

# *Brookfield Senior Center*

*“... a place where things are happening!”*

## *May 2024 Newsletter*

### *Mother's Day Lunch* *Thursday, May 9 at 12:00 p.m.*



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. We will be enjoying a decoupage project with Kathleen Fay, an artist from Ridgefield. Flowers provided compliments of Kay Schrieber, Synergy HomeCare and lunch sponsored by Charter Senior Living of Brookfield. *Please sign up on the enclosed form so we know how many to expect.*

### *Aging in Place and Other Housing Options* *Panel Discussion* *Wednesday, May 1 at 1:30 p.m.*



Join us in this informative community panel discussion with industry experts! The panel will include:

- Peter Crossett from SYNERGY HomeCare - Home Care Agency
- Danielle Ramos from Bethel Health Care – Assisted Living and Rehab
- Marty Schwartz from Oasis Senior Advisors – Senior Home Care Solutions
- Jennifer Zinzi from Keystone Place at Wooster Heights – Continuous Care Community

Each provider will discuss their role and how they serve the community. Bring your questions and concerns. Dessert and coffee will be served. *Please sign up on the enclosed form.*

### *Healthy Summer Recipes* *with First Bite Catering* *Tuesday, May 7 at 10:30 a.m.*



The First Bite is an exclusive caterer in Brookfield offering customized menus for special events, cooking classes, and knife sharpening for the last 5 ½ years. Join Anne McLelland, owner, as she guides you through cooking a summer dish that you can divide into single meals for yourself. Sign up early as this class size is limited. *Register by Thursday, May 2 on the enclosed form.*



### *Beatrix Farrand – Aspirations that Transend Time* *Thursday, May 30 at 1:30 p.m.*

Beatrix Farrand was a woman ahead of her time. She started a consulting business in 1895 in NY that grew to an extensive landscape gardening business – one of the most important of the 20<sup>th</sup> century. Four of her surviving gardens are in Connecticut. Join John Cilio, Connecticut Historian, Vintage Flyers LLC, as he shares the backstory of the woman who became the premier landscape architect of the 20<sup>th</sup> century. *Please sign up on the enclosed form.*

***Senior Center Book Club***  
***Wednesday, May 29 at 1:30 p.m.***



Our book for May is *On Mystic Lake* by Kristen Hannah. A poignant and tender story of love, loss, passion, and the fragile threads that bind families together.

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

***Corn Hole***  
***Monday, May 6 and 20 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.

***Thursday, May 2 at 10:30 a.m.***  
***Safe Medication Storage***

Brookfield CARES will join us to discuss proper storage and disposal of medications for the safety of yourself and others. Brookfield Cares will review and discuss the safe use, storage, and disposal of prescription medication. Medication lock boxes and drug deactivation/disposal pouches will be available to all participants.

*Please sign up on the enclosed form so we know how many will join.*

***Emergency and Disaster Preparedness***  
***With the American Red Cross***  
***Thursday, May 16 at 1:00 p.m.***



Whether the emergency or disaster is a weather event or a health event, learn how you can prepare your home and family to safely navigate unfamiliar situations. This is a “don't miss” discussion presented by the American Red Cross' Disaster Volunteers, like our very own Brookfield resident, Cliff Morgan.

Join us to gather safety tips that will help you understand and prepare for emergency conditions that can happen in our area. *Please sign up on the enclosed form.*

***Fabulous Thursday Bingo Thursday, May 23 at 1:00 p.m.***

Join us for an afternoon of fun and prizes with Bingo, sponsored by The Commons at Newtown. This is a fabulous way to spend a Spring afternoon with friends. Please sign up on the enclosed form.



***Come Revisit Coney Island***  
***Monday, May 13 at 11:00 a.m.***



Coney Island became a major resort destination after the Civil War as excursion railroads and the Coney Island & Brooklyn Railroad streetcar line reached the area in the 1860s and 1870s. Enjoy a morning with Art Gottlieb, local Historian, as he guides us down memory lane.

*Please sign up on the enclosed form.*

***Happy Birthday to You!***



We'd like to celebrate everyone having a May Birthday. Please join us on Thursday, May 2 at 12:30 p.m. for some cake and time together. You're never too old for a Birthday Party.

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

***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](http://www.brookfieldct.gov) or call 203-775-7302.

***Renter's Rebate***

The Renter's Rebate Program 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.

***Food Pantry***

As a reminder, the Food Pantry drive through is every Tuesday in May from 9:30 a.m. to 11:00 a.m. Please, for safety reasons, do not line up in the parking lot until 9:15 a.m. Thursday pantry is the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month from 4:30 – 6:00 p.m. Please do not line up until 4:15 p.m. Please do not enter or park in the parking lot before these times. Thank you for your understanding.

***NOTICE: WAITING LIST OPENING SECTION 8 VOUCHER PROGRAM (HCV)***

The Housing Authority of the City of Hartford is opening its waiting list for its Section 8 (HCV) and Project-Based Programs for a limited time from Tuesday, April 23, 2024, at 9:00 a.m. to Friday, April 26, 2024, at 4:30 p.m. The Housing Authority recommends that you apply by using their on-line pre-application form found at [hartfordhousing.myhousing.com](http://hartfordhousing.myhousing.com). The Section 8 Housing Choice Voucher Program is a federally funded program to provide rental assistance to very low- income individuals and families and uses a lottery system to select pre-applications.

***Grief Connections with Ben***  
***Monday, May 6 at 11:00 a.m.***



Losing a loved one is an incredibly difficult journey, but you don't have to navigate it alone. Our grief support group provides a safe space for sharing, healing, and connecting with others who understand and can relate to what you are going through. You are invited to join us to work through these challenging experiences together.

***Blood Pressure Screening/ Nurses visit***  
***Wednesday, May 15***  
***from 11:00 a.m. – noon***



Tracey Cahill, RN, will be available at the Senior Center on Wednesday, May 15 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, May 20***  
***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:

Ellen Melville [emelville@brookfieldct.gov](mailto:emelville@brookfieldct.gov)

Human Services Program Coordinator:

Amy Diezemann [adiezemann@brookfieldct.gov](mailto:adiezemann@brookfieldct.gov)

Human Services Administrator

Terri Allen [tallen@brookfieldct.gov](mailto:tallen@brookfieldct.gov)

Human Services Coordinator:

Ryan Soto, MA [rsoto@brookfieldct.gov](mailto:rsoto@brookfieldct.gov)

Behavioral Health Liaison:

Benjamin Ferrie [bferrie@brookfieldct.gov](mailto: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.

***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 for Strength and Balance 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 feel the benefits of this class. **All levels are welcome to 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 Beth: 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 to enter the evening stretched and relaxed. The cost is \$10 per class, directly payable to the instructor. 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. 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. 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.*

***Monday, May 20 at 2:30 p.m.***

***Monday Meditations with Indra Kelioutis, LCSW***

Meditation helps us make space for silence, stillness, peace, and serenity in our lives. It's a useful tool for personal and spiritual growth and improves our physical health. Meditation is also a great way people can come together and support each other allowing for more peace and relaxation into their lives. Indra Kelioutis, certified meditation instructor, will lead the class through 3-4 simple meditations that you can practice at home. The class focus is on being grounded, centered and calm.



***Join your Senior Community for  
FREE classes for your Brain***



***Brain & Body Fitness with Stacey McIvor, MS, OTR/L  
Wednesday, May 8 at 10:00 a.m.***

It's never too early in the morning to engage in a fun and interactive program that will keep both your mind and body moving and challenged. Stacey McIvor MS, OTR/L of RESTORE Mobile Therapy will guide you through physical movements while exercising your brain. We have heard loud laughter coming from this group! This class is sponsored by the Brookfield Education Foundation. *Please register on the enclosed form.*

***Brain Games from the Brain Health Toolbox  
Wednesday, May 29 at 11:00***



Join Danielle Ramos, Bethel Health Care, for a fun hour of memory joggers and trivia. Preventing forms of dementia is largely driven by lifestyle and the choices we make daily. Make the right choice - your brain will love you for it! If there are enough people, we may place you on teams. As always, Danielle will bring along a healthy mid-morning snack for you to enjoy. *Please register on the enclosed form.*

***Watercolor Basics with Tom  
Wednesdays at 1:30 p.m. – 3:30 p.m.***



Join Thomas Doty, local artist, who will teach you the basics of watercolor painting in this two-hour continuous class. He will, once again, start with the most basic techniques of a wash, changing a color, and the use of masking fluid to isolate the white of the paper. You are welcome to join if you have participated in this class before. Tom will be reinforcing all painting techniques. If you do not have painting supplies, there is an additional cost to purchase supplies on your own. Please see Terri as a list will be supplied. *Please register and pay in advance as space is limited.*

***Escape with Us!***

**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 Amarante's Sea Cliff on the Water followed by the Thimble Island Cruise. How could a July day be any more perfect? *Please note change of restaurant.* 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. *Act quickly – only 2 seats left!*

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.

# BROOKFIELD SENIOR CENTER MAY REGISTRATION FORM

Name: \_\_\_\_\_

		Monthly Cost	Total
___	Mon Yoga at 10:00 a.m. (No class May 6)	\$ 5	\$ _____
___	Mon Back in Balance at 1:15 p.m. (No class May 13)	\$ 5	\$ _____
___	Tues Cardio Dance Party at 9:30 a.m.	\$15	\$ _____
___	Tues Line Dancing at 1:30 p.m.	\$ 5	\$ _____
___	Wed Tai Chi at 9:30 a.m.	\$20	\$ _____
___	Wed Functional Strength & Balance at 1:15 p.m.	\$15	\$ _____
___	Wed Chair Yoga at 2:30 p.m. (No class May 8)	\$15	\$ _____
___	Thurs Bandstand Boogie at 9:30 a.m. (No class May 9)	\$15	\$ _____
___	Thurs Back in Balance at 11:30 a.m. (No class May 9)	\$15	\$ _____
___	Thurs Restorative Yoga with Beth at 4:00 p.m. Pay Beth Hornbeck directly (\$50 for May)		
___	Fri Movement, Strength, and Mob at 10:30 a.m. (No class May 10)	\$15	\$ _____
___	Fri Seated Stretch and Conditioning at noon	\$20	\$ _____
___	Tues Art with Adele at 1:00 p.m.	\$20	\$ _____
___	Wed Watercolor with Tom at 1:30 p.m.	\$20	\$ _____
___	Wednesday, May 1 at 1:30 p.m.: Aging in Place Panel Discussion		
___	Thursday, May 2 at 10:30 a.m.: Safe Medication Storage		
___	Friday, May 3 at 9:00 a.m.: Men's Breakfast	\$ 5	\$ _____
___	Monday, May 6 at 11:00 a.m.: Grief Connections		
___	Tuesday, May 7 at 10:30 a.m.: Healthy Summer Cooking Class		
___	Wednesday, May 8 at 10:00 a.m.: Brain and Body Fitness		
___	Thursday, May 9 at 12:00 p.m.: Mother's Day Lunch Guest: _____ Relationship: _____		
___	Saturday, May 11 at Noon: Knights of Columbus lunch Address: _____		
___	Monday, May 13 at 11:00 a.m.: Revisit Coney Island		
___	Thursday, May 16 at 1:00: Disaster Preparedness with Red Cross		
___	Monday, May 20 at 11:00 a.m.: Alzheimer's & Dementia Support Grp		
___	Monday, May 20 at 2:30 p.m.: Monday Meditation		
___	Thursday, May 23 at 1:00 p.m.: Bingo w/ The Commons at Newtown		
___	Wednesday, May 29 at 11:00 a.m.: Brain Games		
___	Wednesday, May 29 at 1:30 p.m.: Book Club		
___	Thursday, May 30 at 1:30 p.m.: Beatrix Ferrand Aspirations		
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 2024

Name: \_\_\_\_\_

___	Wednesday, May 1	\$5	\$ _____
___	Monday, May 6	\$5	\$ _____
___	Tuesday, May 7	\$5	\$ _____
___	Wednesday, May 8	\$5	\$ _____
___	Monday, May 13	\$5	\$ _____
___	Tuesday, May 14	\$5	\$ _____
___	Wednesday, May 15	\$5	\$ _____
___	Monday, May 20	\$5	\$ _____
___	Tuesday, May 21	\$5	\$ _____
___	Wednesday, May 22	\$5	\$ _____
___	Tuesday, May 28	\$5	\$ _____
___	Wednesday, May 29	\$5	\$ _____
Total Cost –Make checks payable to the <i>Town of Brookfield.</i>			\$ _____

**May 2024**

**Brookfield Senior Center Lunch Program**

Monday	Tuesday	Wednesday	Thursday
		1 Stuffed Chicken Breast Mashed potatoes Tossed Salad/ Italian bread / fruit/ milk and cookies	2
6 Chicken with Mushrooms/ Mashed potatoes/ Caesar Salad Italian bread/ Milk/juice/ cookies	7 Turkey Hero/ Caprese Salad/ Fruit salad/milk and cookies	8 Sole with butter sauce Roasted potatoes Grilled vegetables Italian bread/ fruit/ Milk and cookies	9
13 Sausage, peppers and onions/ Ziti with marinara sauce/Fruit salad/ Italian bread, milk and cookies	14 Eggplant ala Nicks with tomato sauce/ tossed salad/ fruit/ milk and cookies	15 Chicken a la Nick's/ Roasted Potatoes/ Green Beans Fruit / multigrain bread/ milk and cookies	16
20 Roast Beef Hero Pasta Faggioli Vegetable platter fruit/ milk and cookies	21 Chicken Marsala/ mashed potatoes/ tossed salad/ Italian bread/ fruit/ Milk and cookies	22 Combo Hero/ pasta Faggioli/ veggie platter/ Fruit juice/ milk and cookies	23
27 <b>CLOSED</b>	28 Shrimp Scampi / Buttered Linguini/ Green Beans/ Fruit juice Italian bread milk and cookies	29 Chicken Parmesan Linguini with marinara sauce/ tossed salad Fruit juice/ multi grain bread/ milk and cookies	30 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, May 3 at 9:00 a.m.** Register and pay on the enclosed form by Wednesday, May 1. The cost is \$5 per person.

**Reflexology with Eileen – Friday, May 3 and 17.** 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](mailto:Eileen@eileenbyrnes.com).

**Brookfield Knights of Columbus lunch delivery - Saturday, May 11.** Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to **sign up by Thursday, May 2**. 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 14 at noon.** Join the Board and employees at the Center to discuss activities, programming, and events. No registration required.

**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.

**Watercolor Basics – Wednesdays, 1:30 – 3:30 p.m.** This will be a continuation of our Watercolor Basics class. Register on the enclosed form.

**Bridge, Mahjongg, 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

**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.

## ***Seniors-for-Seniors Pet Adoption Program***

Are you worrying about having a dog or a cat – at this age? Do you fear it will outlive you or you won't be able to afford veterinary care when needed or that you may be unable to care for it at a near future date? It's scientifically proven that owning a pet "at this age" effects physical and mental health for the better – not to mention the companionship and purpose that comes from the daily care a pet looks to you for.

The Animal Welfare Society in New Milford has the perfect "Seniors-for-Seniors" adoption program that you may want to investigate. This program is cost-free AND they will take your pet back at any time if you are unable to care for it no questions asked. If veterinary costs are a concern, they are there to help. The staff is always available to you for questions on stories and pictures. Take a look! What do you have to lose versus all you have to gain and give to another "at this age?"

## ***Movie Matinee – No need to sign up***

**Thursday, May 2 at 1:00 p.m.** *The Boys in the Boat*. Out of the Depression comes a story from Director, George Clooney about beating the odds and finding hope in the most desperate of times - the improbable account of how nine boys from the American West showed the world at the 1936 Berlin Olympics what true grit really meant. Starring Joel Edgerton, Callum Turner; PG; 2h4m.









# SENIOR ACTIVITIES ~ MAY 2024

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD



203-775-5308

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Please sign up for the lunch program on a separate registration form enclosed.	Back in Balance:  B= Bands Day W= Weights Day	9:30 Tai Chi for Strength and Balance 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Aging in Place Panel 1:30 Watercolor Basics 2:30 Chair Yoga	9:30 Bandstand Boogie 10:30 Safe Medication Storage 11:30 Back in Balance (B) 12:30 Birthday of the Month 1:00 Cards and Games/ Poker 1:00 Movie Matinee: <i>The Boys in the Boat</i> 4:00 Restorative Yoga	9:00 Men's Breakfast 10:30 Movement, Strength and Mobility 12:00 Reflexology 12:00 Seated Stretch and Conditioning with Kim
6	7	8	9	10
10:00 Yoga <b>CANCELLED</b> 11:00 Grief Connections 11:00 Corn Hole 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club  	9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Healthy Summer Recipes Cooking Class 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	9:30 Tai Chi for Strength and Balance 10:00 Brain & Body Fitness 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Watercolor Basics 2:30 Chair Yoga <b>CANCELLED</b>	9:30 Bandstand Boogie <b>CANCELLED</b> 11:30 Back in Balance <b>CANCELLED</b> 12:00 Mothers Day Lunch 1:00 Cards and Games/ Poker 4:00 Restorative Yoga	10:30 Movement, Strength and Mobility <b>CANCELLED</b> 12:00 Seated Stretch and Conditioning with Kim  <i>Saturday, May 11 at noon KoC lunch delivery</i>
13	14	15	16	17
10:00 Yoga 11:00 Revisit Coney Island with Art Gottlieb 12:00 Lunch Program 1:15 Back in Balance <b>CANCELLED</b> 1:30 Coloring Club	9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 12:00 FOBS 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	9:30 Tai Chi for Strength and Balance 10:45 Let's Talk 11:00 – 12:00 Blood Pressure Screening 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Watercolor Basics 2:30 Chair Yoga	9:30 Bandstand Boogie 11:30 Back in Balance (B) 1:00 Cards and Games/ Poker 1:00 Emergency and Disaster Preparedness with the Red Cross 4:00 Restorative Yoga	10:30 Movement, Strength and Mobility 12:00 Reflexology 12:00 Seated Stretch and Conditioning with Kim
20	21	22	23	24
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 2:30 Monday Meditation  	9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	9:30 Tai Chi for Strength and Balance 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Watercolor Basics 2:30 Chair Yoga	9:30 Bandstand Boogie 11:30 Back in Balance (W) 1:00 Cards and Games/ Poker 1:00 Bingo with The Commons at Newtown 4:00 Restorative Yoga  	10:30 Movement, Strength and Mobility 12:00 Seated Stretch and Conditioning with Kim
27	28	29	30	31
<b>CLOSED FOR MEMORIAL DAY</b>  	9:30 Cardio Dance Party 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing  <i>June Registration begins</i>	9:30 Tai Chi for Strength and Balance 10:45 Let's Talk 11:00 Brain Games 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Watercolor Basics 1:30 Book Club 2:30 Chair Yoga	9:30 Bandstand Boogie 11:30 Back in Balance (W) 1:00 Cards and Games/ Poker 1:30 Beatrix Farrand - Aspirations that Transcend Time 4:00 Restorative Yoga	10:30 Movement, Strength and Mobility 12:00 Seated Stretch and Conditioning with Kim



**BROOKFIELD SENIOR CENTER PRESENTS:**



## Lifestyles of the Rich & Famous Long Island

**Rich & Famous Hamptons Tour • Coe Hall  
Vanderbilt Mansion • Old Westbury Gardens**

**October 9-11, 2024 Wed-Fri**

Day 1: Depart aboard our deluxe motorcoach for the Gold Coast of Long Island where New York's elite built fabulous mansions & gardens. Visit **COE HALL** at Planting Fields, former home of insurance magnate William Robert Coe & Mai Rogers Coe, a Standard Oil heiress. One of the few remaining Gold Coast Estates, Coe Hall contains many original pieces & furnishings once belonging to the Coe family, including the restored Louis XVI Reception Room. Spend 2 nights at the **HYATT PLACE EAST END** in Riverhead, NY, a full service hotel featuring spacious guestrooms, restaurant, indoor pool and fitness center. Welcome dinner at the **LONG ISLAND AQUARIUM**. The dining tables are surrounded by various sea life exhibits, stroll around the indoor space of the aquarium where you can interact with the sting rays, view the variety of fish swimming in the lagoon, admire the 10,000 gallon living reef tank and walk through the shark tunnel.

Day 2: We join our local guide for a **GUIDED TOUR OF THE HAMPTONS**. Travel through Southampton Village, the oldest English Settlement in New York State, former farmlands that is now the location of the estates of the rich and famous. Stop at America's #1 Beach, Coopers Beach for a chance to stroll and enjoy the beauty of this famous playground of the wealthy residents. Explore Sag Harbor, once the center of the whaling industry and now the home of historic neighborhoods, fabulous yachts, excellent restaurants and wonderful shops. The tour continues to Sagaponack, America's most expensive zip code as well as Bridgehampton and East Hampton, voted by National Geographic Magazine as one of the most beautiful Village's in the United States. We return to our hotel this afternoon for a farewell dinner at a local restaurant.

Day 3: We begin with a tour of the elegant **VANDERBILT MANSION**, 43 acre estate overlooking Northport Harbor and the Long Island Sound. This remarkable mansion offers an intimate look at the life of a privileged family from the Jazz Age through the Second World War. Visit **OLD WESTBURY GARDENS** for a **GUIDED TOUR OF THE MANSION & THE GARDENS**, set on 160 pastoral acres and considered one of the most beautiful English style country estates in North America. Head home with great memories of our Long Island getaway.



**COST: \$685** pp double / triple  
\$855 pp single based on 40

**INCLUDES:** Deluxe motorcoach, 2 nights hotel,  
2 breakfasts, 2 dinners, sightseeing & admissions,  
Friendship Tours Escort,  
Driver & Tour Director Gratuity

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