

Brookfield Senior Center

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

October 2019

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

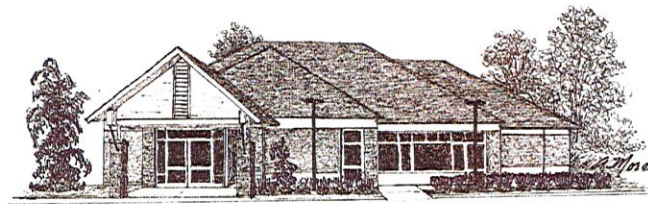
<https://www.brookfieldct.gov/senior-center>

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: Nancy Cronin – ncronin@brookfieldct.gov



Please sign up for both activities at the front desk.

Halloween Bingo! Friday, October 25 at noon

Join us for some howling Bingo and a hot dog lunch. Come in your costume and you will get a second bingo card free!

Halloween Craft Fun on Wednesday, October 30 at 1 p.m.

Join our favorite friends from Candlewood Valley Rehab as we create and craft. We are going to paint pumpkins and have some *haunting* snacks! Join us! Please sign up so we know how many to expect for **CREEPY CRAFTY FUN!**

Annual Flu Shot Clinic

Sponsored by Western Connecticut Home Care

Monday, September 30 from 1 - 3 p.m.

Monday, October 21 from 1 - 3 p.m.

(No appointment necessary)

Copays and deductibles may apply.



Mark your Calendar - don't forget

Men's Breakfast – Friday, October 4 at 9:30 a.m. Join us for our monthly Men's Breakfast. Please sign up by Tuesday, October 1.

Friends of Brookfield Senior Center – Tuesday, October 8 at 12:30 p.m. Please join us as we discuss events at the center, followed by planning meeting for this year's Holiday Boutique.

Ask an Attorney Round Table – Wednesday, October 16 at 9:30 a.m. Join lawyers from Kuss and Liguori for an informal round-table discussion on Elder Law. *Please sign up. Limited to six people.*

Blood Pressure Screening (New Milford VNA) – Tuesday, October 22 at noon.

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

Ping Pong and Wii Bowling – Thursdays at 9:30 a.m. and Wednesdays at 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 per class if you pay by the month or \$5 to drop-in.

Sharps & Flats Band and Singing group – Thursdays at 10:30 a.m. Join this lively group of musicians.

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

Alzheimer's Support Group – Wednesday, October 23 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 or dementia. Group led by an Alzheimer's Association Facilitator.

Holiday Boutique Planning Committee Tuesday, October 8 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!

Reflexology with Eileen Friday, October 18 and 25

Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to every part of the body. Applying pressure to reflexes can help bring your body to a state of natural balance, relieve tension and improve circulation. The session is done while the client rests on a massage table.

*Cost is \$35 for a 30-minute session.
Please sign up and pay in advance. Missed appointments will not be refunded.*

AARP Safe Driving Friday, October 11, from 9 a.m. - 1 p.m.

The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips for compensating for physical and cognitive changes that come with aging. By law, Connecticut residents age 60 and older who complete this class will qualify for a minimum of a 5 percent automobile liability insurance discount for at least two years. Please sign up and pay in advance. *Cost is \$15/AARP members and \$20/nonmembers (checks only).*

Improve Your Mind & Body

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

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

Monday Funday Movement and More with Eileen – Mondays at 9 a.m. Start your week with energizing movements to get your heart pumping, increase circulation and burn calories. Working with equipment will also be included to keep your muscles and bones strong. During this class, you will find out that you are never too old to play some fun games.

Yoga From the Ground Up with Eileen – Mondays at 10:15 a.m. A yoga class that includes postures to work on strength, flexibility, balance and movements to make your feet stronger. Since your feet are your foundation, it is important to keep the muscles in your feet strong. If your feet stay strong, you stay strong. It starts from the ground up.

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.

Hatha Yoga with Kriss – Mondays and Wednesdays from 2:30 - 3:45 p.m. No experience is required to join this class. Hatha is a type of mat yoga that focuses on the breath as one practices asanas (postures). Hatha brings peace to the mind and body. In this gentle class, students are encouraged to “listen to their bodies” and make their practice truly personal. Stretching and strengthening is accomplished as you breathe and move at your own pace. You will come away feeling serene and tranquil.

Line Dancing with Jill – Tuesdays at 9:30 a.m. Everyone will enjoy this fun and entertaining class. Jill’s energy and enthusiasm will have you up on your feet and enjoying the music. Don’t miss the party!

Chair Yoga with Kriss – Tuesdays at 1 p.m. This class is for everyone, even if you have difficulty going from lying on the floor to standing. This hour of yoga has all the benefits of our Hatha yoga class without leaving your seat. You will feel stretched, peaceful, and relaxed after taking this class.

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 feel the benefits of this class quickly. Beginner class starting in October.

Beginner Tai Chi with Susan – Wednesdays at 10:30 a.m. beginning October 16. This fun and easy 4-week program will focus on the basic movements of Yang style as well as introducing the core principles of Tai Chi. Also appropriate for current students who want to deepen their understanding.

Gentle Movement with Cassie – Wednesdays at 11:15 a.m. Are you intimidated to join an ongoing class or concerned about restarting your exercise program? This class is for beginners or students recovering from illness, surgery or physical therapy. The focus of this half hour is on gentle movement and range of motion exercises through all the joints and muscles in your body. It is guaranteed to strengthen the entire body in a safe and gradual manner. Appropriate for students recovering from injury, illness, or those new to exercise (through October 9).

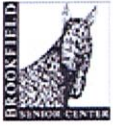
Functional Strength and Balance with Cassie – Wednesdays and Thursdays at 1 p.m. Join this great program and start moving again!

Bandstand Boogie with Matt – Thursdays at 9 a.m. This 45-minute minute low-impact dance fitness class combines “Top 40” hits of today and yesteryear. Based on interval-style cardio training, and hosted by certified personal trainer Matthew Ames, this fun and easy class mixes basic choreography with freestyle movements. Participants will jitterbug, cha-cha, twist and shake their “groove things” through the decades to music that has a beat you can dance to Bandstand Boogie was specifically designed to target the full body, increase mobility, and increase cardio endurance. No dance experience needed. Open to all fitness levels.

Wellness and Wisdom with Eileen – Fridays at 10:45 a.m. Yes, you can build muscle strength, have fun and get tips on ways to stay on the road to health and wellness - all in one hour! Join us to increase joint flexibility and strengthen both your body and your mind. No experience required – all abilities welcome!

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

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. *2019-2020 annual membership forms and dues are due now.*

Veterans Day Salute Friday, November 8 at noon

Three Cheers for the Red, White and Blue! Join your fellow military members for a Veterans Day Salute to honor you and your spouse! We will be serving lunch followed by one of our favorite entertainers, Ashley Cruz.



Sign up by Tuesday, November 5 so we know how many to prepare for.

Escape With Us!

Thursday, October 24: Oktoberfest at Krucker's in Pomona, NY. Enjoy a full day of entertainment, food, fun, music and dancing! Cost is \$97pp. *A few seats left.*

Thursday, November 7: *Billy Elliott the Musical* at Goodspeed Opera House. Enjoy a fabulous lunch at the historic Gelston House on the Connecticut River shore. The Goodspeed premier of the powerful dance-filled story, *Billy Elliott*, will follow lunch. Cost is \$138pp. *A few seats left.*

Wednesday, November 13: Get a behind-the-scenes United Nations tour and enjoy lunch at the Delegates Dining Room. *Moderate to heavy walking.* Cost is \$147pp. *A few seats left.*

Tuesday, December 3: Our annual holiday trip will be to Radio City Music Hall for the Christmas Spectacular starring the Radio City Rockettes. *Moderate walking due to NY holiday traffic. Plan to walk four NY city blocks.* Lunch at Carmine's. Cost is \$170pp. *Waiting list only.*

Your check holds your reservation! Checks should be made out to "Town of Brookfield."

The Alumni Group ***Monday, October 21 at 10:30 a.m.***

This group is for those people who have attended the Living Well program, Aging Mastery Programs or A Matter of Balance Program. We are forming an Alumni Group which will meet monthly to share our thoughts or any issues that you have come across.

We will share some solutions that you have discovered. *Let's move forward together with our knowledge!*

Movie Matinee

Friday October 4 at 1 p.m. *The Book of Henry.*
Naomi Watts stars as Susan, a single mother of two, working as a waitress in a small town, but everything in her life is not what it seems. Her son, Henry (Jaeden Lieberher), is an 11-year-old genius who not only masters academics, but manages the family finances and acts as emotional support for Susan. When Henry finds out that the girl next door, Christina, has a terrible secret, Henry and Susan take matters into their own hands.

Garden Club Event ***Tuesday, October 22 at 12:30 p.m.***



Our friends from the Garden Club of Brookfield will be with us again to make fall wreaths and door decorations. *Please sign up for this popular event by Thursday, September 17.*

Healthy Holiday Entertaining! ***With Judy Prager*** ***Tuesday, November 19 at 10:45 a.m.***



Join our favorite registered dietician, Judy Prager, as she introduces us to healthy holiday foods. We learn something about healthy and delicious eating every time Judy is here, and there are always samples. *Please sign up in advance so we know how many to prepare for or there may not be enough for you to sample.*

Lunch and Learn ***Friday, October 11, Noon*** ***Brookfield Fire Marshal***



Do you know how to use your fire extinguisher? Do you have enough smoke detectors in your house? Do you have proper fire exits? Do you know what a bed-shaker is? Join Brookfield Fire Marshal Jason DeSousa as he discusses "what if there's a fire in my house?"

Please sign up by Tuesday, October 8.

Lunch and Learn ***Friday, October 18, Noon*** ***Wild Birds Unlimited***



Join Phillip Robbins, manager, Brookfield Wild Birds Unlimited, for a look into the lives of black bears. We will explore the biology and history of these animals and share tips to reduce the likelihood of bear visits to your yard. We will also discuss feeders and food options that birds often like and that bears don't.

Please sign up by Tuesday, October 15.

News You Can Use from Brookfield Social Services
Lorraine Kelley, LCSW 203-775-7312

Energy Assistance

We are taking applications for the CT Energy Assistance Program (CEAP). Fuel deliveries will begin on November 1. New **income** eligibility guidelines are **\$36,171 (individuals)** and **\$47,300 (couples)**. **Asset limits** are **\$12,000 for renters** and **\$15,000 for homeowners**. Please schedule an appointment with Social Services and bring the following documents with you:

Proof of Income

- One month's pay-stubs (i.e. 4 pay-stubs if paid weekly, 2 if paid bi-weekly)
- Proof of any other income including, but not limited to pensions, interest, dividends, distributions, etc. Pensions must be verified with a current stub or letter from the pension company.

Proof of Assets

- Current monthly bank statement and transaction history from all checking and/or savings accounts up to date of application (30 days of transactions)
- Proof of all other assets including, but not limited to CDs, IRAs, 401Ks, Annuities, etc.

An electric bill whether or not you heat with electricity.

Farmer's Market Coupons

If you are 60 or over, or disabled with low income, you may qualify to receive coupons that you can use at our local Farmer's Markets including the one at Brookfield Town Hall on Fridays from 3 - 6 pm. Please contact Lorraine in Social Services to see if you qualify to receive a coupon booklet and to arrange to pick one up.

Medicare Part D

Annual Enrollment for Medicare Part D and Medicare Advantage plans begins October 15 and ends December 7. By now everyone should have received a letter from their Medicare D Plan or Medicare Advantage plan informing you of changes for the coming year. Please read those carefully to see premium and co-pay changes, as well as any changes to the medications the plan may or may not cover. Even if the plan looks good to you for next year, you may want to find out if there is a better plan for next year that can save you some money. Please come to the very informative presentation by Nancy Cronin, Social Services Outreach Coordinator on Thursday, October 3 at 10 a.m.

Low-Vision Support Group

The Low-Vision Group will meet on Wednesday, October 9 at noon. Please note our new meeting time.

From Brookfield Town Clerk's Office:

Did you know you might qualify for permanent absentee ballot status? Any elector who is *permanently physically disabled* and who files an application for an absentee ballot with a certification from a primary care provider, indicating that such elector is permanently physically disabled and unable to appear in person at such elector's designated polling location, shall be eligible for *permanent absentee ballot status* and shall receive an absentee ballot for each election, primary or referendum conducted in such elector's municipality for which such elector is eligible to vote. *This does not apply to Referendums with less than 3 weeks notice.*

FISH Medical Transportation

Transportation for medical appointments weekdays from 9 a.m. - 2 p.m. Ambulatory 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

Medicare Part D

Do you have the right plan?



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Nancy Cronin, Social Services Outreach Coordinator, has offered her time to assist you in finding a Medicare Part D plan that fits your needs. Please join her to learn about the changes in 2019. Open Enrollment is quickly approaching.

Thursday, October 3
10 a.m.



*This program is generously sponsored by
the Brookfield Education Foundation*

Cardiology Prevention for Veterans and First Responders

Wednesday, October 23, 2019 6 - 9 pm

**Brookfield Senior Center
100 Pocono Road, Brookfield**

All Veterans and First Responders are Invited

Two timely and relevant discussions:

Combat exposure, deployment and chronic stress greatly increases the risk for heart disease at younger ages in Veterans/ First Responders. Presented by *Sheila M. Mattei, PA-C, MPH, MSHS*

The relationship between oral care and heart health. Presented by *Dental Associates of CT*

Personalized risk assessments and treatment plans are available.



U.S. Department
of Veterans Affairs



**DENTAL ASSOCIATES
OF CONNECTICUT**
Where Our Family Cares for Yours



A Danbury Veterans Center and Connecticut DVA representative will be there to assist Veterans, not currently enrolled, and answer questions regarding VA benefits. Bring your DD214, if you have it.

RSVP to Van DaCosta at j.m.dacosta89@gmail.com or
203-297-4268 by Friday, October 18th







**Sponsored by Veterans of Foreign Wars,
Jason D. Lewis Post 10201, Brookfield**





SENIOR ACTIVITIES ~ OCTOBER 2019
BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD
203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>Lunch is served Monday - Thursday at noon. Please call the kitchen TWO days in advance to make a reservation: 203-775-5237</p> <p>*Sign Up Required</p>	<p>1 9 Mahjongg 9:30 Live Well 9:30 Line Dancing <i>cancelled</i> 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>2 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 11:15 Gentle Movement with Cassie (30 min)\$ 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</p>	<p>3 9 Bandstand Boogie\$ 9:30 Wii Bowling <i>cancelled</i> 10 Medicare Part D* 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance</p>	<p>4 9:30 Men's Breakfast*\$ 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 1 Movie Matinee – <i>The Book of Henry</i></p> 	<p>5/6 9:30 Saturday Zumba\$</p>
<p>7 9 Monday Funday Movement & More\$ 9:30 Canasta 10:15 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>8 9 Mahjongg 9:30 Live Well 9:30 Line Dancing\$ 12 Lunch Program* 12:30 FOBSC followed by Boutique Planning Meeting 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>9 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 11:15 Gentle Movement with Cassie (30 min)\$ 12 Lunch Program* 12 Low Vision Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</p> <p>7 Stamp Club</p>	<p>10 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance</p>	<p>11 9 AARP Safe Driving*\$ 9:30 Mahjongg 10:45 Wellness and Wisdom\$ <i>cancelled</i> 11 Scrabble 12 Lunch and Learn – <i>Meet the Brookfield Fire Marshal*</i></p>	<p>12/13 9:30 Saturday Zumba\$ <i>cancelled</i></p>
<p>14</p>  <p>CLOSED FOR COLUMBUS DAY</p>	<p>15 9 Mahjongg 9:30 Live Well 9:30 Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>16 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting & Quilting 10:30 Beginner Tai Chi\$ 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</p>	<p>17 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p>	<p>18 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen\$ 12 Lunch and Learn – <i>Wild Birds Unlimited – Bears in Our Backyards*</i></p>	<p>19/20 9:30 Saturday Zumba\$</p>
<p>21 9 Monday Funday Movement & More\$ 9:30 Canasta 10:15 Yoga From the Ground Up\$ 10:30 The Alumni Group 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 1-3 Flu Shot Clinic 2:30 Yoga\$</p> 	<p>22 9 Mahjongg 9:30 Live Well 9:30 Line Dancing\$ 12 Lunch Program* 12 Blood Pressure Screening 12:30 Garden Club Event* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>23 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 10:30 Beginner Tai Chi\$ 11 Let's Talk 12 Lunch Program* 1 Alzheimer's Support Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$ 6 Cardiology Prevention for Veterans and First Responders</p>	<p>24 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p> <p><i>Trip: OKTOBERFEST Bus departs at 8:30 a.m.</i></p>	<p>25 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen\$ 12 Halloween Hot Dog Bingo*\$</p> 	<p>26/27 9:30 Saturday Zumba\$</p>
<p>28 9 Monday Funday Movement & More\$ 9:30 Canasta 10:15 Yoga From the Ground Up\$ 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p>	<p>29 9 Mahjongg 9:30 Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p>	<p>30 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 10:30 Beginner Tai Chi\$ 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 1 Halloween Crafting with Candlewood* 2:30 Yoga\$</p> 	<p>31 9 Bandstand Boogie\$ 9:30 Wii Bowling 9:30 Ping Pong 10 Paint & Draw\$ 10:30 Sharps & Flats 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p> <p>HAPPY HALLOWEEN!</p>	<p>Save the Date: Friday, November 8 at noon Veteran's Day Salute!</p> 	<p>Save the Date: Tuesday, November 19 at 10:45 a.m. Holiday Entertaining with Judy Prager!</p> 