



Brookfield Senior Center

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

October 2021 Newsletter

As we enter into fall and winter, we continue to assess how we can run as many programs as possible while keeping your safety in the forefront of our minds. For now, there continues to be a requirement to wear a mask whenever you are inside the center. Please put your mask on BEFORE you come in. Don't forget to pull it up over your nose! *Thank you.*

We continue to require advance registration for all programs. Please use the enclosed registration form and pay at the time of registration so you don't miss out on any events. They are filling up quickly.

Join us For Lunch! We are serving lunches Monday through Thursday at noon. You must register at least four days in advance. The suggested donation is \$3.00 per lunch. See the enclosed menu.

We have been receiving requests regarding booster vaccines. All current information is listed on the town of Brookfield website – www.brookfieldct.gov. This is updated as soon as new information is available and will be your best source for accurate local information.

November 2, 2021 is the Municipal Election. You can find information about the candidates, polling places and absentee ballot applications on the Town clerk's website <https://www.brookfieldct.gov/town-clerk/news/november-2-2021-municipal-election> or by calling the Town Clerk's office at 203-775-7313.

Beware of Scams! We continue getting notices about scams and break ins. Please remember:

- No one from the IRS or Social Security will call you and demand information.
- Lock your car at all times and do not leave valuables in plain sight.
- Do not accept personal home care services from solicitors. Always contact a trusted source or check references before allowing someone into your home for services.

Flu Clinic

Monday, October 25 1:00 p.m. – 3:00 p.m.

Ridgefield VNA will be sponsoring this year's flu clinic. It is more important than ever to get a flu shot this year. This is a walk in clinic so no appointment is needed. When you arrive, you will have paperwork to complete while waiting in your car. Everyone will be required to wear a mask as you enter.



Are You Saving the Most Money on Your Prescription Drugs?

Open enrollment for Medicare D and Medicare Advantage Plans runs annually from October 15 until December 7. It is a good idea to make sure that you have the best plan for 2022, since these plans can change. By now you should have received a notice from your Medicare D or Medicare Advantage Plan informing you of changes for the coming year, including premium rates, coverage, etc. If you do not do anything, your current plan will automatically roll over for 2022. To check on your plan and review any other plans, please call the Center to request the paperwork. Once you complete and return the forms, a certified CHOICES counselor will contact you for a telephone appointment to help you identify the best plan for you.



Mark your Calendars:

Knitting and Quilting – Tuesdays at 10:00 a.m. Bring your own project and enjoy the company of other like-minded seniors. This is a great way to make new friends. Register in advance as space is limited in the Craft Room.

Friends of Brookfield Senior Center (FOBSC) – Tuesday, October 12 at 12:15 p.m. Please join us as we discuss activities at the Center. Register in advance.

Blood Pressure Screening - Thursday, October 21 from 9 a.m. – 1 p.m. Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton for blood pressure screening. Appointments will be in 20-minute timeslots.

Art with Adele - Tuesdays, 1 p.m. – 3 p.m. Bring all of your own supplies and painting project and join Adele and friends. Space is limited to eight participants. Register using the enclosed form. The fee is \$20 to be paid at the time of registration – before the first class. Walk-ins will not be accommodated.

Let's Talk- Wednesdays at 10:45 a.m. This friendly group will gather to reconnect and chat. Register in advance as space is limited.

Ask an Attorney Roundtable - Thursday, October 7 at 9:30 a.m. Michelle Ligouri, JD, is here to help you with your general legal questions. A public, round-table format will be used for this informative session. Space is limited to six participants that have not previously attended. *Register on the attached form.*

Reflexology with Eileen – Friday, October 15. Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Please use the enclosed registration form and Eileen will contact you to schedule. *Cost is \$35 for a 30-minute session payable directly to Eileen.*

Senior Center Book Club - Wednesday, October 27 at 1:00 p.m. Book Club meetings are the last Wednesday of the month. Our book club choice for October is *Where the Crawdads Sing* by Delia Owens. This is an absorbing tale about a lonely girl's coming of age in the marshes of North Carolina. You will enjoy this mystery and love story with a surprise ending! *Register on the enclosed form.* Space is limited. The book is on reserve for us at the Brookfield Library.

Garden Club

Wednesday, October 20 at 1:00 p.m.

Join us as we welcome back Brookfield Garden Club! We will be doing Ikebana with fall flowers. In Ikebana, the Japanese art of flower arranging, blossoms, branches, leaves, and stems find new life as materials for art-making. They will also be explaining the process and the thoughts behind it. Join us for this special event. *Registration is required. Space is limited.*



“Made for You”

**Brain Game Activity Packet
Friday, October 8 pickup**

We have a very special activity packet for you this month, which was arranged by our friends at the MOMS Club of Brookfield. Pickup is on Friday October 8, unless otherwise arranged. *Registration is required as numbers are limited.*

Fall Festival with Friends!

Friday, October 22 at 1:00 p.m.

Join your friends from Brookfield Senior Center as we celebrate fall together. Bring your lawn chair and join us outside for treats, a pumpkin craft, photo booth and more. Dress accordingly for the weather. *Please register on the enclosed form.*



***Brookfield Knights of Columbus brings lunch to you
Saturday, October 9***

Community volunteers are delivering a hot lunch to Brookfield seniors on the second Saturday of the month. Please use the enclosed registration form to sign up by Thursday, September 30. Delivery is between 11:15 a.m. and 12:15 p.m. *You must be home to accept delivery.*



AARP Safe Driving

We had previously scheduled an AARP Safe Driving course for October. However, with the continued spread of COVID-19 variants and unknowns about the need for vaccine boosters, AARP has decided to move the target restart date to January 1, 2022. AARP feels this is the best approach at the current time. We will keep everyone posted when we can restart this program.

You might consider trying the AARP SMART DriverTEK Virtual Workshop. The new free, AARP Smart DriverTEK workshop will keep you in-the-know about the latest high-tech safety features in your current or future car. Learn about what new technologies are available, how they work, and how they can make driving safer and more enjoyable. Find out more information at:

<https://videos.aarp.org/detail/video/5483547725001/introducing-smart-drivertek%E2%84%A0---aarp>

***From Lorraine Kelley, LCSW, Social Services Coordinator
203-775-7312***

CEAP

Applications for the CT Energy Assistance Program (CEAP) have begun. If your income is no more than \$39,027 (individuals) and \$51,035(couples), you may be eligible for assistance with your heating bills (Note updates to qualifying income). In order to apply, you must show current income information, including the last 4 weeks of pay-stubs, if you are employed. Please contact Lorraine at 203-775-7312 if you think you qualify.

Medicare Changes

October 15 – December 7 is annual enrollment for Medicare Rx and Advantage Plans. If you are wondering if you could get a better premium or copays, or your current plan informs you that they will no longer be covering a medicine or service, it would be a good idea to view other plans and make changes. The Senior Center offers a CHOICES-trained volunteer to help you with Medicare Prescription Drug Plan changes. For Medicare Advantage Plan searches and changes, you can find an insurance agent not associated with a particular Medicare plan to help you with your search. Do-it-yourselfers can also visit www.medicare.gov and click on “Find Plans.”

VIP Group

The Low-Vision Group (VIP) will meet on Thursday, October 14 at 10:00 a.m. We are looking forward to seeing everyone and will be learning about easier ways to read medicine labels and finding out what pharmacies are obligated to provide. For those of you who missed the transportation presentation, informational packets will be available.

Farmer’s Market SNAP Program

The Brookfield Farmer’s Market now accepts SNAP and will double your purchase dollars up to \$20. The market is located on Pocono Road across from the Post Office on Fridays from 3:00 – 6:00 p.m. through October 22.

Farmer’s Market Coupons

Farmer’s Market Coupons for low-income seniors are available. Please contact Lorraine to see if you are eligible to receive a booklet to use at local participating markets to buy fresh fruits and vegetables, honey and bread.

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 Senior/Social Services:
Ellen Melville emelville@brookfieldct.gov

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Senior/Social Services Administrator
Kathy Creighton kcreighton@brookfieldct.gov

Social Services Coordinator
Lorraine Kelley, LCSW
lkelly@brookfieldct.gov

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

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, national origin, range of abilities, sexual orientation, gender identity, financial means, education level and political perspective.

Meals on Wheels:

Home delivered meals for those 60 years of age or older who are homebound.

Main number: 800-994-9422

Improve Your Mind & Body

Register and pay using the enclosed form for classes each month. We cannot accommodate walk-ins.

Out of respect for our instructors and other students, please allow yourself enough time to check in at the front desk AND set up before class.

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. *Zoom and in-person.*

Back in Balance with Kathy - Entry Level Class: Mondays at 1 p.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. *In-person.*

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! *Zoom and in-person.*

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. *In-person.*

Functional Strength and Balance with Cassie – Intermediate Level Class: Wednesdays at 1 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. *In-person.*

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. *In-person.*

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. *Zoom and in-person.*

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. *Zoom and in-person.*

Outdoor Adventure: Saturday, October 9 at 11:00 a.m. Travel with your friends up to Deer Pond Farm in Sherman for a free nature hike. Join their volunteers for fresh air, exercise and good company. Register directly through the Audubon Center at www.ctaudubon.org/deer-pond-farm-programs-classes/

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

Wellness Corner

October is Emotional Wellness Month. Emotional Wellness is a critical component of our personal well-being. It is having the ability to be attentive to both positive and negative feelings, and knowing how to handle them. We would like an overall positive state of our emotions, life satisfaction, sense of meaning and purpose, and to be able to pursue self-defined goals. It is critical to have the ability to understand the value of your emotions and use them to move your life forward in positive directions. Set some goals for reducing stress in your life. Be present – don't overthink your past or future. Think of joy, hope and happiness. Let those positive emotions be your focus and decide how to shine them out to the world around you. If you had a magic wand and waved it, how would you improve your emotional wellbeing?



Programs and Life-Long Learning

Centers for Interactive Learning & Collaboration: Sponsored by the Penn Museum

Global Voyagers: Expedition to Africa: Tuesday, October 5 at 11:00 a.m. Explore a kingdom so rich they used gold dust for money. Discover the central role African civilizations have always played in world history. Your fellow voyagers will help you explore along the way. *Register on the enclosed form. The center will send you the Zoom link.*

Downsize Gourmet with Oasis Senior Advisors: Monday, October 18 at 3:00 p.m. Enjoy preparing smaller scale recipes from the comfort of your home. *Register on the enclosed form. The center will send you the Zoom link.*

Deer Pond Farm Audubon Center: Wednesday, November 3 at 10:00 a.m. Join us for an in-person presentation on Winter Bird Feeding. *Register on the enclosed form. Space is limited to 12 participants.*

Senior Writing Contest: Take a Stab at It! Calling all amateur writers to try their skills out at mystery writing. Compliments of Candlewood Valley Health and Rehabilitation Center. 750 Word Minimum to 2,000 Word maximum. Cash prizes awarded. Submit writing piece to Mmarici@CandlewoodValley.com Submission deadline is December 31, 2021.

Grace & Frankie Fabulous Friday! Friday, October 1 at 1:00 p.m.

Join us for a monthly showing, starting with Season 1, Episodes 1-3, of the Netflix comedy series, *Grace & Frankie*. For as long as they can recall, Grace and Frankie have been rivals. Their one-upmanship comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and are getting married. Co-starring Lily Tomlin, Jane Fonda, Martin Sheen and Sam Waterson. Join us the first Friday of each month as we bring Netflix to you. *Register on the enclosed form for this month.*

Movie Matinee – *Register on the attached form for one showing. Make sure you check show times.*

Friday October 8 at noon or 2:00 p.m. *Senior Moment.* After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot (William Shatner) loses his license. Forced to take public transportation, he meets Caroline (Jean Smart) and learns to navigate love and life again. (1h32m).

Friday October 15 at noon or 2:00 p.m. *The Witches of Eastwick.* The ‘witches’ are three modern-day women yearning for Mr. Right in a quaint New England town full of Mr. Uptights. (Jack Nicholson, Cher, Susan Sarandon) 1h57m.

Friday October 29 at noon or 2:00 p.m. *Hocus Pocus.* You're in for a devil of a time when three outlandishly wild witches return from 17th-century Salem after they're accidentally conjured up by some unsuspecting pranksters. (Bette Midler, Sarah Jessica Parker, Kathy Najimy) 1h36m.

Screening & Cleaning Thursday, October 14 11:00 a.m. – 2:30 p.m.

Join Kelly Carroll, Hearing Care Practitioner, Beltone Hearing Aid Center of Brookfield. She will clean your hearing aids, do a simple unaided word test and discuss your hearing loss. Even if you do not have hearing aids, Ms Carroll can answer your questions and about your concerns and signs of hearing loss. *Register on the enclosed form and the Center will call you to schedule your fifteen-minute individual appointment.*



BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

October 2021

You must have a current membership form on file for 2021-2022.

Name: _____

Cell Phone: _____ Home Phone: _____ Email address: _____

	Monthly Cost	Total
Mon Yoga at 10:00 a.m. ___ Zoom or ___ In-person	\$10	\$_____
___ Mon Back in Balance at 1 p.m. (In-person)	\$10	\$_____
Tues Dance Party at 9:30 a.m. ___ Zoom or ___ In-person	\$12	\$_____
___ Wed Tai Chi at 9:30 a.m. (In-person)	\$15	\$_____
___ Wed Functional Strength & Balance at 1:00 p.m. (In-person)	\$12	\$_____
___ Wed Chair Yoga at 2:30 p.m. (In-person)	\$12	\$_____
Thurs Bandstand Boogie at 9:30 a.m. ___ Zoom or ___ In-person	\$12	\$_____
Fri Wellness & Wisdom at 10:30 a.m. ___ Zoom or ___ In-person	\$12	\$_____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$_____
___ Knitting and Quilting Tuesdays at 10:00 a.m.		
___ Let's Talk: Wednesdays at 10:45 a.m.		
___ Grace and Frankie Friday: Friday, October 1 at 1:00 p.m.		
___ Expedition to Africa: Tuesday, October 5 at 11:00 a.m. (Zoom)		
___ Ask an Attorney: Thursday, October 7 at 9:30 a.m.		
___ <i>Made for You</i> Brain Game Activity Packet: Friday, October 8		
Movie Matinee: Friday, October 8 at ___ noon or ___ 2:00 p.m.		
Knights of Columbus lunch delivery: Saturday, October 9 Address: _____		
___ FOBSC Meeting: Tuesday, October 12 at 12:15 p.m.		
___ Beltone Hearing Screening & Cleaning: Thursday, October 14		
Movie Matinee: Friday, October 15 at ___ noon or ___ 2:00 p.m.		
___ Downsize Gourmet: Monday, October 18 at 3:00 p.m. (Zoom)		
___ Garden Club: Wednesday, October 20		
___ Blood Pressure Screening: Thursday, October 21 (call for time)		
___ Fall Festival: Friday, October 22 at 1:00p.m.		
___ Book Club: Wednesday, October 27 at 1:00 p.m.		
___ Movie Matinee: Friday, October 29 at ___ noon or ___ 2:00 p.m.		
___ Winter Bird Feeding: Wednesday, November 3 at 10:00 a.m.		
___ Reflexology with Eileen: ___ Friday, Oct 15. Pay directly.		
Total Cost – Payment MUST accompany registration Make checks payable to the <i>Town of Brookfield</i> . <i>Payment type (where required):</i> check attached ___ charge online ___		\$_____



CW Resources Senior Community Café

October Menu 2021

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 Chicken Marsala Mashed Potatoes Sliced Carrots Whole wheat bread Cinnamon Applesauce	5 Swedish Meatballs with gravy Wide Egg Noodles Peas and Carrots Potato Bread Pineapple Cup	6 Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans Corn and Ranch dressing Corn Muffin Chocolate Pudding	7 Broiled Fish Cheesy Rice Broccoli Wheat Bread Cranberry Juice Banana	8
11 Columbus Day Closed	12 Baked Chicken Parmesan Rigatoni with Marinara Sauce Romaine Salad Italian Dressing Italian Bread Orange Juice cinnamon Applesauce	13 L.S. Tomatoe Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble Egg Bake Spinach Biscuit Pear Cup	14 Chicken Picatta Linguini Buttered Dill Carrots Dinner Roll Cranberry Juice Oatmeal Raisin Crème Pie	15
18 Lazy Stuffed Cabbage Beef/Pork Mix Mashed Potatoes Meadow Blend Veggies Italian Bread Mandarin Oranges	19 Herbed Chicken Legs Cheesy Rice Oriental Vegetables Whole Wheat Bread Apple Juice Warm Peach Cobbler With Topping	20 Open Faced Turkey Sandwich Turkey Gravy Buttered Noodles Carrots Cranberry Juice Apple Pie	21 Homemade Meatloaf Onion Gravy Sweet Potato Peas Assorted Rolls Cantaloupe	22
25 Goulash with Macaroni, Beef and Green Pepper Carrots Italian Bread Cranberry Juice Rice Pudding	26 Corn Chowder Unsalted Crackers Fajita Chicken with Peppers and Onions Spanish Rice Pinto and Black Eye Peas Tortilla Pears	27 Spaghetti Turkey Meatballs Garden Salad Italian Dressin Garlic Bread Orange Juice Fresh Apple	28 Beef Stroganoff Buttered Noodles Mixed Vegetables Crusty Dinner Roll Mandarin Oranges	29

SENIOR ACTIVITIES ~ OCTOBER 2021

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>** Register with our collaborating agencies directly.</p>	<p><i>Advance registration with the Center is required for all programs unless otherwise noted.</i></p> <p><i>Use the enclosed registration form.</i></p> <p><i>Be sure your Annual Membership is current.</i></p>	<p>A Peek into November: Winter Bird Feeding with Deer Pond Farm Audubon Center: Wednesday, November 3 at 10:00 a.m.</p> 		<p>1 10:30 Wellness and Wisdom CANCELLED 1:00 Grace and Frankie Fabulous Friday!</p>
<p>4 10:00 Yoga CANCELLED 12:00 Lunch Program 1:00 Back in Balance CANCELLED</p>	<p>5 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker</p>	<p>6 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>7 9:30 Ask an Attorney 9:30 Bandstand Boogie 12:00 Lunch Program 1:30-3:30 Bridge, Canasta, Pinochle</p>	<p>8 10:30 Wellness and Wisdom 12:00 or 2:00 Movie Matinee <i>Senior Moment</i> "Made for You" Brain Game Activity Packet pickup <u>Saturday, October 9</u> <i>Nature Hike: Deer Pond</i> <i>Knights of Columbus Lunch delivery</i></p>
<p>11 CLOSED FOR COLUMBUS DAY</p> 	<p>12 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 12:15 FOBSC 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker</p>	<p>13 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>14 9:30 Bandstand Boogie 10:00 VIP Group 11:00 Beltone Hearing 12:00 Lunch Program 1:30-3:30 Bridge, Canasta, Pinochle</p>	<p>15 10:30 Wellness and Wisdom 12:00 Reflexology 12:00 or 2:00 Movie Matinee <i>The Witches of Eastwick</i></p> 
<p>18 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance 3:00 Downsize Gourmet - Zoom</p>	<p>19 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker</p>	<p>20 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 1:00 Garden Club 2:30 Chair Yoga</p>	<p>21 9:00 -1:00 BP Screening 9:30 Bandstand Boogie 12:00 Lunch Program 1:30-3:30 Bridge, Canasta, Pinochle</p>	<p>22 10:30 Wellness and Wisdom 1:00 Fall Festival</p> 
<p>25 10:00 Yoga 12:00 Lunch Program 1:00 Back in Balance 1:00-3:00 Flu Clinic</p>	<p>26 9:30 Cardio Dance Party 10:00 Knitting and Quilting 12:00 Lunch Program 1:00 Art with Adele 1:30-3:30 Mahjongg, Scrabble, Poker</p>	<p>27 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 1:00 Book Club 2:30 Chair Yoga</p>	<p>28 9:30 Bandstand Boogie 12:00 Lunch Program 1:30-3:30 Bridge, Canasta, Pinochle</p>	<p>29 10:30 Wellness and Wisdom 12:00 or 2:00 Movie Matinee <i>Hocus Pocus</i></p> 