

Brookfield Senior Center

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

October 2018

Monday through Friday 8 a.m. – 4 p.m.

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

Senior/Social Services Outreach Coordinator- ncronin@brookfieldct.gov



Halloween Party!

Friday, October 26 from noon - 2 p.m.



Dress in your finest Halloween costume and join us for the ghoulish festivities, haunting food and costumed friends! Prizes for best costumes along with frightening pictures to take home.

Entertainment and sing-along by Sharps and Flats.

We'll have a howling good time!

Event sponsored by Sharps and Flats

Please sign up at the front desk by Tuesday, October 23.

Annual Flu Shot Clinic

Sponsored by New Milford VNA

Mondays, October 22 and 29, from 1 - 3 p.m.

(No appointment necessary)



Bring your insurance card.

Copays and deductibles may apply.

Mark your Calendar - don't forget

Men's Breakfast – Friday, October 5 at 9:30 a.m. Join us for our monthly Men's Breakfast. Please sign up by Tuesday, October 2, so we know how many to expect.

Friends of Brookfield Senior Center – Tuesday, October 9 at 12:30 p.m. Please join us as we discuss events at the Senior Center.

Are You From the Bronx? – Monday, October 15 at 11 a.m. Join this wonderful group of Bronx transplants and make some new friends.

Ask an Attorney Round Table – Wednesday, October 17 at 9:30 a.m. Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Please sign up.*

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

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

Ping Pong and Wii Bowling – Tuesdays 9:30 a.m. and Wednesday 8:30 a.m. (Ping-Pong only).

Knitting & Quilting group – Wednesdays at 10 a.m. This fun group knits, quilts, laughs, and shares ideas.

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

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.

Let's Talk – Wednesday at 11 a.m. Join this friendly group that discusses one topic each meeting.

Monthly Support Groups

Low Vision Support Group meets on the second Wednesday of the month at 9:45 a.m. and is led by Lorraine Kelley, LCSW. Please call her at 203-775-7312 for more information. Next meeting: October 10.

Caregiver Support Group meets on the second Wednesday of every month from 1- 2:30 p.m. Catherine Vlasto, LCSW and Hospice Social Worker with New Milford VNA & Hospice leads this monthly support group for caregivers. If you or someone you know is a caregiver, please stop by to meet Catherine. This is a private, confidential group. Next meeting: October 10.

Bereavement Support Group meets on the third Wednesday of every month from 1- 2:30 p.m. Catherine Vlasto, also leads this monthly support group for seniors who have lost a spouse or partner and would like to meet with other seniors going through similar issues. Please join this confidential and private group. Next meeting: October 17.

Alzheimer's Support Group meets on the fourth Wednesday of every month from 1 - 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. The group is led by an Alzheimer's Association Facilitator. Next meeting: October 24.



Outdoor Adventures Continue with Brookfield Trekkers!

Thursday, October 18 at 9 a.m.

(Rain date Thursday, October 25)

Orchard Hill Nature Center, Newtown

Join us as we head back to a peaceful, underdeveloped 25-acre park with a diverse landscape featuring a waterfall and historic remains of a sawmill and a dam. There are several easy trails leading us through the forest and open fields as well as a wetland boardwalk. Its home to a wide variety of ferns and birds and is a pleasant place to spend the morning. *Please sign up in advance with the front desk. Cost: \$3 in advance.*

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 to join the fun!

Yoga with Kris – Mondays and Wednesdays from 2:30 - 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 with Kris – Tuesdays at 1 p.m. 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.

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

Strong Women Strong Bones with Lisa – Thursdays at 2:15 p.m. Cost is \$49 for 7-week session.

Wellness and Wisdom with Eileen – Fridays at 10:45 a.m. Who said you can't build muscle strength and have fun at the same time? In this new class, you will surely find out that you can be a champion by increasing joint flexibility and strength. We don't require any experience and welcome all abilities.

Zumba with Coleen – Saturdays at 9:30 a.m. It's the perfect way to start your weekend!

Please check with your instructor to ensure you are wearing appropriate footwear and don't forget to bring your water bottle. Please consult your personal physician before beginning any new exercise class.



Are You Saving the Most Money on Your Prescription Drugs? Tuesday, October 2 at 10:30 a.m.

Join Peter Cronin to find out what's new about Medicare Part D - Open Enrollment period and how you can determine whether you still have the best plan *for you*. If you prefer, you can pick up your 2018 Personal Information Form (PIF) at the center. Once completed, please return the PIF to the Center and our volunteers will make an appointment to assist you.

Lunch and Learn Brookfield Funeral Home Friday, October 12 at noon.

Tania Porta, Funeral Director for Cornell Memorial will speak with us about creating your obituary and organizing your funeral plans. Join us for this very informative afternoon!
Please sign up at the front desk by Wednesday, October 10.



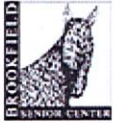
Aging Mastery Program beginning Thursday, October 11 at 10 a.m.

The 10-week Aging Mastery Program® (AMP), developed by the [National Council on Aging](#), encourages mastery - developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. By participating in this program, older adults will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

Space is limited for this exciting FREE program; please sign up soon at the front desk.

Brookfield Senior Center



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



Check us out on Facebook

Senior Center Membership: Brookfield residents age 60 and over can join the center at no cost, but you must be a member if you're interested in programs and services. 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 center activities. All members must sign in at the front desk upon entering the 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. 2018-2019 annual membership forms and dues are due by July 1.

Personal Conduct: The Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully towards them and each is responsible to act respectfully toward others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination toward any person for any reason will not be tolerated. Town of Brookfield employees should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.

Escape With Us!

Wednesday, October 24: Back by popular request, we will be returning to the Culinary Institute for lunch at its American Bounty Restaurant. Cost \$97/pp. *Waiting list only.*

Wednesday, November 14: *Come from Away* on Broadway. Cost includes lunch and orchestra seats for this show. Cost \$210/pp. *Waiting list only.*

Tuesday, December 11: *Our Annual Holiday Sparkle Trip to the Big Apple returns!* Join us for a wonderful day in Manhattan. The day includes Bryant Park craft shopping, lunch, and a guided riding tour of Manhattan's holiday lights. Cost is \$90/pp. *Now accepting reservations.*

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

Cruising into 2019!

October 8-18, 2019. Escorted Canadian Cruise from NY stopping in Sydney, Nova Scotia; Cornerbrook, Newfoundland; Prince Edward Island; and Quebec. From \$1,149 pp inside from 11 days/10 nights.

Join representatives from Friendship Tours and MSC Cruises on Thursday, October 4 at 2 p.m. They will give a brief presentation on this exciting cruise and detail the spectacular entertainment, casino, full service spa & Fitness center and more that the MSC Meraviglia has to offer.

Fabulous Friday Hot Dog Bingo Friday, October 19 at noon

Join us for an afternoon of bingo and a hot dog lunch. Cost is \$5 per person. *Sign up by Tuesday, October 16.*

Hearing Screening Friday, October 5 from 10 a.m. to noon.

Beltone New England will provide a free hearing screening at the Center. Sign up required.

Movie Matinee

Friday, October 5 at 1 p.m. – *Won't You Be My Neighbor?* In his beloved television program, Mister Rogers' Neighborhood, Fred and his cast of puppets and friends spoke directly to young children about some of life's weightiest issues, in a simple, direct fashion for over 30 years.



Halloween Craft Wednesday, October 31 at 1 p.m.

Join Jennifer and friends from Candlewood Valley Health Care as we make a fun and ghoulish Halloween Craft. Please sign up so you don't miss the creative fun!



Holiday Boutique Planning Committee Tuesday, October 9 after FOBSC Meeting

Our committee is busy planning for this year's Holiday Boutique. Everyone who is interested in participating is invited to attend. Come with your creative ideas and thoughts to help us plan for another fabulous fundraising event!

Seeking your old jewelry!



Our Boutique Committee is seeking your old jewelry for our jewelry sale table at the Holiday Boutique. Please drop off with Ellen or Amy. Thank you!

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

Low Vision Support Group

The Low-Vision Support Group will meet on Wednesday, October 10 at 9:45am.

Farmer's Market Coupons

If you are 60 or older and your income is \$22,459/year or less (single) or \$30,451/year (couple), you are eligible to receive Farmer's Market Coupons from the USDA to buy CT-grown fresh fruits, vegetables, cut herbs and/or honey. Please make an appointment for Social Services (203-775-7312) and bring proof of current income to receive a coupon booklet (One booklet per person). The Brookfield Farmer's Market at the Brookfield Town Hall is open from 3-6 p.m. on Fridays and runs through October 19 so there is still plenty of time to shop.

Energy Assistance

We are taking applications for the **CT Energy Assistance Program (CEAP)**. If your income does not exceed \$35,116 (single) and \$45,920 (couple) and your assets are not more than \$12,000 (renter) and \$15,000 (homeowner) you may qualify for the program. Please make an appointment with Social Services and bring all of the following documents that apply to you:

- one month's worth of pay-stubs (i.e. 4, if paid weekly, 2 if paid bi-weekly)
- most recent bank statements for checking, savings, etc.
- proof of child-support payments
- 6 months months of income from self-employment
- an electric bill (whether or not you heat with electricity)

Please note, fuel deliveries will begin on November 12.

Emergency Alert Call list

To be better prepared for emergency situations, the Town of Brookfield offers robo-calls to alert you to life-threatening emergencies. If you are interested in receiving these calls, please go to the Town of Brookfield's website (www.brookfieldct.gov) and click on CT Alert at the bottom of the Home Page to sign up.

Looking for Help at Home?

Brookfield Social Services has a Job Bank program. If you need handyman services, a painter, someone to clean your house, a caregiver or gardener, we have people who can assist you at a price that might fit your budget. You are responsible for hiring them, negotiating a price, and setting the hours. If you want to offer services and make some extra money, this might be the program for you too! Please call our Outreach Coordinator, **Nancy Cronin, at 203-775-5238** with any questions and/or to sign up.

Live well. Do well. Age well.



Aging Mastery Program®

National Council on Aging

Are you a master at aging? The Aging Mastery Program® (AMP) encourages mastery—developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being.

By participating in this program, you will:

- Make and maintain small but impactful changes in your health behaviors, financial well-being and enrichment in later life.
- Get REAL incentives and rewards for taking small steps that can improve your well-being.
- Meet new friends, provide support and encouragement to your peers, and become more involved in your community.



Program begins Thursday, October 11 at 10 a.m. and lasts for 10 weeks
Sign up soon as space is limited

Brookfield Senior Center

100 Pocono Road

203-775-5308 or contact ncronin@brookfieldct.gov for more information

Brookfield Senior Center Presents:

Escorted Canada Cruise

Oct 8-18, 2019 11 Days / 10 Nts



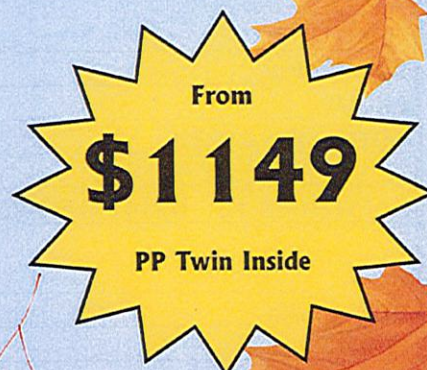
MSC Meraviglia



*NY * Sydney, Nova Scotia * Cornerbrook, Newfoundland
* Prince Edward Island * Quebec (overnight onboard) * NY

- Roundtrip deluxe motorcoach Transportation to the NY Pier
- Professional Ship Shop Escort throughout cruise
- 10 Nights onboard the brand new MSC Meraviglia
- All Meals onboard
- Spectacular Entertainment; Casino; Full Service Spa & Fitness Center
- Special Ship Shop Parties & Events

MSC's Status Match Program—MSC will match your status with other Cruise Lines giving you the benefits & extras you're accustomed to! Ask the Ship Shop for more information.



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PP Twin Inside








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www.friendshiptours.net



SENIOR ACTIVITIES ~ OCTOBER 2018
BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
1 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Painting and Drawing with Adele*\$ 2:30 Yoga\$	2 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 10:30 Medicare Part D* 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	3 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	4 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ 2 Canadian Cruise presentation 2:15 Strong Women\$*	5 9:30 Men's Breakfast* 9:30 Mahjongg 10 Hearing Screening* 10:45 Wellness and Wisdom\$ 11 Scrabble 1 Movie Matinee – <i>Won't You Be My Neighbor?</i> 	6/7 9:30 Saturday Zumba\$
8  CLOSED For Columbus Day	9 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 12 Lunch Program* 12:30 FOBSC Meeting followed by Boutique Planning Meeting 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	10 8:30 Ping Pong 9:30 Tai Chi\$ 9:45 Low Vision Support Group 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Caregiver Support Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 6 Stamp Club	11 10 Paint & Draw\$ 10:30 Sharps & Flats 10 Aging Mastery Program* 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ 2:15 Strong Women\$*	12 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Lunch and Learn with Brookfield Funeral Home*	13/14 9:30 Saturday Zumba\$
15 9:30 Zumba Gold\$ <i>cancelled</i> 9:30 Canasta 11 Are You from the Bronx? 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1 Painting and Drawing with Adele*\$ 2:30 Yoga\$	16 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	17 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Bereavement Support Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	18 9 Brookfield trekkers*\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10 Aging Mastery Program* 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ 2:15 Strong Women\$*	19 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Hot Dog Bingo*\$ 	20/21 9:30 Saturday Zumba\$
22 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg <i>cancelled</i> 1 Farkle & Games <i>cancelled</i> 1-3 Flu Clinic 1 Strength/Balance\$ 1 Painting and Drawing with Adele*\$ 2:30 Yoga\$	23 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 11:30 NMVNA Blood Pressure Clinic 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	24 8:30 Ping Pong 9 Computer Class* 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Alzheimer's Support Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ CIA/Hyde Park Trip Departs at 9:30 a.m.	25 9 Brookfield Trekkers (raindate)*\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10 Aging Mastery Program* 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ 2:15 Strong Women \$*	26 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Halloween Party!* 	27/28 9:30 Saturday Zumba\$
29 9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg` <i>cancelled</i> 1 Farkle & Games <i>Cancelled</i> 1-3 Flu Clinic 1 Strength/Balance\$ 1 Painting and Drawing with Adele*\$ 2:30 Yoga\$	30 9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	31 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 1 Halloween Craft with Candlewood Valley Healthcare* 2:30 Yoga\$  HAPPY HALLOWEEN		*Sign Up Required \$ Fee Required	Lunch is served Monday - Thursday at noon. Please call the kitchen phone <u>TWO</u> days in advance to make a reservation: 203-775-5237