

Brookfield Senior Center

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

September 2018

Monday through Friday 8 a.m. – 4 p.m.

100 Pocono Road, Brookfield, CT 06804

Telephone: 203-775-5308

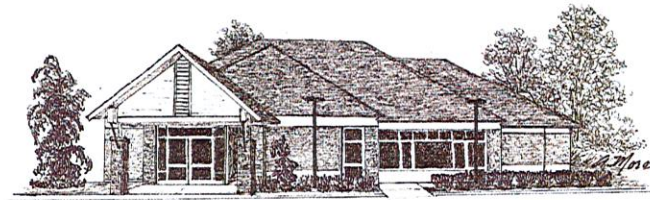
<https://www.brookfieldct.gov/senior-center>

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



Painting with Adele Moros

Mondays from 1 – 3:30 p.m.

Beginning Monday, September 17

Adele Moros will be teaching a still life class which will run for 6 weeks for \$50. You will be working in the medium of your choice. For the first class, bring an object or drapery you'd like to use in your still life, your sketch book and charcoal or pencil. You will be guided on composing a still life; how to look for proper values, connective areas, color coordination and backdrops. *Please register and pay in advance.*

Caregiver Support Group

Wednesday, September 12 from 1 – 2:30 p.m.

(Every 2nd Wednesday)

Catherine Vlasto, LCSW and Hospice Social Worker with New Milford VNA & Hospice will be starting a monthly support group for caregivers. If you or someone you know is a caregiver, please stop by to meet Catherine. This will be a private, confidential group.

Bereavement Support Group

Wednesday, September 19 from 1 p.m. – 2:30 p.m.

(Every 3rd Wednesday)

Catherine Vlasto also will be starting a 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.

Mark your Calendar - don't forget

Men's Breakfast – Friday, September 7 at 9:30 a.m. Join us for our monthly Men's Breakfast. Please sign up by Tuesday, September 4, so we know how many to expect.

Friends of Brookfield Senior Center – Tuesday, September 11 at 12:30 p.m. Please join us as we discuss events at the Senior Center.

Are You From the Bronx? – Monday, September 17 at 11 a.m. Join this wonderful group of Bronx transplants and make some new friends.

Ask an Attorney Round Table – Wednesday, September 19 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, September 25 at 11:30 a.m.

Alzheimer's Support Group – Wednesday, September 26, 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.

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., Wednesday 8:30 a.m. (Ping-Pong only) and Thursdays 10:30 a.m.

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.

Computer Classes with Cliff Morgan

Tuesdays at 1 p.m. or Wednesdays at 9 a.m. beginning Tuesday, September 4

Learn the Basics of Microsoft Excel. Excel is far more than just a business application for spreadsheets. There are many uses around the home for Excel that will make your life more organized and easier. Classes will be starting this fall. *Please sign up at the front desk if you are interested. Each class lasts one hour for a three-week session.*

Fabulous Friday Hot Dog Bingo

Friday, September 28 at noon

Join us for an afternoon of bingo and a hot dog lunch. Cost is \$5 per person.
Sign up by Tuesday, September 25 so you don't miss the fun!



Movie Matinee



Friday, September 7 at 1 p.m. *Roman J. Israel, Esq.* (Rated PG-13 2hr 9m). *Roman J. Israel, Esq.* is a dramatic thriller set in the overburdened Los Angeles criminal court system. Denzel Washington stars as a driven, idealistic defense attorney whose life is suddenly disrupted. When he is recruited to join a firm led by ambitious lawyer George Pierce (Colin Farrell) and he begins a friendship with a young champion for equal rights (Carmen Ejogo) a turbulent series of events ensues, which will put the activism that has defined Roman's career to the test.

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!

Low Impact Aerobics with Claudia – Thursdays at 9:30 a.m. Great for all levels.

Strong Women Strong Bones with Lisa – Thursdays at 2:15 p.m. No class September 6 and 13. New session will be starting Thursday, September 20. 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 we 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.

A Peak into October

Friday, October 5 from 10 a.m. to noon. Beltone New England will provide a free hearing screening at the Center. Please sign up so you don't miss this opportunity!

Mondays, October 22 and 29 from 1 - 3 p.m. Annual Flu Shot Clinic Sponsored by New Milford VNA. No appointment necessary.

Tuesday, October 31 at 1 p.m. Our friends from Candlewood Valley Health and Rehab Center will be with us to do a Halloween Craft.

Brookfield Trekkers

Thursday, September 13 at 9 a.m. (Rain date: Thursday, September 27)
Tarrywile Mansion and Gardens, Danbury

Our outdoor exploration continues as we head to the historic Tarrywile Mansion in Danbury. We will be taking a self-guided tour of the mansion, gardens and grounds. Please sign up and pay in advance. *Cost is \$3 per person.*



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, September 26: *Note Date Change.* *The Drowsy Chaperone* at Goodspeed Opera House. After a pre-show lunch at LaVita located across the street from the Opera House, you will enjoy this show, which won five Tony awards and features one show-stopping song and dance number after another. Cost \$138pp. *Now accepting reservations.*

Wednesday, October 24: Back by popular request, we will be returning to the Culinary Institute for lunch at its American Bounty Restaurant. Menu includes Pumpkin Apple Soup, Roasted Pork Loin with crispy mushroom polenta, merlot sauce and sautéed spinach, and an apple tart with vanilla ice cream. Lunch will be followed by a guided tour of The Vanderbilt Mansion National Historic Site. Cost \$97/pp. *Now accepting reservations.*

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.*

Garden Club Event

Tuesday, September 25 at 12:30 p.m.



Our friends from the Garden Club of Brookfield will be with us again to decorate frames and items with dried herbs. Club experts will also be discussing how to dry herbs and uses for them. *Please sign up for this popular event by Thursday, September 20.*

Lunch and Learns

Friday, September 14 at 1 p.m. Lunch and Learn with Chief of Police Jay Purcell. Join us for lunch and the opportunity to meet our Chief of Police. Jay will be discussing safety concerns and issues in Brookfield and will answer all of your questions. *Please sign up by Wednesday, September 12.*

Friday, September 21 at 1 p.m. *Identity Theft.* Jennifer Dwyer-Castagna of Peoples United Bank in Brookfield will be with us to discuss Identity theft. She will explain what identity theft is, how it can occur and how you can protect yourself. Don't miss this important topic. *Please sign up by Wednesday, September 19.*

Friday, October 12 at noon - Lunch and Learn with Brookfield Funeral Home. Tania Porta, Funeral Director for Cornell Memorial, will speak with us about creating your own obituary and organizing your funeral plans. Join us for this very informative afternoon! *Please sign up at the front desk by Wednesday October 10.*

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, September 12 at 9:45 a.m. Last month we had our first annual picnic; hopefully next year we can move it outdoors. With the end of summer, we are ready to get down to business. ☺ This month we have invited the Brookfield Library to show us their programs for people with low vision, including an online program. I hope that everyone can attend, and look forward to seeing you.

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 will begin taking applications for the **CT Energy Assistance Program (CEAP)** beginning September 17. We will accept applications for deliverable fuels (oil, propane, kerosene) and electric-heated households which are new, or not on the Matching Payment Program at this time. 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 or 12 months of income from self-employment; and an electric bill (whether or not you heat with electricity). *Please note, fuel deliveries will begin on November 14.*

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 web-site (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.

Renters Rebate for the Elderly & Disabled Ends October 1

Income-eligible renters who are over 65 years old or totally disabled (18-64 years old) may be eligible for a rebate from the State of CT again this year. Income and housing expenses determine the rebate amount. The filing period runs through October 1. Please call Brookfield Social Services at 203-775-7312 to set up an appointment if you believe you might qualify.







SCAM or not a SCAM?

Some of you may have been contacted by an organization called "My Advocate". This is not a scam. Due to the numerous Federal and State "helping" programs around the country, My Advocate has developed a database of programs to help you. Although My Advocate is a legitimate resource, if you receive calls and are concerned, you can call the Senior Medicare patrol at the Western CT Area Agency on Aging at 203-994-9422.



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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY/SUNDAY |
|--|--|---|--|---|---|
| <p>*Sign Up Required \$ Fee Required</p> | <p>Lunch is served Monday - Thursday at noon.</p> <p>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</p> | | | | <p>1/2 9:30 Saturday Zumba\$</p> |
| <p>3</p>  <p>CLOSED FOR LABOR DAY</p> | <p>4</p> <p>9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$ 1 Computer Class*</p> | <p>5</p> <p>8:30 Ping Pong 9 Computer Class* 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Scrabble 2:30 Yoga\$</p>  <p>Atlantic City Trip</p> <p>6 Stamp Club</p> | <p>6</p> <p>9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p> | <p>7</p> <p>9:30 Men's Breakfast* 9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 1 Movie Matinee: <i>Roman J. Israel, Esq.</i></p>  | <p>8/9</p> <p>9:30 Saturday Zumba\$</p> |
| <p>10</p> <p>9:30 Zumba Gold\$ 9:30 Canasta 12 Lunch Program* 12:30 Mahjongg 1 Farkle & Games 1 Strength/Balance\$ 2:30 Yoga\$</p> | <p>11</p> <p>9 Mahjongg 9 Line Dancing\$ Note time change for week 9:30 Wii Bowling 9:30 Ping Pong 12 Lunch Program* 12:30 FOBSC Meeting 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$ 1 Computer Class*</p> | <p>12</p> <p>8:30 Ping Pong 9 Computer Class* 9:30 Tai Chi\$ 9:45 Low Vision Support Group 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ 1 Caregiver Support Group 1 Scrabble 2:30 Yoga\$</p> | <p>13</p> <p>9 Brookfield Trekkers*\$ 9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$</p> | <p>14</p> <p>9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Lunch and Learn with Chief Purcell*</p> | <p>15/16</p> <p>9:30 Saturday Zumba\$</p> |
| <p>17</p> <p>9:30 Zumba Gold\$ 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\$</p> | <p>18</p> <p>9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 12 Lunch Program* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$ 1 Computer Class*</p> | <p>19</p> <p>8:30 Ping Pong 9 Computer Class* 9:30 Tai Chi\$ 9:30 Ask an Attorney* 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Functional Strength & Balance\$ cancelled 1 Bereavement Support Group 1 Scrabble 2:30 Yoga\$</p> | <p>20</p> <p>9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ cancelled 2:15 Strong Women \$*</p> | <p>21</p> <p>9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Lunch and Learn – <i>Identity Theft*</i></p> | <p>22/23</p> <p>9:30 Saturday Zumba\$</p>  <p><i>First Day of Fall</i></p> |
| <p>24</p> <p>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\$</p> | <p>25</p> <p>9 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 9:30 Ping Pong 11:30 NMVNA Blood Pressure Clinic 12 Lunch Program* 12:30 Garden Club* 1 Bridge, Pinochle & Mahjongg 1 Chair Yoga\$</p> | <p>26</p> <p>8:30 Ping Pong 9:30 Tai Chi\$ 10 Knitting & Quilting 11 Let's Talk 12 Lunch Program* 1 Alzheimer's Support Group 1 Functional Strength & Balance\$ cancelled 1 Scrabble 2:30 Yoga\$</p>  <p>Goodspeed Opera Trip Departs at 10 a.m.</p> | <p>27</p> <p>9 Brookfield Trekkers (raindate)*\$ 9:30 LI Aerobics\$ 10 Paint & Draw\$ 10:30 Sharps & Flats 10:30 Wii Bowling 10:30 Ping Pong 12 Lunch Program* 1 Bridge & Poker 1 Mahjongg 1 Functional Strength & Balance\$ cancelled 2:15 Strong Women\$*</p> | <p>28</p> <p>9:30 Mahjongg 10:45 Wellness and Wisdom\$ 11 Scrabble 12 Hot Dog Bingo*\$</p>  | <p>29/30</p> <p>9:30 Saturday Zumba\$</p> |