

Brookfield Senior Center

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

September 2019

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

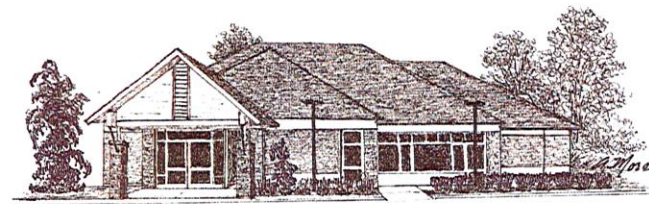
<https://www.brookfieldct.gov/senior-center>

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



September is National Senior Center Month

The Key to Aging Well: Growing, Learning, Connecting, Giving

Aging Well means different things to different people. We all want to enhance our lives and live to our full potential. Brookfield Senior Center offers a wide variety of experiences, classes and programs for you to choose from. September is a wonderful time to *try something new*! Check out all of these and more in this newsletter.

- **Fitness Programs** – look at our exciting, new fitness programs! There is something for everyone, from beginner's classes and dancing to yoga and strength. Try a new class or restart an old one – your first class is always free.
- **Upcoming Lunch and Learns:**
 - Friday, September 13 – "What if I have Dementia"
 - Friday, September 20 – Beltone Hearing: Understanding Hearing Loss
 - Friday, October 11 – Brookfield Fire Marshall – Fire safety tips and how to safely use a fire extinguisher
 - Friday, October 18 – Wild Birds Unlimited - The changing habits and population of the black bears in Southwest Connecticut and why your birdfeeders might not be safe.
- **Medicare Boot Camp** – Thursday, October 3 at 10 a.m. Informational meeting on all things Medicare. Opportunity for Q & A and sign-ups for Medicare Part D appointments with Nancy Cronin.
- **Live Well Workshops** – beginning September 10 for those dealing with an ongoing health condition or caring for someone who is. Sign up soon as space is limited.
- **Flu Clinic** – plan for a healthy winter. Flu clinics will be at the Brookfield Senior Center on Monday, September 30 from 1 - 3 p.m. and Monday, October 21 from 1 - 3 p.m.

Mark your Calendar - don't forget

Men's Breakfast – Friday, September 6 at 9:30 a.m. Join us for our monthly Men's Breakfast. Please sign up by Tuesday, September 3.

Friends of Brookfield Senior Center – Tuesday, September 10 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, September 18 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, September 24 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, September 25 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.

Lunch and Learns continue!

Friday, September 13, Noon. *"What if I have Dementia?"* How much medical care would you want if you had Alzheimer's disease or another type of dementia? In this workshop, Catherine Vlasto, LCSW from New Milford VNA & Hospice, will review an Alzheimer's specific living will. This directive was developed by Barak Gaster MS, and is used to reassure you that you will get the medical care you would want, and guidance to help your loved ones if they are faced with making difficult decisions on your behalf. *Please sign up as space is limited.*

Friday, September 20, Noon. *Beltone Hearing.* Join us as Bob Manware, from the Brookfield Beltone, educates us about hearing loss: how to recognize it, the effects it has on us socially and emotionally, and the many solutions available to resolve the problem. A free hearing evaluation at Brookfield Hearing Center will be offered to all who attend this event. *Please sign up in advance so we know how many to expect.*

Reflexology with Eileen Friday, September 6 and 20

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.

Sign up as Eileen brings this practice to Brookfield Senior Center. 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. to 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 adapting to compensate 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 – 11:30 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 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!

Beginner Line Dancing with Jill – Tuesdays at 10 a.m. Have you ever wanted to attend a Line Dancing class but felt like you had two left feet or just couldn’t keep up? This 4-week introductory class is for you! Join Jill as she breaks down the steps and moves so you can join in the fun. (Appropriate for students new to Line Dancing)

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.

Gentle Movement with Cassie – Wednesdays at 11:15 a.m. Beginning September 18. 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.

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 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.*

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)

Bring your insurance card.
Copays and deductibles may apply.



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.* **Note date change.**

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. *A few seats left.*

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

Outdoor Adventures

Deer Pond Farm in Sherman

September 12 (rain date September 19)

This 835-acre property is one of CT Audubon Society's nature facilities and a wildlife sanctuary. Join us at this newly opened property as we explore their extensive trails and learn about the family whose generous donation has made it possible. *Cost \$3.*

Please sign up in advance so we know how many need to carpool.

Movie Matinee

Friday, September 6 at 1 p.m. *Mary Queen of Scots* explores the turbulent life of the charismatic Mary Stuart and her relationship with Queen Elizabeth, Queen of England. Rivals in power and in love, the two Queens make very different choices about marriage and children. Betrayal, rebellion and conspiracies within each court imperil both Queens -- driving them apart, as each woman experiences the bitter cost of power. *Rated R. Contains sexual content and violence.*

Fabulous Friday Hot Dog Bingo

Friday, September 27 at noon



Join us for an afternoon of Bingo and a hot dog lunch.
Cost is \$5 per person.
Sign up by September 24.

Our Favorite Fruits! With Judy Prager
Tuesday, September 10 at 10:45 a.m.

Join our favorite registered dietician, Judy Prager, as she introduces us to new and delicious fruits. 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.*



Friends of Brookfield Senior Center
Tuesday, September 10 at 12:30 p.m.

Everyone who is a member of our center is a member of the Friends of Brookfield Senior Center. This group helps plan for future events, advises and assists the director, plans our fundraising events, socializes and celebrates every month with festive snacks. Plan on joining us as we begin another program year. Make your voice heard and make some new friends!



Holiday Boutique Planning Committee
Tuesday, September 10 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!

News You Can Use from Brookfield Social Services

Lorraine Kelley, LCSW

203-775-7312

Energy Assistance

We will *begin* taking applications for the CT Energy Assistance Program (CEAP) on September 17. 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)

Renter's Rebate

Filing period is **to October 1, 2019**. If you turned 65 in 2018 and your income is no more than **\$36,000 for single** and **\$43,900 for married couples**, you may qualify for a state rebate. Please make an appointment and bring with you your rent receipts or a letter from your landlord stating your rent payments for 2018, and any utility payments made in 2018. If you can't get receipts from the electric company, please bring your account number. A 2018 tax return will also be needed if you filed one, plus your Social Security 1099 for 2018. If you did not file a tax return in 2018, please bring your 1099 for Social Security and any other 1099s from income you received in 2018, i.e. interest/dividends, pension, etc.

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.

Low-Vision Support Group

The Low-Vision Group will meet on Wednesday, September 11 at noon. Please note our new meeting time.
Speaker to be announced.

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

Take
Control



"It's Your Life...Live It Well"

Join a **FREE** 6-week Live Well Workshop Today!

For more info, call Brookfield Senior Center at 203-775-5308

Feel
Better

Are you an adult with an ongoing health condition such as arthritis, high blood pressure, heart disease or depression? Or do you care for someone who does? This workshop can help you be in control and feel better!



Energize

You will learn:

- Practical ways to deal with pain and fatigue
- Better nutrition and exercise choices
- Better ways to talk to your doctor about your health
- Communication techniques to make your needs known
- How to make a step-by-step plan to improve your health and your life

Live

No Cost to Attend • Once a Week for Six Weeks • Caregivers Welcome

Enjoy

Dates: Tuesdays, September 10 - October 15, 2019

Time: 9:30 a.m. – noon

Place: Brookfield Senior Center

Address: 100 Pocono Road, Brookfield

To Register: Call 203-775-5308

Space is limited; sign up today! Raffle and giveaways!



A Self-Management Resource Center (SMRC) Program developed by Dr. Kate Lorig, Virginia González and Diana Laurent

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
10:00 a.m.



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











SENIOR ACTIVITIES ~ SEPTEMBER 2019

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
2  CLOSED FOR LABOR DAY	3 9 Mahjongg 9 Line Dancing \$ 10 Beginner Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	4 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance <i>cancelled</i> 1 Scrabble 2:30 Yoga\$	5 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 <i>cancelled</i>	6 9:30 Men's Breakfast*\$ 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen\$ 1 Movie Matinee – Mary Queen of Scots 	7/8 9:30 Saturday Zumba\$
9 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\$	10 9 Mahjongg 9 Line Dancing\$ 9:30 Live Well 10 Beginner Line Dancing\$ 10:45 <i>Our Favorite Fruits!</i> With Judy Prager* 12 Lunch Program* 12:30 FOBSC 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	11 8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 12 Low Vision Group <i>(Note time change)</i> 1 Functional Strength & Balance <i>cancelled</i> 1 Scrabble 2:30 Yoga\$ 7 Stamp Club	12 9 Bandstand Boogie\$ 9 Outdoor Adventures*\$ 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 <i>cancelled</i>	13 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen*\$ 12 Lunch and Learn - <i>What if I Have Dementia?*</i>	14/15 9:30 Saturday Zumba\$
16 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\$	17 9 Mahjongg 9 Line Dancing\$ 9:30 Live Well 10 Beginner Line Dancing\$ 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	18 8:30 Ping Pong 9:30 Tai Chi\$ 9:30 Ask an Attorney* 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\$	19 9 Bandstand Boogie\$ 9 Outdoor Adventure rain (raindate) 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\$	20 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Reflexology with Eileen\$ 12 Lunch and Learn - Beltone Hearing*	21/22 9:30 Saturday Zumba\$
23 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\$	24 9 Mahjongg 9 Line Dancing\$ 9:30 Live Well 10 Beginner Line Dancing\$ 12 Lunch Program* 12 Blood Pressure Screening 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$	25 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 Alzheimer's Support Group 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$	26 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\$ 	27 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Hot Dog Bingo*\$ 	28/29 9:30 Saturday Zumba\$
30 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\$ 1-3 Flu Clinic 2:30 Yoga\$ 		Save the Date: Thursday, October 3 at 10 a.m.  Medicare Boot Camp!	Save the Date: Friday, October 11 from 9 a.m. – 1 p.m.  AARP Safe Driving	Save the Date: Tuesday, October 22 at 12:30 p.m.  Fall Garden Therapy Event	Lunch is served Monday - Thursday at noon. Please call the kitchen TWO days in advance to make a reservation: 203-775-5237 *Sign Up Required \$Fee Required