

Brookfield Senior Center

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

September 2023 Newsletter

September is National Senior Center Month - Discover Yours!

September is National Senior Center month. The theme this year is “Discover Yours!” Every senior center is unique and during this month, we encourage you to discover all that Brookfield Senior Center has to offer so that you can discover your own unique path to aging well.

“Discover Yours” encourages us to take an active role in exploring new activities, hobbies, and experiences. It emphasizes that it’s never too late to try something new.

“Discover Yours” creates an opportunity for us to focus on personal growth and self-improvement. The theme encourages us to tap into our potential, try new things, and uncover hidden talents or passions.

“Discover Yours” fosters a sense of community and camaraderie. By encouraging us to discover our individual interests, we can share our experiences with others, sparking conversations and connections within the center.

As you read this newsletter, please consider what new activities and experiences you can discover this month. We have classes, activities, lunches, trips and much more. We encourage you to try something new this month and discover some new friends. It’s truly never too late to try something new and discover something about yourself.

September 18-22 is also Falls Prevention week with the theme *From Awareness to Action*. Take one of our great classes to regain your strength and balance. There is something for everyone to do here!



Welcome Fall with Western CT State University Musical Trio Concert



Thursday, September 21 at 1:30 p.m.

Music serves many purposes in our lives – we use it to relax, express ourselves, come to terms with our emotions, and generally improve our well-being. For many, it’s a tool for healing and self-expression.

Please join us as Conor Brenan and musicians from Western CT State University return for a delightful, relaxing afternoon as we welcome fall.

Please sign up on the enclosed form.

Senior Center & Town Hall Hours

Monday – Wednesday: 8:00 a.m. – 4:00 p.m.

Thursday: 8:00 a.m. – 6:00 p.m.

Friday: 8:00 a.m. – 1:00 p.m.

Bingo!

Thursday, September 28 at 1:00 p.m.

Join us for an afternoon of fun and prizes with our sponsor, Candlewood Valley Health and Rehab of New Milford. No lunch will be served. Please register on the attached form.



Corn Hole

Tuesday, September 5 & 19 at 10:30 a.m.



Join us and learn how to play Corn Hole - a great game for everyone. Be ready to show off to your grandchildren at the next family picnic.

No registration required – just show up for the fun.

Escape with Us! Flyers are available at the Center. Friendship Tours requires a separate check for each event. Checks should be made payable 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. Waitlist Only.

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

Hiking Group - Appalachian Trail, Kent
Tuesday, September 12 at 9:00 a.m.
Rain Date, Tuesday, September 19

Exploring the outdoors offers mental and physical benefits. This will be a beautiful hike along the famous Appalachian Trail. It is a bit longer of a morning, as it takes about 25 minutes to get to the trailhead. This will be a 5-mile hike, flat, shaded, and stunning. This hike is rated MODERATE due to the length. Bring water – it’s important to hydrate. Please meet at the Center and note earlier time. Please register on the enclosed form.

Sound Healing Meditation
With Regional Hospice



Monday, September 11 at 2:30 p.m.

Sound is one of our most primitive experiences. It's something we resonate deeply to, naturally. Enjoy a guided meditation and sound healing by Jennifer Bell Finnegan, Regional Hospice, using Tibetan singing bowls to lull you into a deep state of relaxation. It's soothing, as the sound vibrations flow through your body to help ease pain and quiet your busy mind. Please register on the enclosed form.

Senior Center Book Club
Wednesday, September 27 at 1:30 p.m.

This month we'll be reading *Beartown* by Fredrik Backman. This book explores the hopes that bring a small community together, the secrets that tear it apart, and the courage it takes for an individual to go against the grain.



Books will be on reserve for us at the Brookfield Library. Please sign up on the enclosed form.

Tech Assistance with Ashley
30-minute time slots starting at 2:30 p.m.
Thursday, September 14 and 21

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*

Renter's Rebate

Last call for filing Renter's Rebate applications! The filing period ends on October 1. If you rented in 2022, were age 65 or older or disabled, and your income (including Social Security) was no more than \$38,100 for individuals and \$46,400 for couples, you may be eligible to receive a rebate from the State. For more information about this program and your eligibility, please contact Ryan at 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.



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.

Wellness Corner:

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.

Farewell to Kathy

Kathy Creighton is the first smiling face you generally see when you arrive at Brookfield Senior Center. She has taught our amazing Back in Balance class that has helped so many of you move better. She is always on the go but always has a smile and something nice to say to us all. We are sad to see her go as she heads to Bridgewater to become Director of Bridgewater Senior Center. Lucky them! While we are sad to see her go, we wish her all the best in her new endeavor and know she will do great things in Bridgewater. Take some time to wish her well before her departure in early September.

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:

Amy Diezemann adiezemann@brookfieldct.gov

Human Services Administrator

Kathy Creighton kcreighton@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.

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.

Grief Connections with Ben Ferrie Monday, September 18 at 11:00 a.m.

Grief is a natural process that is painful, personal, and normal. There is no wrong way to grieve, and this difficult experience allows individuals to come to terms with loss, and to make sense of their new reality. Learning how to adapt does not mean forgetting or ignoring those we cherish- it means finding new ways to remember them while continuing to move forward in our lives. You're invited to come share your thoughts, express your feelings, and discuss how to work through these painful moments, while also building and maintaining social connections with others who are doing the same. *Please register.*



Palliative Care vs Hospice Care What You Need to Know Thursday, September 7 at 1:00 p.m.

Join Beth Henvy, APRN to learn more about Palliative Care and how it interrelates but is very different from Hospice care. Learn how both can individualize care plans based on patient and family values and how Advance Care Planning documents can also help clarify goals of care. Join us for this very informative session from Nuvance Health.

Please sign up on the enclosed form.



Monthly Brain Games from the Brain Health Toolbox
Wednesday, September 27 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.

Contemporary Issues with Art Gottlieb
Monday, September 25 at 10:30 a.m.
Life-Long Learning Series



This program facilitated by Art Gottlieb will feature an in-depth discussion centered solely on one issue in 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.

The Fearsome Foursome
Tuesday, September 26 at 10:30 a.m.

Leave it to Ginny Apple, DEEP, to understand and appreciate the most feared creatures of all in our backyard:



Racoons

Opossum

Skunk

Porcupine

Ginny is a valued, volunteer educator in Connecticut and we are delighted to have her back at the Center. Please sign up on the enclosed form.

Recycling in Connecticut
Housatonic Regulatory Recycling Authority
Wednesday, September 27 at 1:00 p.m.

What is the Housatonic Regulatory Recycling Authority (HRRA) and how does this agency impact our daily life?

Jennifer from the HRRA will also discuss the recent changes in residential recycling requirements and the reasons for the changes. Don't miss this informative hour!
Sign up on the enclosed form.



Fire Climate, Fire Ecology
Tuesday, September 11 at 10:30 a.m.

Fire is nature's reset mechanism for forests and grasslands. They are natural as long as they are small and low intensity. If the climate in an area becomes wetter in one season, drier in others, and includes dry lightning, fires will become more severe and more frequent.



Join us for another presentation from Dr. Stephen Wagener, WCSU, as he touches upon our weather this past Summer and how it's set the stage for future weather forecasts.
Sponsored by the Brookfield Education Foundation. Please sign up on the enclosed form.

BROOKFIELD SENIOR CENTER PROGRAM REGISTRATION FORM

September 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.	\$10	\$ _____
___	Tues Cardio Dance Party at 9:30 a.m.	\$15	\$ _____
___	Tues Tai Chi Basics at 10:30	\$15	\$ _____
___	Tues Line Dancing at 1:30 p.m.	\$15	\$ _____
___	Wed Tai Chi at 9:30 a.m.	\$15	\$ _____
___	Wed Functional Strength & Bal. at 1:15 p.m. (No class 9/13 or 9/20)	\$10	\$ _____
___	Wed Chair Yoga at 2:30 p.m.	\$15	\$ _____
___	Thurs Bandstand Boogie at 9:30 a.m.	\$15	\$ _____
___	Fri Movement, Strength and Mobility at 10:30 a.m.	\$20	\$ _____
___	Art with Adele: Tuesdays at 1:00 p.m.	\$20	\$ _____
___	Thursday, September 7 at 1:00 p.m.: Palliative Care vs Hospice Care		
___	Friday, September 8 at 9:00 a.m. Men's Breakfast		
___	Saturday, September 9 at Noon: Knights of Columbus lunch Address: _____		
___	Monday, September 11 at 10:30 a.m.: Fire Climate, Fire Ecology		
___	Monday, September 11 at 2:30 p.m.: Sound Healing		
___	Tuesday, September 12 at 9:00 a.m.: Hiking Group		
___	Thursday, September 14 at 1:30 p.m. Movie: <i>Murder Mystery 2</i>		
___	Monday, September 18 at 11:00 a.m. Grief Connections with Ben		
___	Monday, September 18 at 1:30 p.m. Movie: <i>The Little Mermaid</i>		
___	Thursday, September 21 at 1:30 p.m.: WSCU Musical Trio Concert		
___	Monday, September 25 at 10:30 a.m.: Contemporary Issues		
___	Monday, September 25 at 1:30 p.m.: Movie: <i>The Jazz Singer</i>		
___	Tuesday, September 26 at 10:30 a.m.: The Fearsome Foursome		
___	Wednesday, September 27 at 10:00 a.m.: Brain Games		
___	Wednesday, September 27 at 1:00 p.m.: Recycling in CT (HRRA)		
___	Wednesday, September 27 at 1:30 p.m.: Book Club		
___	Thursday, September 28 at 1:00 p.m.: Bingo with CVHR	free	
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 September 2023

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

Name: _____ Preferred Phone Number: _____

___ Wednesday, September 6	\$5	\$ _____
___ Monday, September 11	\$5	\$ _____
___ Wednesday, September 13	\$5	\$ _____
___ Monday, September 18	\$5	\$ _____
___ Wednesday, September 20	\$5	\$ _____
___ Monday, September 25	\$5	\$ _____
___ Wednesday, September 27	\$5	\$ _____
Total Cost –Make checks payable to the <i>Town of Brookfield.</i>		\$ _____

September 2023

Brookfield Senior Center Lunch Program

Monday	Tuesday	Wednesday	Thursday
4 CLOSED	5	6 <i>Chicken Cacciatore Fresh Broccoli Tossed Salad Whole grain bread Milk/fresh fruit/cookies</i>	7
11 <i>Roast beef Hero Cole Slaw Pasta Faggioli Milk/juice Cookies</i>	12	12 <i>Lasagna Green beans Tossed Salad Whole grain bread/rolls Milk/fruit cup Cookies</i>	
18 <i>Chicken with Mushrooms Buttered Linguini Caesar Salad Italian bread/roll Milk/juice</i>	19	20 <i>Eggplant Parmesan Tossed Salad Fruit salad Whole grain bread/rolls Milk/Cookies</i>	
25 <i>Sausage Peppers and Onions/ Buttered Ziti Green beans Italian bread/roll Milk/juice/cookies</i>	26	27 <i>Chicken Francesca Buttered Fettuccini Caesar Salad Multi grain bread/rolls Milk/juice/cookies</i>	
			Portion Sizes: 3 oz protein ½ 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 in October 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, September 8 at 9:00 a.m.* Register on the enclosed form by Wednesday, September 6.

Reflexology with Eileen – *Friday, September 1 and 15.* 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, September 9.* Community volunteers deliver a hot lunch to Brookfield seniors every month. Please use the enclosed registration form to sign up by Thursday, August 31. 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, September 12, noon.** Join the Board and employees at the Center to discuss activities, programming, and events. No registration required.

Blood Pressure Screening – *Wednesday, September 6 from 9:30 a.m. – 12:30 p.m.* Let us help you stay on track with healthy blood pressure. Call the Senior Center to make an 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 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, September 14 at 1:30 p.m. *Murder Mystery 2* After starting their own detective agency, Nick and Audrey Spitz land a career-making case when their billionaire pal is kidnapped from his wedding. (Adam Sandler, Jennifer Aniston, Mark Strong. PG-13. 1h30m)



Monday, September 18 at 1:30 p.m. *The Little Mermaid.* In this breathtaking live-action reimagining of the beloved animated musical classic, a spirited young mermaid must follow her heart and makes a deal with an evil sea witch that allows her to experience life on land. (PG. 2h 19m)

Monday, September 25 at 1:30 p.m. *The Jazz Singer.* Neil Diamond adds his own distinctive sounds to the classic role of a young Jewish cantor on the verge of a dream. It's the story of a young man who forsakes the synagogue choir for a chance at rock superstardom. (1980.PG. 1h56m)



ONLINE EDUCATIONAL SERIES: MINDFULNESS & THE ARTS

Creative Strategies to Enhance Attention, Memory, Learning, and Well-Being

A Collaboration Between
Maplewood Senior Living &
Drexel University, School of Education



THURSDAYS, 1 PM - 2 PM EST | SEPTEMBER 14, 21, & 28

Presented By: Dr. Kristen Betts, PhD, Drexel University, School of Education

Busyness and stress can affect how the brain processes information and memory. This 3-week workshop provides strategies and activities to increase attention to support metacognition, learning, and well-being through mindfulness, the arts, and creativity. Throughout this workshop, you will be engaged in activities that support brain health and well-being. The first week focuses on mindfulness, the brain, and activities that can decrease stress and support attention and neuroplasticity. The second week expands upon mindfulness and explores how creativity and the arts can support memory, learning, and flourishing. The third week focuses on the integration of mindfulness, creativity, and the arts to support brain health. During the last session, you will have the opportunity to share ways in which you have engaged in mindfulness, creativity, and the arts as part of the workshop.

RSVP: [HERE](#) or scan the QR code. For questions, contact Morgan Iorio at miorio@maplewoodsl.com or call 330.730.3348



ABOUT THE PRESENTER:

Dr. Kristen Betts is a Clinical Professor in the School of Education at Drexel University. She has over 20 years of experience and leadership in higher education and online learning. Her research focus is on Mind, Brain, and Education science, assessment, technology-enhanced learning, neuroeducation, and professional development.



<https://drexel.edu/soe/academics/overview/>



203.557.4777
MaplewoodSeniorLiving.com
Connecticut | Massachusetts
New Jersey | Ohio









SENIOR ACTIVITIES ~ SEPTEMBER 2023

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

203-775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Please sign up for the lunch program on a separate registration form enclosed.		Advance registration and payment where necessary is required for all programs unless otherwise noted. Use the enclosed registration form		10:30 Movement, Strength and Mobility 12:00 Reflexology
4	5	6	7	8
CLOSED for Labor Day	9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 10:30 Corn Hole 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	9:15-12:30 Blood Pressure Screening 9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance 2:30 Chair Yoga	9:30 Bandstand Boogie 1:00 Cards and Games/ Poker 1:00 Palliative Care vs Hospice Care 4:00 Mix and Mingle on the Patio	9:00 Men's Breakfast 10:30 Movement, Strength and Mobility Saturday, September 9 at noon KoC lunch delivery
11	12	13	14	15
10:00 Yoga 10:30 Fire Climate, Fire Ecology 12:00 Lunch Program 1:30 Coloring Club 2:30 Sound Healing	9:00 Hiking Group 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 12:00 FOBSC 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance cancelled 2:30 Chair Yoga	9:30 Bandstand Boogie 1:00 Cards and Games/ Poker 1:30 Movie Matinee: <i>Murder Mystery 2</i> 2:30 Tech with Ashley 4:00 Mix and Mingle on the Patio 	10:30 Movement, Strength and Mobility 12:00 Reflexology
18	19	20	21	22
10:00 Yoga 11:00 Grief Connections 12:00 Lunch Program 1:30 Coloring Club 1:30 Movie Matinee: <i>The Little Mermaid</i> 	9:00 Hiking Group Rain Date 9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 10:30 Corn Hole 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	9:30 Tai Chi 10:45 Let's Talk 12:00 Lunch Program 1:15 Functional Strength & Balance cancelled 2:30 Chair Yoga	9:30 Bandstand Boogie 1:00 Cards and Games/ Poker 1:30 Musical Trio Concert 2:30 Tech with Ashley 4:00 Mix and Mingle on the Patio	10:30 Movement, Strength and Mobility
25	26	27	28	29
10:00 Yoga 10:30 Contemporary Issues with Art Gottlieb 12:00 Lunch Program 1:30 Coloring Club 1:30 Movie Matinee: <i>The Jazz Singer</i> 	9:30 Cardio Dance Party 10:00 Handiwork Group 10:30 Tai Chi Basics 10:30 The Fearsome Foursome 1:00 Art with Adele 1:00 Cards and Games 1:30 Line Dancing	9:30 Tai Chi 10:00 Brain Games 10:45 Let's Talk 12:00 Lunch Program 1:00 Recycling in CT (HRRRA) 1:15 Functional Strength & Balance 1:30 Book Club 2:30 Chair Yoga	9:30 Bandstand Boogie 1:00 Bingo with Candlewood Valley Health & Rehab 1:00 Cards and Games/ Poker 4:00 Mix and Mingle on the Patio 	10:30 Movement, Strength and Mobility