

Brookfield Senior Center

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

October 2023 Newsletter

Are You Saving the Most Money on Your Prescription Drugs? Preparing for Medicare Open Enrollment Wednesday, October 4 at 10:00 a.m.

Amanda Hall from the Western Connecticut Area Agency on Aging will join us on October 4 to discuss the Medicare Part D - Open Enrollment period and how you can determine whether you still have the best plan *for you*. She will also be discussing Medicare fraud and ways beneficiaries can protect, detect and report fraud, abuse and errors.



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 2024, 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 2024. To check on your plan and review any other plans, please come to the Center to pick up 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.

Halloween Luncheon and Festivities With the Brookfield Lions Club Thursday, October 26 at Noon

The Brookfield Lions Club returns to provide our seniors with an afternoon of fun! Rain or shine, the Lions will treat our senior community to lunch and all that comes with Halloween festivities. Join us for a fabulous grilled luncheon of hamburgers, hot dogs and sides. Raffles, games and spooky music are on tap for a ghoulish afternoon. Costumes are optional.



*Please sign up on the enclosed form.
Space is limited – Senior Center members only*

Back in Balance is BACK! Mondays at 1:15 p.m. and Thursdays at 10:30 a.m.

If you are limited in range of motion, beginning or returning to exercise, this class is for you. If you want a gentle movement and stretching class, this class is for you. In this one-hour session, you will work on balance, range of motion, flexibility, and strength. It is gentle enough for those with arthritis or other limitations.

We are excited to welcome Jess Dart to the Center for this class. Jess is a NSCA certified personal trainer, nutritionist and mom to three school aged girls. She's been coaching individuals to greater health and confidence since 2004. Her specialties include strength and balance training and yoga. Jess and her family moved to Brookfield in 2021. She's looking forward to being part of the Center and to getting to know you!

Senior Center Book Club
Wednesday, October 25 at 1:30 p.m.

Our book for October is Celeste Ng's *Little Fires Everywhere* which unearths the ways that race, class and motherhood intersect in a Midwestern suburb. Books will be on reserve for us at the Brookfield Library. Please sign up on the enclosed form.

At our October meeting, we'll also discuss the future of our amazing Book Group as Nancy and Patty are stepping back as monthly leaders. Please bring some book suggestions to our meeting and consider leading a monthly discussion.

Corn Hole
Tuesday, October 3 and 17 at 11:30 a.m.
Please note the new time

Join us and learn how to play Corn Hole - a great game for everyone. Our group of players is growing and there is always room for one more. We often hear fun and laughter happening during this activity!

No registration required – just show up for the fun.



Escape with Us!

Wednesday, December 6 – Join us for lunch at the fully decorated Student Prince Café in Springfield, MA, followed by a trip to MGM Springfield Casino and a tour of Bright Nights at Forest Park nearby. This location is listed as one of the “Top Ten Holiday Happenings in America.” Cost is \$125pp. Waitlist Only.

Hiking Group
Putnam Park, Redding
Tuesday, October 17 at 9:30 a.m.
Rain Date, Tuesday, October 24



Putnam Memorial Park is a history-oriented public recreation area in the town of Redding. The state park preserves the site that Major General Israel Putnam chose as the winter encampment for his men in the winter of 1778 during the American Revolution. This hike is rated EASY but can change to slightly MODERATE with a small uphill turn. Staying with the group is a MUST. Bring water – and meet at the Center to carpool. Exploring the outdoors offers mental and physical benefits! Please register on the enclosed form.

Public Health in a Warming World
With Dr. Stephen Wagener, WCSU
Monday, October 16 at 11:00 a.m.

The health problems that are troubling populations may be caused or made more severe by environmental factors. Excess heat can be a killer, as we witness down South in July. A change in climate can also increase flooding, produce stronger storms, and contaminate drinking water sources. Join Dr. Wagener and engage in a candid conversation about what a warmer world can mean for our health. Please sign up on the enclosed form.



Bingo!
Thursday, October 19 at 1:00 p.m.

Join us for an afternoon of fun and prizes with a return sponsor, Stacey Tucci from the Village at Brookfield Commons. Please register on the attached form. This is a free event.



Tech Assistance with Ashley
30-minute time slots starting at 3:15 p.m.
Thursday, October 5 and 12

iPads? iPhones? Kindle? Internet? E-mail? If you find yourself struggling with technology, we have help. Ashley Matthews, a senior at Brookfield High School, will assist you with all your questions.



Call the Center for an appointment.

***From Ryan Soto, MA, Social Services Coordinator
203-775-7312***

Senior Farmer's Market Nutrition Program

The Brookfield Farmer's Market operates every Friday from 3:00 – 6:00 p.m. through October 20 at 100 Pocono Road (lot across from the Post Office). The market accepts SNAP, Senior and WIC cards and doubles your purchase; SNAP/Sr/WIC is available from 4:00 – 6:00 p.m. Senior Farmer's Market "cards" (no paper coupons anymore) will also be available to low-income seniors. Please call Ryan at 2037757312.

CT Energy Assistance Program (CEAP)

We are now making appointments for CEAP. If your income is no more than \$41,553 (individuals) and \$54,338(couples), you may be eligible for assistance with your heating bills (income limits may vary). To apply, and find out the required documents, please contact Ryan at 203-775-7312.

Are You Saving the Most Money on Your Prescription Drugs?

Open enrollment for Medicare D will start October 15 and run until December 7. It's a good idea to make sure that you have the best plan for 2024, since these plans can change. If you haven't already, you should soon receive a notice from your Medicare D or Medicare Advantage Plan informing you of changes for the coming year. If you do nothing, your current plan will automatically roll over for 2024. To check on your plan and review 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 find the best plan for you.

Looking for Medical and/or Dental Coverage

Access Health Open Enrollment will start November 1, 2023, and will run until January 15, 2024 for the 2024 year. This is for anyone who is looking for any or more medical and/or dental coverage. Please go to their website at www.accesshealthct.com or call 1-855-805-4325.

Social Services Community Health

If you or someone you care about can benefit from support and would like to talk or inquire about resources that may be available, please contact Benjamin Ferrie, the Behavioral Health Liaison, to discuss further. This position serves to empower members of the community, assessing needs that people have in their lives, and finding ways to best assist them. The primary objective is to promote well-being and serve as a bridge to public and social service resources. We serve all Brookfield residents and encourage you to reach out and inquire about assistance that may be available. Contact me at 203-775-5237, or email: bferrie@brookfieldct.gov to schedule an appointment.

***Blood Pressure Screening/ Nurses visit
Wednesday, October 11 from 11:00 a.m. – 12:00 noon***



Tracey Cahill, RN will be available at the Senior Center on the second Wednesday of the month starting at 11:00 a.m. for drop in visits and blood pressure screening. This is a great opportunity to stay on track with you health on a regular basis.

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 Human Services:

Ellen Melville emelville@brookfieldct.gov

Human Services Program Coordinator:

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Human Services Administrator

Terri Allen tallen@brookfieldct.gov

Human Coordinator:

Ryan Soto, MA rsoto@brookfieldct.gov

Behavioral Health Liaison:

Benjamin Ferrie bferrie@brookfieldct.gov

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



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

Meals on Wheels:

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

Main number: 800-994-9422

Elder Justice Hotline:

If you are the victim of scam, or neglected, exploited, or abused, they are here to help.

Main phone: 860-808-5555

Improve Your Mind & Body

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.

Back in Balance with Jess - Entry Level Class: Mondays at 1:15 p.m. and Thursdays at 10:30 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.

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.

Tai Chi Basics: Tuesdays at 10:30 a.m. Enjoy the graceful flowing movements of Tai Chi while building strength and increasing stamina. Learn the basics of this evidence-based form with supportive simplified instruction. Perfect for beginners and for all levels of physical ability.

Line Dancing with Jill: Tuesdays at 1:30 p.m., Jill is a premier line dance instructor, known for her skill, patience, and positive style. Everyone will enjoy this fun and entertaining class. Beginners welcome.

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.

Functional Strength and Balance with Cassie – Intermediate Level Class: Wednesdays at 1:15 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.

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. This class is appropriate for beginner and advanced.

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.

Movement, Strength, and Mobility 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 and balance work that can be adapted to your level.

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

Contemporary Issues with Art Gottlieb

Monday, October 23 at 10:30 a.m.

Life-Long Learning Series



This is the last in our six part series sponsored by the Brookfield Education Foundation. This program facilitated by Art Gottlieb will feature an in-depth discussion centered on the current news cycle. The featured topic will be examined from every relevant viewpoint and will include active input from the participants. Subject matter will be chosen near the actual presentation date to keep the focus on real-time trending events. Those wishing to make suggestions of topics for discussion or wanting to know in advance the week's selection are invited to contact Mr. Gottlieb at agott@optonline.net.

Join Art and company in our quest to continue our lifelong learning in a safe environment. It should never end! Please register on the enclosed form.

Support Groups

Memory Care Support Group – Friday, October 20 at 10:30 a.m. **NEW group beginning this month.**

We are pleased to begin offering a Memory Care Support Group, which will meet on an ongoing basis on the third Friday of the month at 10:30 a.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. Sign up on the enclosed form.

Grief Connections with Ben Ferrie - Monday, October 23 at 11:00 a.m.

Grief is a normal response to loss that can be overwhelming, painful, and personal. There is no right or wrong way to grieve, and this difficult process allows us to build resilience through our hardships, while learning to make sense of our new reality. Learning how to adapt does not mean forgetting or ignoring those we cherish, it means finding new ways to build memories and social connections, understanding our purpose, and continuing to progress with our lives. You're invited to come share your thoughts, express your feelings, and explore ways to work through these painful experiences with others who are doing the same. Sign up on the enclosed form.



Monthly Brain Games from the Brain Health Toolbox Wednesday, October 25 at 10:00 a.m.



Preventing and treating forms of dementia are largely driven by lifestyle and the choices we make daily. Come use one tool from the brain health toolkit. Join Danielle Ramos, Bethel Health Care, for a fun hour of memory joggers and trivia. Register on the enclosed form.

Bats: Winged Wonders Tuesday, October 10 at 10:30 a.m.



Join us for an overview of bats of the world, with an emphasis on our local species. We will cover the persisting myths and misconceptions about these fascinating creatures, the many roles bats play to ensure a healthy planet, the perils bats face in their struggle for survival, their amazing resilience, and what we can do to help. Our presenter, Maureen Heidtmann, a licensed wildlife rehabilitator with a focus on bats. Maureen has been doing this for over twenty years and holds a Master Wildlife Conservationist certificate and a permit from USDA to keep non-releasable bats for educational purposes. In 2016, she was the designated regional educator for Bat Conservation International and has done voluntary fieldwork for BCI. She will be bringing healthy, caged bats with her to show us. Please register on the enclosed form.

Lunch and Learn: Refuse to be a Victim Thursday, October 5 at 12:00 noon

The single most important step toward ensuring your personal safety is making the decision to refuse to be a victim. In this 1-hour seminar called Refuse To Be A Victim®, you will learn the personal safety tips and techniques you need to avoid dangerous situations and escape becoming a victim of fraud, and theft. You will learn about creating a personal safety strategy before you need it.

Gaspare Maturano has experience working with people as well as organizations of all sizes to assess and improve their security posture. His expertise includes risk assessment in both physical and cybersecurity. He holds over 40 certifications/certificates from the Department of Defense, the Department of Homeland Security, the Cybersecurity and Infrastructure Agency, The Academy of Counter-Terrorist Education, The United States Coast Guard, and Auxiliary. Please register so you don't miss this important event.

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

October 2023 Registration

You must have a current membership form on file for 2023-2024.

Name: _____ Preferred Phone Number: _____

		Monthly Cost	Total
___	Mon Yoga at 10:00 a.m.	\$15	\$ _____
___	Mon Back in Balance at 1:15 p.m.	\$15	\$ _____
___	Tues Cardio Dance Party at 9:30 a.m.	\$20	\$ _____
___	Tues Tai Chi Basics at 10:30	\$20	\$ _____
___	Tues Line Dancing at 1:30 p.m.	\$20	\$ _____
___	Wed Tai Chi at 9:30 a.m.	\$15	\$ _____
___	Wed Functional Strength & Bal. at 1:15 p.m.	\$15	\$ _____
___	Wed Chair Yoga at 2:30 p.m.	\$15	\$ _____
___	Thurs Bandstand Boogie at 9:30 a.m.	\$15	\$ _____
___	Thurs Back in Balance at 10:30 a.m. (no class October 26)	\$10	\$ _____
___	New Class! Thurs Restorative Yoga with Beth at 4:00 p.m. Starting October 12. Pay Beth Hornbeck directly		
___	Fri Movement, Strength and Mobility at 10:30 a.m.	\$15	\$ _____
___	Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$ _____
___	Wednesday, October 4 at 10:00 a.m.: Preparing for Medicare Open Enrollment		
___	Thursday, October 5 at 9:30 a.m.: Ask An Attorney		
___	Thursday, October 5 at Noon: Refuse to Be a Victim		
___	Friday, October 6 at 9:00 a.m. Men's Breakfast		
___	Tuesday, October 10 at 10:30 a.m. Winged Wonders		
___	Thursday, October 12 at 1:30 p.m. Movie Matinee: <i>Champions</i>		
___	Saturday, October 14 at Noon: Knights of Columbus lunch Address: _____		
___	Monday, October 16 at 11:00 a.m. Public Health in a Warming World		
___	Tuesday, October 17 at 9:30 a.m.: Hiking Group		
___	Thursday, October 19 at 1:00 p.m.: Bingo with Village at Brookfield		
___	Friday, October 20 at 10:30 a.m. Alzheimer's Support group		
___	Monday, October 23 at 10:30 a.m.: Contemporary Issues		
___	Monday, October 23 at 11:00 a.m.: Grief Support Group		
___	Wednesday, October 25 at 10:00 a.m.: Brain Games		
___	Wednesday, October 25 at 1:30 p.m.: Book Club		
___	Thursday, October 26 at 12:00 noon: Lions Club Halloween Party		
	Total Cost – Payment by check or credit card MUST accompany registration. Make checks payable to the <i>Town of Brookfield.</i>		\$ _____

BROOKFIELD SENIOR CENTER LUNCH REGISTRATION FORM

October 2023

You must have a current membership form on file for 2023-2024.

Name: _____ Preferred Phone Number: _____

___	Monday, October 2	\$5	\$ _____
___	Wednesday, October 4	\$5	\$ _____
___	Wednesday, October 11	\$5	\$ _____
___	Monday, October 16	\$5	\$ _____
___	Wednesday, October 18	\$5	\$ _____
___	Monday, October 23	\$5	\$ _____
___	Wednesday, October 25	\$5	\$ _____
___	Monday, October 30	\$5	\$ _____
Total Cost –Make checks payable to the <i>Town of Brookfield.</i>			\$ _____

October 2023

Brookfield Senior Center Lunch Program

Monday	Tuesday	Wednesday	Thursday
2 <i>Seafood Imperial over linguini /Tossed salad Fruit juice Italian bread milk and cookies</i>	3	4 <i>Sausage, peppers and onions/ Ziti with marinara sauce/Fruit salad/ Italian bread, milk and cookies</i>	5
9 CLOSED	10	11 <i>Chicken Campagna/ fresh Broccoli/Tossed Salad Fruit juice/ Whole grain bread/ milk and cookies</i>	12
16 <i>Grilled Chicken Broccoli Parmesan Caprese salad Fruit juice Whole grain bread milk and cookies</i>	17	18 <i>Roast Beef Hero/ Potato Salad/ Tossed Salad Fresh fruit milk and cookies</i>	19
23 <i>Eggplant a la Nicks w tomato sauce/ Tossed Salad/ Fruit Salad Italian bread milk and cookies</i>	24	25 <i>Shrimp Scampi Buttered Linguini Green Beans Fruit juice Italian bread milk and cookies</i>	26
30 <i>Stuffed Chicken Breast Mashed potatoes Tossed Salad/ Italian bread / fruit/ milk and cookies</i>	31	Portion Sizes: 3 oz protein ¼ cup starch ½ cup vegetable ½ cup fruit 1 slice bread 8 oz low fat milk	

Mark your Calendars:

Ask an Attorney Roundtable – Michelle Ligouri, JD, will be here Thursday, October 5 at 9:30 a.m. to answer your general legal questions. A public, round-table format will be used for this informative session. Space is limited to six participants who have not previously attended.

Men's Breakfast – *Friday, October 6 at 9:00 a.m.* Register on the enclosed form by Wednesday, October 4.

Reflexology with Eileen – *Friday, October 6 and 20.* Foot Reflexology is a natural healing practice based on the principle that reflexes in the feet correspond to parts of the body. Cost is \$35 for a 30-minute session payable directly to Eileen Byrnes. Contact her to make an appointment. Eileen@eileenbyrnes.com.

Brookfield Knights of Columbus lunch delivery - *Saturday, October 14.* Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to sign up by Thursday, October 5. Delivery is between 11:15 a.m. and 12:15 p.m. You must be home to accept delivery.

Friends of Brookfield Senior Center (FOBSC) – **Tuesday, October 10, noon.** Join the Board and employees at the Center to discuss activities, programming, and events. No registration required.

Blood Pressure Screening – *Wednesday, October 11 from 11:00 a.m. – 12:00 noon.* Let us help you stay on track with healthy blood pressure. Tracey Cahill, RN will be available during this time for drop in visits.

Coloring Club - *Mondays at 1:30 p.m.* Get out of the house and enjoy the company of others while having some fun coloring. Adult coloring has shown to help reduce stress, boost mental clarity, exercise fine motor skills, and help train the brain to focus. Bring your own coloring supplies or use ours.

Handiwork Group – *Tuesdays at 10:00 a.m.* Bring your own knitting, quilting, crocheting or cross-stitch project and enjoy the company of other talented members. This is a great way to make new friends.

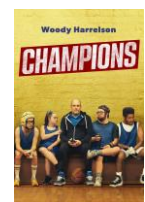
Art with Adele - *Tuesdays, 1:00 p.m. – 3:00 p.m.* Bring your own supplies and painting project and join Adele and friends. Register on the enclosed form.

Bridge, Mahjongg, Poker, Pinochle and Games – *Tuesdays, 1:00 p.m. – 3:45 p.m. and Thursdays at 1:00 – 5:45 p.m.* Gather your table and join us for cards and games on Tuesdays and Thursdays. You can play either or both days. We'll be setting up the poker table on Thursdays.

Let's Talk- *Wednesdays at 10:45 a.m.* This friendly group will gather to connect and chat. Just walk in and join this fun and lively group.

Movie Matinees: Please register so we know how many seats to set up

Thursday, October 12 at 1:30 p.m. Champions. Woody Harrelson stars in the hilarious and heartwarming story of a minor-league basketball coach who is ordered to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined. (2h 4m PG-13)



Restorative Yoga with Elizabeth – New Class!

Thursdays at 4:00 p.m.

Starting October 12



The focus of restorative yoga is that through relaxing in poses, with the aid of props, without strain or pain, we can achieve physical, mental and emotional relaxation. Join Elizabeth (Beth) Hornbeck at the end of your day to enter the evening stretched and relaxed. \$10 per class, directly payable to the instructor. Please register, however, on the enclosed form so we know how many people are interested.

News from Brookfield Department of Health Respiratory Viral Season is Upon Us!

The upcoming respiratory season this fall/winter poses a complex set of risks again this year. We are preparing for three respiratory viruses that may be co-circulating this season: ***Influenza (Flu), COVID-19 and RSV.***

Vaccines can provide protection from infection against all three of these viral respiratory diseases:

- **COVID-19**: The new COVID vaccine has been approved and is available at your local pharmacy or primary care physician. COVID-19 vaccines have proven highly effective at preventing severe disease, and the new vaccine will be more responsive to the current circulating variants of the COVID virus.
- **Flu**: The Flu vaccine is one of the greatest tools we have at our disposal to reduce the burden of respiratory illness. This fall it is especially important that you receive your Flu vaccine since we expect the Flu, COVID and RSV to be circulating at the same time.
- **RSV**: Like the Flu and Covid, RSV or Respiratory Syncytial Virus is another respiratory virus transmitted via respiratory droplets when a person coughs or sneezes. Older adults, especially those with chronic medical conditions, are at increased risk of severe disease from RSV infection. It is recommended that adults ages 60 years and older may receive a single dose of RSV vaccine. ***Please speak with your health care provider to determine if RSV vaccination will be beneficial for you.***

Can you receive all of these vaccinations at the same time? The short answer is yes. Combining vaccines in the same visit is safe and convenient. Your circumstances can also play a role. Have your healthcare provider assess your specific situation and provide guidance on the best approach for you.

Optimizing immunity to respiratory viral diseases this fall will be the best way to ensure your health and that of the community!

A COVID Reminder

After months of decline, we're seeing a slight uptick in COVID cases in the community similar to past summer surges. As a reminder, following are the latest recommended guidelines:

- **If you were exposed but have no symptoms (regardless of vaccination status), there is no longer a quarantine recommendation.** You can return to work. To be cautious, wear a mask around others for 10 days, get tested 3-5 days after exposure, and watch for symptoms. If symptoms start, stay home and get tested.
- **If you test positive, whether you have symptoms or not, isolate for at least 5 days.** You can end isolation after day 5 if you have no fever for 24 hours without taking fever-reducing medication, AND your other symptoms are gone or improving. If you still have a fever, continue to isolate until the fever is gone for at least 24 hours. After isolation for 5 days, you can return to work and continue to wear a mask days 6-10. You may remove your mask sooner than Day 10 if you have two negative tests in a row, at least one day apart.

Automatic Telephone and Weather Updates



With winter weather coming soon, please note that we use a call feature to update you on closings, class and program changes. You may receive a call or text from a Massachusetts number (617-855-0125) and it may be marked as “potential spam.” To receive a message on your cell phone, you may have to add “My Senior Center” with this number as a contact or to make sure this number is not blocked.












SENIOR ACTIVITIES ~ OCTOBER 2023

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD



203-775-5308

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club	3 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 11:30 Corn Hole 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 	4 9:30 Tai Chi 10:00 Preparing for Medicare Open Enrollment 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 2:30 Chair Yoga	5 9:30 Ask an Attorney 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch and Learn "Refuse to be a Victim" 1:00 Cards and Games/ Poker 3:15 Tech Support w/Ashley	6 9:00 Men's Breakfast 10:30 Movement, Strength and Mobility 12:00 Reflexology
9 CLOSED FOR COLUMBUS DAY 	10 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 11:00 Bats: Winged Wonders 12:00 FOBSC 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 	11 9:30 Tai Chi 10:45 Let's Talk 11:00 – 12:00 Blood Pressure Screening 12:00 Lunch Program 1:15 Functional Strength & Balance 2:30 Chair Yoga	12 9:30 Bandstand Boogie 10:30 Back in Balance 1:00 Cards and Games/ Poker 1:30 Movie Matinee: Champions 3:15 Tech Support w/Ashley 4:00 Restorative Yoga 	13 10:30 Movement, Strength and Mobility <i>Saturday, October 14 at noon KoC lunch delivery</i>
16 10:00 Yoga 11:00 Public Health in a Warming World 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club	17 9:30 Cardio Dance Party 9:30 Hiking Group 10:00 Handiwork Group 10:30 Tai Chi Basics 11:30 Corn Hole 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 	18 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 2:30 Chair Yoga	19 9:30 Bandstand Boogie 10:30 Back in Balance 1:00 Cards and Games/ Poker 1:00 Bingo with Village at Brookfield Commons 4:00 Restorative Yoga 	20 10:30 Movement, Strength and Mobility 10:30 Memory Care Support Group 12:00 Reflexology
23 10:00 Yoga 10:30 Contemporary Issues with Art Gottlieb 11:00 Grief Support Group 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club	24 9:30 Cardio Dance Party 9:30 Hiking Group Rain Date 10:00 Handiwork Group 10:30 Tai Chi Basics 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	25 9:30 Tai Chi 10:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 1:30 Book Club 2:30 Chair Yoga 	26 9:30 Bandstand Boogie 10:30 Back in Balance cancelled 12:00 Lions Club Halloween Party 1:00 Cards and Games/ Poker 4:00 Restorative Yoga 	27 10:30 Movement, Strength and Mobility
30 10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club	31 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing HAPPY HALLOWEEN! 		<i>Please sign up for the lunch program on a separate registration form enclosed.</i>	<i>Advance registration and payment where necessary is required for all programs unless otherwise noted. Use the enclosed registration form</i>