>	23	24 <i>Shrimp Scampi Buttered Linguini Green Beans Italian bread/roll Milk/fruit/cookies</i>	25
29 CLOSED	30	31 <i>Chicken a la Nick's Roasted Potatoes Green Beans Italian bread/roll Milk/juice/cookies</i>	

Mark your Calendars:

Ask an Attorney Roundtable – *There is no May meeting. We will see you in June!*

Men's Breakfast – *Friday, May 5 at 9:00 a.m. Register on the enclosed form by Tuesday May 2.*

Reflexology with Eileen – *Friday, May 5 and 19.* 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, May 13.* Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to sign up by Thursday, May 4. 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, May 9 at 12:00 p.m.* Please join us as we discuss activities at the Center. No registration required.

Blood Pressure Screening – *Monday, May 8 from 9:00 a.m. – 12:45 p.m.* Let us help you stay on track with healthy blood pressure. Call the Senior Center to make an appointment with Kathy Creighton.

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 been 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, Mahjongg, Poker, Pinochle and Games – *Tuesdays and Thursdays at 1:00 p.m.* Gather your table and join us for cards and games on Tuesdays and Thursdays. You can play either or both days. We'll be setting up the poker table on Thursdays. We're looking for more Canasta, Scrabble, and Cribbage players.

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.

Weekly Activity Packets - Weekly Activity Packets are available for pickup on Fridays *after noon*. Packets are filled with coloring sheets, puzzles, articles, and more.

Corn Hole
Tuesday, May 16
at 10:30 a.m.



Join us and learn how to play the great game of Corn Hole. This is a game that everyone can participate in – be ready to show off to your grandchildren at the next family picnic.
No registration required – just show up for the fun.

Fabulous Friday Bingo
Friday, May 26 at noon



Join us for an afternoon of lunch, fun and prizes! Candlewood Valley Home Care is sponsoring Bingo and prizes. Lunch is your choice of turkey wrap or veggie wrap. *Please pay and register on the attached form.*

BROOKFIELD FISH (Friends in Service Here) NEEDS YOU

FISH drivers take ambulatory seniors to nearby medical appointments. We would like to increase our available driver pool. If you're interested, please leave your name and telephone number or email at 203-616-9678.



Brookfield CHORES Program

ARE YOU A SENIOR IN NEED OF
ASSISTANCE AT HOME?



We May Be Able to Help!



We Can Assist With Tasks Such As:

- Dump Runs
- Moving Furniture
- Installation of Safety Devices
- Simple Painting Projects
- Window Washing
- Replacing Light Bulbs
- Changing Window Screens
- Minor Home Repairs and Simple Plumbing
- Light Landscaping

Program Available for Brookfield Senior Residents



FOR MORE INFORMATION PLEASE CONTACT:

BENJAMIN FERRIE

BEHAVIORAL HEALTH LIAISON, BROOKFIELD SOCIAL SERVICES

P: 203-775-5237

C: 203-313-0352

Brookfield Knights of Columbus in Partnership with Brookfield Commission on Aging



SENIOR ACTIVITIES ~ MAY 2023

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 Tech Savvy Seniors </p> <p>10:00 Yoga</p> <p>12:00 Lunch Program</p> <p>1:15 Back in Balance</p> <p>1:30 Coloring Club</p>	<p>2</p> <p>9:30 Cardio Dance Party</p> <p>10:30 Demystifying Mindfulness and Meditation</p> <p>10:00 Handiwork Group</p> <p>10:30 Tai Ji Quan: MBB</p> <p>11:00 CILC – Global Voyagers (Zoom)</p> <p>1:00 Art with Adele</p> <p>1:00 Cards and Games</p> <p>1:30 Line Dancing</p>	<p>3</p> <p>9:30 Tai Chi</p> <p>10:45 Let's Talk</p> <p>12:00 Lunch Program</p> <p>1:15 Functional Strength & Balance</p> <p>2:30 Chair Yoga</p>	<p>4</p> <p>9:30 Bandstand Boogie</p> <p>10:30 Back in Balance</p> <p>11:45 Tai Ji Quan: MBB</p> <p>1:00 Cards and Games/ Poker</p> <p>2:30 Tech with Ashley</p>	<p>5</p> <p>9:00 Men's Breakfast</p> <p>10:30 Wellness and Wisdom</p> <p>12:00 Reflexology</p> <p>12:00 Weekly Packet Pickup</p> <p>1:00 CT Historical Society – Rosie The Riveter</p> 
<p>8</p> <p>9:00-12:45 Blood Pressure Screening</p> <p>10:00 Tech Savvy Seniors </p> <p>10:00 Yoga</p> <p>11:00 PURA Lecture - Eversource</p> <p>12:00 Lunch Program</p> <p>1:15 Back in Balance</p> <p>1:30 Coloring Club</p>	<p>9</p> <p>9:30 Cardio Dance Party</p> <p>9:30 Hiking Club</p> <p>10:00 Handiwork Group</p> <p>10:30 Tai Ji Quan: MBB</p> <p>12:00 FOBSC</p> <p>1:00 Art with Adele</p> <p>1:00 Cards and Games</p> <p>1:30 Line Dancing</p> <p>4:00 CILC: Happy Trails (Zoom)</p>	<p>10</p> <p>9:30 Tai Chi</p> <p>10:30 Stroke Prevention w/ Nuvance Health</p> <p>10:45 Let's Talk</p> <p>12:00 Lunch Program</p> <p>1:15 Functional Strength & Balance</p> <p>2:30 Chair Yoga</p>	<p>11</p> <p>9:30 Bandstand Boogie CANCELLED</p> <p>10:30 Back in Balance</p> <p>10:30 Dementia 101 with Maplewood</p> <p>11:45 Tai Ji Quan: MBB</p> <p>1:00 Cards and Games/ Poker</p> <p>2:30 Tech with Ashley</p>	<p>12</p> <p>10:00 Mother's Day Brunch</p> <p>10:30 Wellness and Wisdom CANCELLED</p> <p>12:00 Weekly Packet Pickup</p> <p style="text-align: center;">Saturday, May 13 noon KoC lunch delivery</p>
<p>15</p> <p>10:00 Tech Savvy Seniors </p> <p>10:00 Yoga</p> <p>12:00 Lunch Program</p> <p>1:15 Back in Balance CANCELLED</p> <p>1:30 Coloring Club</p> <p>3:00 Downsize Gourmet (Zoom)</p>	<p>16</p> <p>9:30 Cardio Dance Party</p> <p>10:00 Handiwork Group</p> <p>10:30 Grief Connections</p> <p>10:30 Tai Ji Quan: MBB</p> <p>10:30 Corn Hole</p> <p>1:00 Art with Adele</p> <p>1:00 Cards and Games</p> <p>1:30 Line Dancing</p>	<p>17</p> <p>9:30 Tai Chi</p> <p>10:45 Let's Talk</p> <p>12:00 Lunch Program</p> <p>1:15 Functional Strength & Balance</p> <p>2:30 Chair Yoga</p> <p style="text-align: center;"><i>Trip to Harlem Depart 9:00 a.m.</i></p>	<p>18</p> <p>9:30 Bandstand Boogie</p> <p>10:30 Back in Balance CANCELLED</p> <p>11:45 Tai Ji Quan: MBB</p> <p>1:00 Cards and Games/ Poker</p>	<p>19</p> <p>10:30 Wellness and Wisdom</p> <p>12:00 Reflexology</p> <p>12:00 Weekly Packet Pickup</p> <p>1:00 Movie Matinee: <i>Everything, Everywhere all at Once</i></p> 
<p>22</p> <p>10:00 Tech Savvy Seniors </p> <p>10:00 Yoga</p> <p>10:30 Current Issues with Art Gottlieb</p> <p>12:00 Lunch Program</p> <p>1:15 Back in Balance</p> <p>1:30 Coloring Club</p>	<p>23</p> <p>9:30 Cardio Dance Party</p> <p>9:30 Hiking Club <i>Rain date</i></p> <p>10:00 Handiwork Group</p> <p>10:30 Climate Series with Dr. Wagener</p> <p>10:30 Tai Ji Quan: MBB</p> <p>1:00 Art with Adele</p> <p>1:00 Cards and Games</p> <p>1:30 Line Dancing</p> 	<p>24</p> <p>9:30 Tai Chi</p> <p>10:00 Brain Games</p> <p>10:45 Let's Talk</p> <p>12:00 Lunch Program</p> <p>1:15 Functional Strength & Balance</p> <p>2:30 Chair Yoga</p>	<p>25</p> <p>9:30 Bandstand Boogie</p> <p>10:30 Back in Balance</p> <p>11:45 Tai Ji Quan: MBB</p> <p>1:00 Cards and Games/ Poker</p> <p>1:30 Spring Trio Concert from WCSU</p> 	<p>26</p> <p>10:30 Wellness and Wisdom</p> <p>12:00 Weekly Packet Pickup</p> <p>12:00 Bingo! with CVHR</p> 
<p>29</p> <p style="text-align: center;">SENIOR CENTER CLOSED FOR MEMORIAL DAY</p> 	<p>30</p> <p>9:30 Cardio Dance Party</p> <p>10:00 Handiwork Group</p> <p>10:30 Tai Ji Quan: MBB</p> <p>1:00 Art with Adele</p> <p>1:00 Cards and Games</p> <p>1:30 Line Dancing</p>	<p>31</p> <p>9:30 Tai Chi</p> <p>10:45 Let's Talk</p> <p>12:00 Lunch Program</p> <p>1:15 Functional Strength & Balance</p> <p>1:30 Book Club</p> <p>2:30 Chair Yoga</p>	<p style="text-align: center;"><i>Please sign up for the lunch program on a separate registration form enclosed.</i></p>	<p style="text-align: center;"><i>Advance registration and payment where necessary is required for all programs unless otherwise noted.</i></p> <p style="text-align: center;"><i>Use the enclosed registration form</i></p>