

Brookfield Senior Center

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

March 2023 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.*

Senior Lunch Program



We're happy to announce a new and improved lunch program beginning this month. We'll be serving a delicious catered lunch every Monday and Wednesday. You'll find the menu at the end of the newsletter. Please sign up using the "Lunch Registration Form."

- Please register and pay in advance to save your spot.
- We have a limited number of meals each day, so seats fill up quickly.
- We're not able to refund your money if you do not show up.
- Cost of lunch is \$5. Please pay by charge card or a check made out to "Town of Brookfield."



AARP FREE Tax Preparation Assistance
Continuing Fridays through April 14



Continuing through Friday, April 14, AARP Tax-Aide counselors will assist you with income tax preparation at the Senior Center. Assistance is free for low and middle-income taxpayers. An appointment is required. If married, both spouses **MUST** be present. *Call the Senior Center to schedule an appointment.*



St. Patrick's Day Luncheon
Friday, March 17 at noon



Join us for a relaxing, Friday afternoon with your friends while dining on corned beef, cabbage, potatoes, and all things Irish. With any luck 'o the Irish, you might find a pot of gold or a four-leaf clover!

Please sign up on the enclosed form.

Registration: Please note there are lots of programs, trips, and meals to sign up for this month.

- Some of our classes and events fill up quickly, so please don't wait to register.
- We cannot take registrations over the phone.
- It's important that you make your check out correctly; please note this in the newsletter.
- Please allot enough time to register and still enter your class/event on time.
- Please be sure of your schedule before submitting your forms to minimize confusion.

Protecting Your Assets from Long-Term Care
Czepiga, Pope, Daly and Perri
Wednesday, March 15 at 10:00 a.m.

Connecticut's long-term care costs are the second highest in the nation. You've likely heard horror stories of people losing their homes to pay for care. Attend this session with Attorney Lynda Lee Arnold to learn how you can protect assets with a carefully orchestrated plan.

You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs, Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be discussed. Attorney Arnold will also cover strategies to protect your money if an unforeseen crisis arises. *Please register.*

Paint and Sip
Thursday, March 2 at 1:00 pm

Rebecca Yarrish, local artist, will guide us on a 2-hour painting program while you sip on cranberry "mocktails." Enjoy an afternoon of creativity with friends. All supplies will be provided. Suitable for beginners. *Please register on the enclosed form.*

Program made possible through very generous donations made in honor of Catherine Duggan.



Escape with Us!

Flyers are available at the Center. Friendship Tours requires a separate check for each event.

Wednesday, May 17 – Visit Harlem. Special guided tour of Harlem's famed Apollo Theater. Lunch at Harlem's famous soul food restaurant, Sylvia's. Guided riding and walking tour of the neighborhood. Cost is \$158pp. Now accepting reservations. Checks should be made out to "Friendship Tours."

Tuesday, July 18 – Relax on the River. Lunch at the historic Griswold Inn. Explore the beauty of the Connecticut River Valley from the water as you cruise and relax on the River Quest. End the day with time to explore Main Street Essex. Cost is \$147pp. Now accepting reservations. Checks should be made out to "Friendship Tours."

Wednesday, September 13 – Lunch at Carmines followed by *A Beautiful Noise*, the musical based on the life and music of Neil Diamond. Cost is \$253pp. A \$120 non-refundable deposit will hold your seat with the balance due August 1. Now accepting reservations. Checks should be made out to "Friendship Tours."

December TBD – lunch at the fully decorated Student Prince Café in Springfield, MA followed by some time at Mohegan Sun and a tour of Christmas lights before heading home. *More details to come.*

Crafting with Candlewood
Travel to Ireland with us
Thursday, March 16 at 1:00 p.m.



Sarah Johnson will be here to take us on a trip to Ireland to view the capital, Dublin, where Guinness Stout is made, and Oscar Wilde was born. She'll also share the Emerald Isle's beautiful countryside dotted with castles. After the movie, Sarah will lead us through a fun Irish craft.

Please register on the enclosed form

Tech Assistance with Ashley
Thursday, March 9 and 16
30-minute time slots starting at 2:30 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.

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

CEAP

Applications for the CT Energy Assistance Program (CEAP) continue to be processed. If your income is no more than \$39,761 (individuals) and \$51,996 (couples), you may be eligible for assistance with your heating bills (note updates to qualifying income). To apply, you must show current income information, including the last 4 weeks of pay-stubs if you're employed. Please contact Ryan at 203-775-7312 if you think you qualify.

Homeowner's Property Tax Credit

The Homeowner's Property Tax Credit program filing period goes through May 15. For more information about this credit and other tax benefits and exemptions, please visit the Tax Assessor's Department on the Town of Brookfield's website www.brookfieldct.gov or call 203-775-7302.

The Alzheimer's Association is available with resources, advocacy, and advice. For more information, please contact them at 1-800-272-3900. A representative can be available for questions/information by appointment.

Want to be a part of bringing individuals living in the early stages of Alzheimer's or other dementias together to promote social interactions and companionship? The Alzheimer's Association is looking for volunteers to facilitate Early-Stage Social Engagement programs in local communities. Training and support will be offered. For more information, please contact Tina Hogan at 860-412-8029 or thogan@alz.org.

AARP Safe Driving

Friday, April 21 - 9:00 a.m. – 1:00 p.m.



The AARP Driver Safety Class provides a refresher of driving rules and teaches valuable defensive driving skills, safety strategies, and tips. Connecticut residents aged 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.

You must pay in advance to register – your check holds your spot in the class. Cost is \$20/AARP members and \$25/nonmembers. *Checks only - made payable to AARP Safe Driving.*

Lunch at the Linden

Tuesday, March 28 at noon

Our friends from the Linden in Brookfield are inviting seniors who have *not yet* had the opportunity to visit their facility for lunch and a tour. Space is limited so please register in advance.

Movie Matinees – at 1:00 p.m.

Friday, March 3: Shotgun Wedding. Darcy (Jennifer Lopez) and Tom (Josh Duhamel) gather their families for the ultimate destination wedding. When the entire party is taken hostage, “Til Death Do Us Part” takes on a whole new meaning in this hilarious, adrenaline-fueled adventure as Darcy and Tom must save their loved ones—if they don't kill each other first. (1h41m; R)

Friday, March 24: 80 For Brady. Is it even possible to have a better cast than Jane Fonda, Lily Tomlin, Rita Moreno and Sally Field? We think not! Based on a true story, the sports comedy follows four elderly women as they travel to the 2017 Super Bowl to see Tom Brady play with the New England Patriots. The football champion even appears in the movie alongside former Patriots teammates Rob Gronkowski, Danny Amendola, and Julian Edelman. (1h38m; PG-13)

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:

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 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.

Wellness Corner – Best Foods to Eat for Heart Health

An essential prescription for heart disease? Eat well! A healthy diet helps lower cholesterol, inflammation, blood pressure, and more. Here are some top food choices to fill your plate:

Learn to Love Leafy Greens - Think spinach, kale, arugula, and more. Leafy greens help the heart because they are loaded with vitamins and minerals, as well as heart-healthy fiber. (But talk to your doctor if you take blood thinners, as leafy greens can affect Vitamin K levels.) You may be surprised to learn greens also boast a significant amount of protein.

Enjoy Fish - reel in the salmon, tuna, mackerel, and other oily fish often to benefit your ticker. The oils they contain, called omega-3 fatty acids, appear to help slow the buildup of artery-clogging plaque - which can help protect you against heart attack and stroke, as well as heart failure and arrhythmia.

Go Nuts - This is nature's nearly perfect snack food, with so many to choose from and so many benefits: protein, fiber, heart healthy omega-3 fatty acids, and antioxidants.

Sizzle With Healthy Cooking Oils - When you cook, pick oils that contain the good kind of fats that can help improve your cholesterol levels – like olive, corn, or canola oil. Butter and margarine are better left on the store shelf because both boost cholesterol.

Up Your Fiber with Whole Grains - In addition to vitamins and minerals, many whole grains provide fiber, which lowers cholesterol, keeps you feeling full longer so that you don't overeat, and helps control your blood sugar level—all good for your heart. Oatmeal is an excellent choice, and swap your white bread for bread labeled 100% whole wheat. Want a snack? Popcorn's a whole grain too!

A healthy diet is one of the best ways to promote your healthy heart.

Lifelong Learning from Our Community

Tuesday, March 7 at 11:00 a.m.: Global Voyagers – Destination Africa: Join us for a thought-provoking virtual tour of the Africa Galleries. See incredible artifacts from the great kingdoms like Asante and Benin, while hearing about traditions still practiced today. *Register on the enclosed form and the Senior Center will send the Zoom link.*

Monday, March 20 at 3:00 p.m.: Downsize Gourmet - Susan and Paul Doyle will guide you on cooking for one or two. They have great new recipes for the virtual group. *Register on the enclosed form. The Center will send you the Zoom link.*

The *Connecticut Art Trail* Passport is a nationally recognized partnership between world-class museums and historic sites throughout the state, created to promote Connecticut's rich cultural assets. Purchase a Connecticut Art Trail Art Passport online at <https://ctarttrail.org/art-passport/buy-a-pass/> to receive one-day admission at each of the member museums per year.

Monthly Brain Games from the Brain Health Toolbox ***Wednesday, March 22 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 joggers and trivia. *Register on the enclosed form.*

Wildlife Wonders - Coyotes ***Thursday, March 9 at 1:00 pm***

Recently there have been several coyote sightings in Brookfield. Our favorite wildlife expert, Ginny Apple, is returning to tell us all about coyotes. Ginny will answer your questions including: what are coyotes afraid of? Will coyotes attack dogs? Are coyotes friendly? What do you do if you encounter a coyote? *Register on the enclosed form.*



Climate: Time & Earth's Formation ***Tuesday, March 14 at 10:30 a.m.***

Join Dr. Mitch Wagener, Climate Change educator, ecologist and professor of biology from WCSU who will enlighten us on all on how the earth has changed from a molten ball of elements to a layered rocky planet; from an atmosphere of methane and carbon dioxide to one rich in oxygen, supporting a lush green world. *Register on the enclosed form.*



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Boutique! Bazaar! Tag Sale! Bake Sale! Oh my! Planning Session ***Tuesday, March 7 at noon***

It has been a few years since we've held a Senior Center fundraiser. Please join this planning session for what we want to do moving forward. We'll be looking for ideas, enthusiasm, and table and event chairs at this time. Join us as we plan to move forward and be part of the fun!

Life on the American Home Front in WWII ***Thursday, March 23 at 10:30 a.m.***

Join Pete Peterson, local historian and author in a discussion of memories of those at home during World War II. Pete is in the process of writing his newest book, *Life on the American Home Front in WWII*. Join us for a fun morning of memories, friends and discussion. *Please register on the enclosed form.*



BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

March 2023 Registration

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

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 Dance Party at 9:30 a.m.	\$15	\$ _____
___ Tues Line Dancing at 1:30 p.m.	\$15	\$ _____
___ Wed Tai Chi at 9:30 a.m.	\$20	\$ _____
___ Wed Functional Strength & Balance at 1:00 p.m.	\$15	\$ _____
___ Wed Chair Yoga at 2:30 p.m.	\$20	\$ _____
___ Thurs Bandstand Boogie at 9:30 a.m.	\$20	\$ _____
___ Thurs Back in Balance at 10:30 a.m.	\$20	\$ _____
___ Fri Wellness & Wisdom at 10:30 a.m.	\$20	\$ _____
___ Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$ _____
___ Thursday, March 2 at 1:00 p.m.: Paint & Sip		
___ Friday, March 3 at 9:00 a.m.: Men's Breakfast		
___ Friday, March 3 at 1:00 p.m.: Movie – <i>Shotgun Wedding</i>		
___ Tuesday, March 7 at 11:00 a.m.: CILC – Destination Africa (Zoom)		
___ Thursday, March 9 at 1:00 p.m.: Coyotes with Ginny Apple – Lecture		
___ Friday, March 10 at 1:00 p.m.: Lunch & Learn Medicare EOBs		
___ Knights of Columbus lunch delivery: Saturday, March 11 at noon Address: _____		
___ Tuesday, March 14 at 10:30 a.m.: Climate Change – Lecture		
___ Wednesday, March 15 at 10:00 a.m.: Assets/ Long Term Care – Lecture		
___ Thursday, March 16 at 1:00 p.m.: Travel to Ireland with CVHR		
___ Friday, March 17 at Noon: St. Patrick's Day Luncheon	\$5	\$ _____
___ Monday, March 20 at 3:00 p.m.: Downsized Gourmet (Zoom)		
___ Wednesday, March 22: 10:00 a.m.: <i>Brain Games</i>		
___ Thursday, March 23: 10:30 a.m. <i>Life on the Home Front in WWII</i>		
___ Friday, March 24 at 1:00 p.m.: Movie – <i>80 for Brady</i>		
___ Tuesday, March 28 at noon: Lunch at the Linden		
___ Wednesday, March 29 at 1:30 p.m.: Book Club		
___ Friday, March 31 at noon: Bingo!	\$5	\$ _____
Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield</i> .		\$ _____

BROOKFIELD SENIOR CENTER LUNCH REGISTRATION FORM

March 2023 Registration

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

Name: _____ Preferred Phone Number: _____

___	Wednesday, March 1	\$5	\$ _____
___	Monday, March 6	\$5	\$ _____
___	Wednesday, March 8	\$5	\$ _____
___	Monday March 13	\$5	\$ _____
___	Wednesday March 15	\$5	\$ _____
___	Monday, March 20	\$5	\$ _____
___	Wednesday, March 22	\$5	\$ _____
___	Monday, March 27	\$5	\$ _____
___	Wednesday, March 29	\$5	\$ _____
Total Cost – Payment MUST accompany registration. Make checks payable to the <i>Town of Brookfield.</i>			\$ _____

Brookfield CHORES

Program

ARE YOU A SENIOR IN NEED OF ASSISTANCE AT HOME?

We May Be Able to Help!



We Can Assist With Tasks Such As:

- Dump Runs
- Replacing Light Bulbs
- Moving Furniture
- Changing Window Screens
- Installation of Safety Devices
- Minor Home Repairs and Simple Plumbing
- Simple Painting Projects
- Light Landscaping
- Window Washing

Program Available for Brookfield Senior Residents



FOR MORE INFORMATION PLEASE CONTACT:
BENJAMIN FERRIE
BEHAVIORAL HEALTH LIAISON, BROOKFIELD SOCIAL SERVICES
P: 203-775-5237
C: 203-313-0352

Brookfield Knights of Columbus in Partnership with Brookfield Commission on Aging

Mark your Calendars:

Ask an Attorney Roundtable – No March meeting. We'll see you in April!

Men's Breakfast – Friday, March 3 at 9:00 a.m. Register on the enclosed form to reserve your seat.

Reflexology with Eileen – Friday, March 3 and 17. 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, March 11. Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to sign up by Thursday, March 2. 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, March 14 at 12:15 p.m. Please join us as we discuss activities at the Center. No registration required.

Blood Pressure Screening – Wednesday, March 15 from 9:00 a.m. – 12:45 p.m. Let us help you stay on track with healthy blood pressure. Call the Senior Center to make an appointment with Kathy Creighton.

Corn Hole - Tuesday, March 21 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.

Senior Center Book Club – Wednesday, March 29 at 1:30 p.m. In March, we'll be reading *An Irish Country Doctor* by bestselling author Patrick Taylor. This is a charming and engrossing tale that will captivate readers from the very first page and leave you yearning to visit the Irish countryside of days gone by. Books will be on reserve for us at the Brookfield Library. Please sign up on the enclosed form.

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, Mahjongg, Poker, Pinochle and Games – Tuesdays and Thursdays at 1:00 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. We're looking for more Canasta, Scrabble, and Cribbage players.

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 on Fridays. Packets are filled with coloring sheets, puzzles, articles, and more.

Fabulous Friday Bingo! Friday, March 31 at noon



Join us for an afternoon of lunch, fun and prizes! Candlewood Valley Rehab is sponsoring Bingo and prizes.

Please pay and register on the attached form.

March 2023

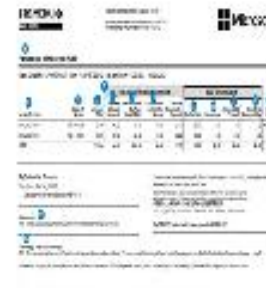
Brookfield Senior Center Lunch Program

Monday	Tuesday	Wednesday	Thursday
		1 <i>Italian bread/roll Baked Ziti Fresh Antipasto Assorted Cookies (milk, juice)</i>	2
6 <i>Combo Sandwich Platter Potato Salad Tossed Salad Fruit Salad (milk)</i>	7	8 <i>Assorted Wraps Fresh String Beans Tossed Salad Assorted Cookies (milk, juice)</i>	9
13 <i>Italian bread/roll Baked Stuffed Shells Fresh Broccoli Caesar Salad Assorted Cookies (milk, juice)</i>	14	15 <i>Turkey Sandwich Macaroni Salad Caesar Salad Assorted Cookies (milk, juice)</i>	16
20 <i>Italian bread/roll Mini Meatballs, Ziti Fresh String Beans Tossed Salad Assorted Cookies (milk, juice)</i>	21	22 <i>Italian bread/roll Mini Meatballs, Ziti Fresh String Beans Tossed Salad Assorted Cookies (milk, juice)</i>	23
27 <i>Italian bread/roll Sausage, Peppers & Onions Side of baked Ziti Tossed Salad Assorted Cookies (milk, juice)</i>	28	29 <i>Italian bread/roll Chicken Parm Roasted Vegetables Tossed Salad Assorted Cookies (milk, juice)</i>	30



Join the Western CT Area Agency on Aging (WCAAA) to learn:

- **How to read and understand your Medicare Summary Notices and Explanation of Benefits**



When: Friday, March 10th at Noon – Lunch included
Where: Brookfield Senior Center, 203-775-5308
Sign Up Today on the program registration form.

This session will help Medicare beneficiaries take charge of their healthcare benefits by explaining:

- ***What is a Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) and what is the difference between the two documents.***
- ***The importance of reading these notices and provide tips on how to read and understand your MSNs and EOBs.***
- ***How to use your MSN and EOB to detect Medicare fraud, errors and abuse***

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SENIOR ACTIVITIES ~ MARCH 2023

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Advance registration with the Center is required for all programs unless otherwise noted.</p> <p>Please use the enclosed Registration form.</p>		<p>1</p> <p>9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>2</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 11:45 Tai Ji Quan: MBB 1:00 Cards and Games/ Poker 1:00 Paint & Sip with Rebecca Yarrish</p>	<p>3</p> <p>8:30 AARP Tax Assistance 9:00 Men's Breakfast 10:30 Wellness and Wisdom 12:00 Reflexology 1:00 Movie Matinee – <i>Shotgun Wedding</i></p>  <p>Weekly Packet Pickup</p>
<p>6</p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p>	<p>7</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Ji Quan: MBB 11:00 CILC – <i>Destination Africa</i> (Zoom) 12:00 Fundraising Planning Session 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>8</p> <p>9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>9</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 11:45 Tai Ji Quan: MBB 1:00 Cards and Games/ Poker 1:00 Lecture - Coyotes with Ginny Apple 2:30 Tech Assistance with Ashely</p>	<p>10</p> <p>8:30 AARP Tax Assistance 10:30 Wellness and Wisdom 12:00 Lunch & Learn: Western CT Area Agency on Aging-Medicare EOB</p> <p>Weekly Packet Pickup Saturday, March 11 at noon KoC Lunch delivery</p>
<p>13</p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p>	<p>14</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Ji Quan: MBB 10:30 Climate Change with Dr. Wagner 12:15 FOBSOC 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>15</p> <p>9:00-12:45 Blood Pressure Screening 9:30 Tai Chi 10:00 Lecture – Protect Assets from Long Term Care 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>16</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 11:45 Tai Ji Quan: MBB 1:00 Cards and Games/ Poker 1:00 Ireland with CVHR 2:30 Tech Assistance with Ashely</p>	<p>17</p> <p>8:30 AARP Tax Assistance 10:30 Wellness and Wisdom 12:00 Reflexology 12:00 St. Patrick's Day Luncheon</p>  <p>Weekly Packet Pickup</p>
<p>20</p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club 3:00 Downsize Gourmet (Zoom)</p>	<p>21</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Corn Hole 10:30 Tai Ji Quan: MBB 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>22</p> <p>9:30 Tai Chi 10:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 2:30 Chair Yoga</p>	<p>23</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 10:30 Life on the Home Front in World War II 11:45 Tai Ji Quan: MBB 1:00 Cards and Games/ Poker</p>	<p>24</p> <p>8:30 AARP Tax Assistance 10:30 Wellness and Wisdom 1:00 Movie Matinee – <i>80 for Brady</i></p>  <p>Weekly Packet Pickup</p>
<p>27</p> <p>10:00 Yoga 12:00 Lunch Program 1:15 Back in Balance 1:30 Coloring Club</p> <p>April Registration Begins</p>	<p>28</p> <p>9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Ji Quan: MBB 12:00 Lunch at the Linden 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing</p>	<p>29</p> <p>9:30 Tai Chi 10:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 1:00 Functional Strength & Balance 1:30 Book Club 2:30 Chair Yoga</p>	<p>30</p> <p>9:30 Bandstand Boogie 10:30 Back in Balance 11:45 Tai Ji Quan: MBB 1:00 Cards and Games/ Poker</p>	<p>31</p> <p>8:30 AARP Tax Assistance 10:30 Wellness and Wisdom 12:00 Fabulous Friday Bingo!</p>  <p>Weekly Packet Pickup</p>