

Brookfield Senior Center

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

December 2022 Newsletter

Inclement Weather Policy: If Brookfield schools are closed due to weather, the Brookfield Senior Center is closed for regular programming. If there is a weather-related delay, we open on time, but all exercise classes that begin before 10:00 a.m. are cancelled. In case of unusual closings or if you have any questions, please call the Center at 203-775-5308.

Holiday Happenings at the Center



Holiday Gala

Monday, December 19 at noon



Join us for a holiday lunch and entertainment by *Airborne Jazz*. Bring your dancing shoes! Let's share in an old tradition loved by many "Yankees." That doesn't mean the baseball team, nor does it mean "Yankee Swap!" Bring a WRAPPED item from home or a new item purchased for under \$10. We'll enjoy a festive game together and a few laughs. There will also be a 50/50 raffle.

Chicken Milanese, pasta, salad and bread will be served for lunch.
SYNERGY HomeCare will provide a festive dessert.
Cost is \$15 per person. Please register and pay using the enclosed form.

Holiday Bingo

Friday, December 9 at 1:00 p.m.



Join Carrie Searles from the *Village at Brookfield Commons* for a fun afternoon of Bingo! Please note there will be no lunch, but there will certainly be jolly prizes!
Please register on the enclosed form.



Mimi's Cookie Decorating

Monday, December 5

10:00 a.m. – 1:00 p.m.

We are very excited to have Jen Gillis, *Mimi's Cake Decorating*, return to the Center for this fun holiday event. Jen will guide us on professionally decorating our holiday sugar cookies.

This class is limited to 12 members, so sign up early!
Cost is \$5.00 for the class. Register and pay using the enclosed form.

Holiday Hike at Fairfield Hills, Newtown

Tuesday, December 6 at 9:30 a.m.

Rain date: Tuesday, December 13

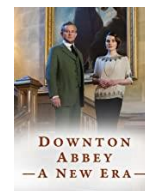


Grab your poles and woolies and meet at the Center at 9:30 sharp. Plan for a brisk, flat, 2+ -mile walk with the hiking group at Fairfield Hills. Enjoy hot chocolate together after the hike.

Please register on the enclosed form.

Friday Movie Matinees – no registration required.

Friday, December 2 at 1:00 p.m. *Downton Abbey: A New Era* reunites the beloved cast as they go on a grand journey to the south of France to uncover the mystery of the Dowager Countess' newly inherited villa.



Friday, December 16 at 1:00 p.m. *A Castle for Christmas*. Author Sophie Brown (Brooke Shields) comes to Scotland to escape scandal. What she finds is a fairy-tale castle, a grumpy duke (Cary Elwes) and her chance for a happy ending.

From the Fire Marshall's Office

The Town Fire Marshall's Office has partnered with The American Red Cross and Brookfield Senior and Social Services for disaster and fire preparedness. The program includes an assessment and installation of smoke detectors and batteries for seniors, handicapped and those in need. For more information, please call us at 203-775-5308.



Tech Assistance with Ashley
Tuesday and Thursday 30-minute time-slots
2:30 p.m. – 3:30 p.m.



iPads? iPhones? Kindle? Internet? E-mail? If you find yourself struggling with technology, we have help! Ashley Matthews, a junior at Brookfield High School will assist you with all your questions. Ashley is a pro with Apple products, but she can field questions about Android. Call the Center for an appointment.

Automatic Telephone and Weather Updates

To update you quickly, we're using a call feature offered by *My Senior Center*. You may receive a call 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. This is the quickest way we're able to update you on closings, class and program changes, etc.



Fall Prevention
With Nuvance Trauma Center
Tuesday, December 6 at 10:30 a.m.

All the buzz these days is about fall prevention. With good reason! There are so many ways to prevent a fall in and outside of your home. Cary Clarkson, Injury Prevention Coordinator from the *Danbury Hospital Nuvance Trauma Center* will focus on four topics:

- Fall Prevention Strategies
- Fear of Falling
- Home Modifications
- How to Break the Cycle



Join us in this very informative session. *Please register on the enclosed form.*

Healthy Holidays
with Judy Prager
Wednesday, December 7 at 10:30 a.m.

Aching to grab that candy in the bowl at the neighbor's holiday party? Dying to eat a second helping of potatoes? Let Judy Prager show you how to avoid those pitfalls and make better choices this holiday season, whether you are eating alone or at a holiday party.



Register on the enclosed form.

Snowman Craft with Candlewood Valley
Thursday, December 8 at 1:00 p.m.

Oh, the weather outside can be frightful, but the craft inside the Center is delightful! Sarah Johnson, *Candlewood Valley Health and Rehab*, will be here to make adorable sock snowmen.

Participation is limited to 20. *Register on the enclosed form.*



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

Farewell Note from Lorraine Kelley, Municipal Agent for the Elderly

Some of you may have heard that I'll be retiring in December. It's been a great pleasure to serve the wonderful seniors of Brookfield and to get to know many of you. I started out in Brookfield in 2003 and worked my way over to my hometown, New Milford, but Brookfield was calling me back, and when the opportunity arose, I returned to this very special community.

I was appointed Municipal Agent for the Elderly back in 2016 and have continued to serve as such until present. I hope that you are satisfied with the service I provided as I did my best to give you the knowledge and information you need to make the best choices for your lives. I plan to continue to visit the Senior Center – maybe even take a few classes – and I hope that our paths will cross again!

Be well,
Lorraine

Hello, everyone!

My name is Ryan Soto and I'm the current Behavior Health Liaison for the Town of Brookfield. I am happy to let you know that I will be taking over Lorraine's duties as Social Services Coordinator when she retires. I look forward to assisting you any way I can. Please contact me for energy assistance, food pantry usage and all other questions have. Thank you all for your understanding and patience during this transition.

Respectfully,

Ryan Soto

Are You Saving the Most Money on Your Prescription Drugs?

Open enrollment for Medicare D and Medicare Advantage Plans runs until December 7. If you haven't met with a CHOICES advisor yet, there's still time. Call 203-775-5308 today to make an appointment.

Arriving Late to Exercise Class?

Of course, your instructor is glad you made it, but the first five minutes of classes are designed to warm you up and prepare your body physically. When you arrive late, you miss this important physiological preparation for the remaining exercises you'll perform and disrupt those already participating. Please be sure to arrive on time to your class.

Wellness Corner Holiday Tips

No matter how busy you are, try to stick to your health routine. When tight on time, don't skip your exercise class – it could be one of the best stress busters for you. Be sure to ask for help if needed with meal prep, bringing a dish to a gathering, or just tidying up the house. Organize and prioritize your "to do" list and be realistic with your planning. Keep up with good sleep habits, as it will allow you to cope better with all the hustle and bustle. Honor and hold space for sadness or grief that you may experience. Enjoy food and drink in healthy, moderate quantities. Be sure to enjoy your holidays!

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>

Monday – Friday from 8:00 a.m. – 4:00 p.m.

Director of Senior/Social Services:

Ellen Melville emelville@brookfieldct.gov

Senior/Social Services Program Coordinator:

Amy Diezemann adiezemann@brookfieldct.gov

Senior/Social Services Administrator

Kathy Creighton kcreighton@brookfieldct.gov

Social Services Coordinator:

Lorraine Kelley, LCSW lkelly@brookfieldct.gov

Behavioral Health Liaison:

Ryan Soto, MA rsoto@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

Please note the cancellations during the holiday season and our inclement weather policy.

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 Kathy - Entry Level Class: Mondays at 1:15 p.m. ***and*** Thursdays at 10:30 a.m. Gently work on balance, range of motion, flexibility, and strength. Gentle enough for those with arthritis or other limitations. Learn about your body and its asymmetries. Practice different styles of meditation.

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.

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 1:00 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. You can do everything in chair yoga that you do in floor yoga. This class is appropriate for beginner and advanced students.

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.

Wellness and Wisdom with Eileen: Fridays at 10:30 a.m. Join us to increase joint flexibility and strengthen your body and mind. Bring your own light hand weights and a small ball. Class includes movement, strength training with hand weights and balance work and can be adapted to your level.

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

Getting through the Holidays while Grieving Tuesday, December 13 at 10:30 a.m.

Under normal circumstances, the holiday season can be a stressful time. When grieving the death of a loved one, holidays may be especially challenging.

Catherine Vlasto, LCSW, will offer practical skills and strategies that will provide comfort, support, and techniques to manage the grief and practice self-care through the holiday season.

Register on the enclosed form.

Bells of Brookfield Brookfield Historical Society Wednesday, December 14 at 10:00 a.m.

Bob Brown and Don Winkley of the Brookfield Historical Society will grace us with a lovely presentation on the bells that are located in Brookfield.

There is much history behind these beautiful bells and surprisingly there are quite a few. Come join us for a delightful morning conversatio...



Register on the enclosed form.

Lifelong Learning – Improves Memory, Increases Self Confidence, Builds New Skills

Tuesday, December 6 at 12:00 p.m.: Eating Smart Through the Holidays. AARP Coach SheriAnne will address how you can close out 2022 on the right foot, sticking to a healthy eating plan while still enjoying the festivities. For more information: <https://local.aarp.org/vcc-event/aarp-az-back-to-basics-classes-phoenix-az-12622-qnnz1z79hgf.html>

Tuesday, December 14 at 4:00 p.m.: Tour Through Time: Exploring History through Artifacts. The Center for Interactive Learning (CILC), in partnership with the Midwest Archeological Center, takes us for a look at the Archeological Center's history and care of their collections from national parks. *Register on the enclosed form and the Senior Center will send the Zoom link.*

Wadsworth Atheneum, Hartford, CT: Can't get to the Wadsworth this winter? Check out their virtual studios: <https://www.thewadsworth.org/learn/education/virtual-studio/>. This link will take you through many artists in their collection, including Georgia O'Keefe and Salvador Dali.

Tai Ji Quan: Moving for Better Balance®

at the

The Brookfield Senior Center

In Partnership with

CT Healthy Living Collective

Tai Ji Quan: Moving for Better Balance® is an evidenced-based therapeutic movement program that helps participants improve balance, mobility and daily functioning and prevent falls. This class can accommodate individuals who use assistive devices, such as canes.



Classes will be held twice a week
Tuesdays, 10:30 a.m.
AND
Thursdays, 11:45 a.m.

24-week program starting
January 10, 2023

Cost is \$25.00
Payable to the Friends of the
Brookfield Senior Center
Returned upon completion

Only 15 spots available!

Contact Amy at the Brookfield Senior Center for more information: 203-775-5308.



This program is offered in partnership with the CT Healthy Living Collective and funded by the State of CT Department of Aging and Disability Services State Unit on Aging.

Visit www.cthealthyliving.org for more information.

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

December 2022 Registration

You must have a current membership form on file for 2022-2023.

The holidays and weather in December bring many cancellations.

Name: _____ Preferred phone no: _____

		Monthly Cost	Total
___	Mon Yoga at 10:00 a.m. (No class December 19, 26)	\$10	\$_____
___	Mon Back in Balance at 1:15 p.m. (No class December 19, 26)	\$10	\$_____
___	Tues Dance Party at 9:30 a.m. (No class December 27)	\$10	\$_____
___	Tues Line Dancing at 1:30 p.m. (No class December 27)	\$10	\$_____
___	Wed Tai Chi at 9:30 a.m. (No class December 28)	\$10	\$_____
___	Wed Functional Strength & Balance at 1:00 p.m. (No class Dec 28)	\$10	\$_____
___	Wed Chair Yoga at 2:30 p.m. (No class December 28)	\$10	\$_____
___	Thurs Bandstand Boogie at 9:30 a.m. (No class December 15,29)	\$10	\$_____
___	Thurs Back in Balance at 10:30 a.m. (No class December 29)	\$10	\$_____
___	Fri Wellness & Wisdom at 10:30 a.m. (No class December 30)	\$10	\$_____
___	Art with Adele: Tuesdays at 1:00 p.m. (No class December 27)	\$10	\$_____
___	Ask an Attorney: Thursday, December 1 at 9:30 a.m.		
___	Men's Breakfast: Friday, December 2 at 9:00 a.m.		
___	Mimi's Cookie Decorating: Monday, December 5 at 10:00 a.m.	\$5	\$_____
___	Hiking Group: Tuesday, December 6 at 9:30 a.m.		
___	Fall Prevention Workshop: Tuesday, December 6 at 10:30 a.m.		
___	Healthy Holidays with Judy: Wednesday, December 7 at 10:30 a.m.		
___	Snowman Craft with Candlewood Valley: Thurs., Dec 8 at 1:00 p.m.		
___	Bingo! Friday, December 9 at 1:00 p.m.		
___	Knights of Columbus lunch delivery: Saturday, Dec 10 at Noon Address: _____		
___	Downsized Gourmet: Monday, December 12 at 3:00 p.m. (Zoom)		
___	Getting through the Holidays Seminar: Tues, Dec 13 at 10:30 a.m.		
___	Bells of Brookfield: Wednesday, December 14 at 10:00 a.m.		
___	CILC: Exploring History Through Artifacts: Tues, Dec.14 at 4:00 p.m. (Zoom)		
___	Holiday Gala: Monday, December 19 at noon	\$15	\$_____
___	Tai Ji Quan: Moving for Better Balance: beginning January 10, 2023 <i>Pay by check payable to FOBSC – to be returned at completion.</i>	\$25	
	Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield.</i>		\$_____

Mark your Calendars:

Men's Breakfast – Friday, December 2 at 9:00 a.m. Please sign up to reserve your seat.

Join us For Lunch. We're serving lunches Monday through Thursday at noon. You need to register at least one week in advance. The suggested donation is \$3.00 per lunch.

Blood Pressure Screening – Wednesday, December 21 from 9:00 a.m. – 1:00 p.m. Let us help you stay on track with healthy blood pressure. Call the Senior Center to make a personal appointment with Kathy Creighton.

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 been 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, Mahjogg, Canasta, Scrabble, Cribbage and Poker – Tuesdays and Thursdays at 1:00 p.m. Gather your table and join us for cards and games 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.

Weekly Activity Packets - Weekly Activity Packets are available for pickup. Packets are filled with coloring sheets, puzzles, articles, and more.

Ask an Attorney Roundtable - Thursday, December 1 at 9:30 a.m. Michelle Ligouri, JD, is here to help you with your *general legal questions*. A public, round-table format will be used for this informative session. Space is limited to six participants who have not previously attended. Register on the enclosed form.

Friends of Brookfield Senior Center (FOBSC) – Tuesday, December 13 at 12:15 p.m. Please join us as we discuss activities at the Center.

Reflexology with Eileen – Friday, December 2 and 16. 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, December 10. Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to sign up by Thursday, December 1. Delivery is between 11:15 a.m. and 12:15 p.m. You must be home to accept delivery.

Downsize Gourmet – Monday, December 12 at 3:00 p.m. Oasis Senior Advisors has some great new recipes for the virtual group. Register on the enclosed form. The Center will send you the Zoom link.

Senior Center Book Club – we will not be meeting in December. Have a great holiday and we'll see you in the New Year!

Corn Hole - Tuesday, December 20 at 10:30 a.m. Join us and learn how to play the great game of Corn Hole. This is a game that everyone can participate in – be ready to show off to your grandchildren at the next family picnic. *No registration required – just show up for the fun.*



Scam Alert



FOR IMMEDIATE RELEASE
October 20, 2022

IG Warning: Offers to Increase Your Social Security Benefit Are from Criminals

Criminals Continue to Impersonate Government Agencies

DO NOT CLICK
<https://1gov-ssapp.com/system-ssa-logon>

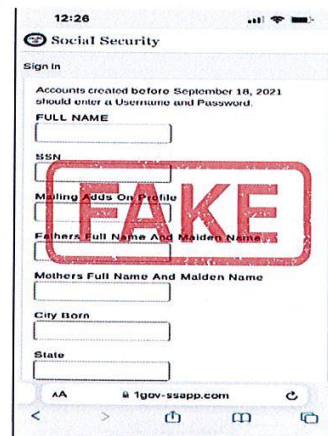
That unexpected offer from the Social Security Administration (SSA) to activate a benefit increase is from a criminal and not the real SSA. Do not share personal or financial information. Do not click on links or respond. Report suspected scams to oig.ssa.gov/report.

Criminals continue to impersonate SSA and other government agencies in an attempt to obtain personal information, money, or download malware onto phones.

Recent reports indicate that criminals are trying to trick people into sharing personal and financial information over the phone or through deceptive text and email messages that lure recipients to a fake Social Security website. Criminals falsely advise recipients to apply to receive Social Security benefits or extra money, such as a cost-of-living adjustment (COLA), or to set up an online account. The message may also provide fake contact information for SSA.

“Scammers are relentless in their attempts to lure you to their fake websites or to get you to respond in any manner to their fictitious offers. I urge members of the public to ignore unexpected messages and unsolicited offers. This simple step will help protect you from a scam,” said Inspector General Gail S. Ennis. “Also, be alert for unusual business practices and contact Social Security directly with questions or concerns regarding SSA matters. Never click on the link.”

“We are deeply concerned that fraudsters continue to find new ways to impersonate government agencies to deceive people into providing personal information or money,” said Kilolo Kijakazi, Acting Commissioner of Social Security. “I strongly urge people to be vigilant,



Members of the press may make inquiries to Social Security OIG at oig.dcom@ssa.gov.

Connect with us on social media: [LinkedIn](#) | [Facebook](#) | [Twitter](#) | [YouTube](#)

and ignore suspicious emails, texts, or letters. If you receive a suspicious message, do not click on any links or attachments.”

Ignore suspected scams and report them to oig.ssa.gov. Reporting these scams helps us identify emerging scam tactics and trends and protects others.

HOW A GOVERNMENT IMPOSTER SCAM WORKS

Recognizing the signs of a scam can help you avoid falling victim to one. These scams primarily use telephone to contact you, but scammers may also use email, text message, social media, or U.S. mail. Scammers **pretend** to be from an agency or organization you know to gain your trust. Scammers say there is a **problem or a prize**. Scammers **pressure** you to act immediately. Scammers tell you to **pay** in a specific way.

TIPS TO PROTECT YOURSELF

1. **Do not take immediate action.** If you receive a communication that causes a strong emotional response, take a deep breath. Hang up or ignore the message. Talk to someone you trust.
2. **Do not transfer your money! Do not buy that gift card!** Never pay someone who insists that you pay with a gift card, prepaid debit card, Internet currency or cryptocurrency, wire transfer, money transfer, or by mailing cash. Scammers use these forms of payment because they are hard to trace.
3. **Be skeptical.** Do not believe scammers who “transfer” your call to a government official or law enforcement officer, or who feed you a number as proof. Scammers can create fake numbers and identities. Do not trust your caller ID.
4. **Be cautious** of any contact claiming to be from a government agency or law enforcement, telling you about a problem you don’t recognize or an unsolicited offer. Do not provide your personal information, even if the caller has some of your information.
5. **Do not click on links or attachments.** Block unwanted calls and text messages.

FOR MORE INFORMATION ON SCAMS

Visit the ftc.gov/scam to read about common scams.

Scammers frequently change their approach with new tactics and messages to trick people. We encourage you to stay up to date on the latest news and advisories by following SSA OIG on LinkedIn, Twitter, and Facebook or subscribing to receive email alerts.

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Members of the press may make inquiries to Social Security OIG at oig.dcom@ssa.gov.

Connect with us on social media: [LinkedIn](#) | [Facebook](#) | [Twitter](#) | [YouTube](#)










SENIOR ACTIVITIES ~ DECEMBER 2022

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Advance registration with the Center is required for all programs unless otherwise noted.</i></p> <p><i>Use the enclosed registration form.</i></p>			<p>1</p> <p>9:30 Ask an Attorney 9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p>2</p> <p>9:00 Men's Breakfast 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Movie Matinee – <i>Downton Abbey - A New Era</i></p>  <p>Weekly Packet Pickup</p>
<p>5</p> <p>10:00 Yoga 10:00 Mimi's Cookie Decorating Workshop 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p> 	<p>6</p> <p>9:30 Hiking Group 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Fall Prevention Seminar 12:00 Lunch Program 12:00 Eating Smart through the Holidays – through AARP 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 2:30 Tech Assistance</p>	<p>7</p> <p>9:30 Tai Chi 10:30 Healthy Holidays with Judy Prager 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>8</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker 1:00 Snowman Craft with Candlewood Valley 2:30 Tech Assistance</p>	<p>9</p> <p>10:30 Wellness and Wisdom 1:00 Holiday Bingo!</p> <p>Weekly Packet Pickup</p> <p>Saturday, December 10 at noon KoC Lunch delivery</p>
<p>12</p> <p>10:00 Yoga 10:00 Tech Savvy Seniors – Final Class 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club 3:00 Downsize Gourmet (Zoom)</p>	<p>13</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:00 Hiking Group Rain Date 10:30 Getting through the Holidays Seminar 12:00 Lunch Program 12:15 FOBSC 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 2:30 Tech Assistance</p>	<p>14</p> <p>9:30 Tai Chi 10:00 Bells of Brookfield 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga 10:00 Exploring History through Artifacts - CILC</p> 	<p>15</p> <p>9:30 Bandstand Boogie CANCELLED 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker 2:30 Tech Assistance</p>	<p>16</p> <p>10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Movie Matinee – <i>A Castle for Christmas</i></p>  <p>Weekly Packet Pickup</p>
<p>19</p> <p>10:00 Yoga CANCELLED 12:00 Lunch Program CANCELLED 12:00 Holiday Gala! 1:15 Back in Balance CANCELLED 1:30 Coloring Club</p>  <p>January Registration begins</p>	<p>20</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Corn Hole 12:00 Lunch Program 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing 2:30 Tech Assistance</p> 	<p>21</p> <p>9:00-1:00 Blood Pressure Screening 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>22</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 12:00 Lunch Program 1:00 Cards and Games/ Poker</p>	<p>23</p> <p>10:30 Wellness and Wisdom</p> <p>Weekly Packet Pickup</p>
<p>26</p> <p>CLOSED FOR CHRISTMAS</p> 	<p>27</p> <p>9:30 Cardio Dance Party CANCELLED 10:00 Handiwork Group 12:00 Lunch Program 1:00 Art with Adele CANCELLED 1:00 Cards and Games CANCELLED 1:30 Line Dancing CANCELLED</p>	<p>28</p> <p>9:30 Tai Chi CANCELLED 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance CANCELLED 2:30 Chair Yoga CANCELLED</p>	<p>29</p> <p>9:30 Bandstand Boogie CANCELLED 10:30 Back in Balance CANCELLED 12:00 Lunch Program – <i>New Year's Special</i> 1:00 Cards and Games/ Poker</p>	<p>30</p> <p>10:30 Wellness and Wisdom CANCELLED</p> <p>Weekly Packet Pickup</p> <p>The Center is closed on Monday, January 2 for New Year's</p> 