



# THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

Accredited by   
National Institute of  
Senior Centers



<http://bloomfieldct.org>

**December 2016**

Telephone 860-243-8361  
330 Park Avenue, Bloomfield, CT 06002

Director.....Yvette Huyghue-Pannell  
Mini-Bus Coordinator.....Luz Cora-Small

Senior Services Coordinator.....Amy-Beth Sirard  
Clerk Typist II.....Marie Bendzans

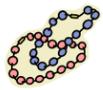
All programs and events in this newsletter are sponsored by the Senior Services Department and are open to all Bloomfield residents over the age of 55.

Drop-in Monday to Friday 9 a.m. to 5 p.m.

### **BLOOMFIELD SENIOR SERVICES MISSION STATEMENT**

The Mission of the Marilyn Michaelson Senior Center of Bloomfield, Connecticut, is to serve as a welcoming focal point for the delivery of services to older adults and their caregivers by responding to their diverse needs and interests in a manner that will enhance their dignity, support their independence, health and general well-being, and encourage their involvement in the Senior Center and Community.

### **IDA'S SHOPPE**



Founded in 1998 by the Participants Council II, Ida's Shoppe is open Tuesdays & Wednesdays from 10:30 am - 1:00 pm. All proceeds are donated to the Senior Center for senior grants, classes & instructional programs, and special projects. Thanks to our volunteers Violette Baccari, Dorothy Chamarda, Sadie Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

### **TO OUR READERS**

At this holiday season, we wish to express our appreciation for your kindness and goodwill during the past year. Have a happy and healthy Holiday Season! *The Senior Services Staff*

### **HOLIDAY GIFT GIVING**

The Town of Bloomfield has a very clear directive in the code of ordinances which states, "No official or employee shall solicit any gift, or accept any gift having a substantial value..." In keeping with that directive, we discourage holiday gift giving. Instead, a smile and a "thank you" are appropriate expressions of your appreciation to the staff.

### **INCLEMENT WEATHER**

In case of inclement weather, please call us (860-243-8361) or check local tv stations to find out about cancellations. If classes at the Senior Center are canceled, makeup sessions will be scheduled, if possible. Please call the Senior Center if you have any questions.

### **CAREGIVER & BEREAVEMENT SUPPORT GROUPS**

Are you sometimes overwhelmed by your responsibilities as a caregiver? Do you have questions but are not sure who to ask? Do you have a loved one in hospice? Are you grieving after a loss? Feeling alone? Don't know where to turn? Please consider coming to our Caregiver & Healing Hearts support groups. Meetings are held at 1:30 pm on the first Wednesday of each month. Next meeting is on **December 7**. Facilitators: Lucille Morisse, Social Worker; & Mara Whitman, Reference Librarian.

### **FOOT CARE CLINIC**

The next Pedi-Care foot clinic will be held here at the Senior Center on Monday, **December 19**. Price: \$29.00 payable by cash or check. Call the Senior Center to schedule your appointment.

### **MONTHLY MEN'S BREAKFAST**

The next men's breakfast will take place at 9:30 am on Friday, **December 30**. The Blue Hills Fire Marshall will share important information about fire safety. Buffet breakfast. **PRICE: \$5.00**. Please sign up by December 23.

### **IT'S A "MOCKTAIL MIXER"**

Come one, come all! It's a party! Join us at 3:30 pm on Thurs., **December 8**, for goodies, sparkling juice mocktails, "oldies" music, conversation and fun! Register at the Senior Center. **PRICE: \$2.00**.

### **THE HEAVY SHTETL KLEZMER BAND**

They're back . . . that band with the name that makes everyone smile! Join us at 1:30 pm on Monday, **December 12**, for a return visit from this local band that specializes in Jewish dance tunes and Yiddish and Hebrew folk songs, with some American folk music tossed in. You are sure to enjoy the heymishe music. Register at the Senior Center. **PRICE \$2.00**.

### **COLORS OF THE SEASON**

Bloomfield's annual Light up the Town celebration will take place from 4:30-6:00 pm on **Thursday, December 1**, at Town Hall. There will be music & light refreshments, followed by the lighting of the Town Hall, Town Green & the Prosser Library. Transportation will be available if there is enough interest.

### **GOODBYE, UCONN STUDENT NURSES**

Thank you, Megan, Julie, Rebecca, Marissa, Kathryn, Caitlin, Rachel & Johanna (and Professor Niewinski, too) for all your help this Fall. It has been a pleasure to have you here, and all your new friends wish you well as you continue your studies.



### **EMERGENCY INFORMATION**

It is important that we have up-to-date information on file for **everyone** who uses the Senior Center or travels with us. The information you provide will not be shared with anyone; it is solely for use in the event of an emergency. Please take a moment to stop in the office and fill out an Emergency Information Sheet. Don't forget to add your cell phone number!



# Marilyn Michaelson Senior Center of Bloomfield – December 2016

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p>Saturday, December 17<br/>Pops Holiday Cirque</p> <p>Saturday, December 31<br/>Mohegan Sun Casino</p>   |   |   | <p>1</p> <p>9:00 Painting<br/>9:00 Hartford Social Security Admin<br/>9:30 Be Fit &amp; Have Fun<br/>9:30 Techie Time<br/>10:15 Beginner Tai Chi<br/>10:45 Conversational Spanish<br/>11:00 Intermediate Tai Chi<br/>1:30 Duncaster Water Walking</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p> | <p>2</p> <p>9:30 Fiber Arts<br/>10:30 Coloring<br/>10:30 Woman of Hope<br/>11:30 Aerobics<br/>1:30 Book Club<br/>2:45 Techie Time</p> <p style="text-align: center;">Senior Comm. Cafe<br/>Senior Center Walkers/Billiards</p>               |
| <p>5 MOHEGAN SUN</p> <p>Piano Lessons<br/>9:30 Canasta<br/>11:30 Aerobics<br/>1:30 Keep Your Life in Balance<br/>1:30 Painting</p> <p style="text-align: center;">Enfield Square</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p>  | <p>6</p> <p>9:00 Nurse Screenings<br/>9:30 Be Fit &amp; Have Fun<br/>9:30 Multi-Media Drawing<br/>10:00 "Mini" Bingo<br/>11:00 Knitting<br/>11:30 Blood Pressure Screenings<br/>12:45 Food Share<br/>1:00 Line Dancing<br/>1:00 Mahjongg<br/>1:30 Duncaster Water Walking</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p>  | <p>7</p> <p>9:30 Music Makers<br/>9:30 Bridge<br/>11:30 Chair Pilates &amp; Toning<br/>1:30 Bingo<br/>1:30 Caregiver/Bereavement Support</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p> | <p>8</p> <p>9:00 Painting<br/>9:30 Be Fit &amp; Have Fun<br/>9:30 Techie Time<br/>10:15 Beginner Tai Chi<br/>10:45 Conversational Spanish<br/>11:00 Intermediate Tai Chi<br/>1:30 Duncaster Water Walking<br/>3:30 "Mocktail" Mixer</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p>               | <p>9</p> <p>10:30 Coloring<br/>10:30 Woman of Hope<br/>11:30 Aerobics<br/>1:30 Book Club<br/>2:45 Techie Time</p> <p style="text-align: center;">Senior Comm. Cafe<br/>Senior Center Walkers/Billiards</p>                                   |
| <p>12</p> <p>Piano Lessons<br/>9:30 Canasta<br/>11:00 Lunch Bunch Chowder Pot<br/>11:30 Aerobics<br/>1:30 Keep Your Life in Balance<br/>1:30 Painting<br/>1:30 Heavy Shtetl Klezmer Band</p> <p style="text-align: center;">Berlin Turnpike</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p> | <p>13</p> <p>9:00 Nurse Screenings<br/>9:30 Be Fit &amp; Have Fun<br/>9:30 Multi-Media Drawing<br/>10:00 "Mini" Bingo<br/>11:00 Knitting<br/>1:00 Line Dancing<br/>1:00 Mahjongg</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p>   | <p>14</p> <p>9:30 Music Makers<br/>9:30 Bridge<br/>9:30 Journaling<br/>11:30 Chair Pilates &amp; Toning<br/>1:30 Bingo</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p>                   | <p>15 BRIGHT NIGHTS/FOREST PARK</p> <p>9:00 Painting<br/>9:00 Enfield Motor Vehicle Dept<br/>9:30 Be Fit &amp; Have Fun<br/>9:30 Techie Time<br/>10:15 Beginner Tai Chi<br/>10:45 Conversational Tai Chi<br/>11:00 Intermediate Tai Chi</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p>           | <p>16</p> <p>9:30 Fiber Arts<br/>10:30 Coloring<br/>10:30 Woman of Hope<br/>10:30 Low Vision Support<br/>11:30 Aerobics<br/>1:30 Red Hot Honeys</p> <p style="text-align: center;">Senior Comm. Cafe<br/>Senior Center Walkers/Billiards</p> |
| <p>19</p> <p>Piano Lessons<br/>9:30 Canasta<br/>11:30 Aerobics<br/>1:30 Keep Your Life in Balance</p> <p style="text-align: center;">Buckland Mall</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p>  | <p>20</p> <p>9:00 Nurse Screenings<br/>9:30 Be Fit &amp; Have Fun<br/>9:30 Multi-Media Drawing<br/>10:00 "Mini" Bingo<br/>11:00 Knitting<br/>11:30 Blood Pressure Screenings<br/>12:45 Food Share<br/>1:00 Line Dancing<br/>1:00 Mahjongg<br/>1:30 Movie <i>Mr. Church</i></p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p> | <p>21</p> <p>9:30 Music Makers<br/>9:30 Bridge<br/>11:30 Chair Pilates &amp; Toning<br/>1:30 Bingo</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p>                                       | <p>22</p> <p>9:00 Painting<br/>9:30 Be Fit &amp; Have Fun<br/>9:30 Techie Time<br/>10:15 Beginner Tai Chi<br/>10:45 Conversational Tai Chi<br/>11:00 Intermediate Tai Chi<br/>1:00 Bishops Corner<br/>1:00 Hebrew Health Care</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p>                     | <p>23</p> <p>9:30 Fiber Arts<br/>10:30 Coloring<br/>10:30 Woman of Hope<br/>11:30 Aerobics<br/>1:30 Book Club<br/>2:45 Techie Time</p> <p style="text-align: center;">Senior Comm. Cafe<br/>Senior Center Walkers/Billiards</p>              |
| <p>26</p> <p style="text-align: center;">TOWN-OBSERVED HOLIDAY</p>   | <p>27</p> <p>9:00 Nurse Screenings<br/>10:00 "Mini" Bingo<br/>11:00 Knitting<br/>1:00 Mahjongg</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p>   | <p>28</p> <p>9:30 Bridge<br/>1:30 Bingo</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p>  | <p>29</p> <p>1:00 Windsor Price Rite</p> <p style="text-align: center;">Senior Center Walkers/Billiards</p>  | <p>30</p> <p>9:30 Men's Breakfast<br/>10:00 Coloring</p> <p style="text-align: center;">Senior Comm. Café/ Ida's Shoppe<br/>Senior Center Walkers/Billiards</p>  |

**Bloomfield "Mini" Bingo Dates**

|                             |         |         |         |
|-----------------------------|---------|---------|---------|
| Dec. 6                      | Dec. 13 | Dec. 20 | Dec. 27 |
| <i>Starting at 10:00 am</i> |         |         |         |

**SENIOR COMMUNITY CAFE**



TUESDAYS  
WEDNESDAYS  
FRIDAYS

- 2
- 6
- 7
- 9
- 13
- 14 MENU NOT AVAILABLE AT PRESS TIME
- 16
- 20
- 21
- 23
- 27
- 28
- 30

The Bloomfield Senior Services Dept. is a **Tuesday, Wednesday, and Friday** CRT elderly nutrition site. Suggested contribution or donation is **\$2.50**. You must be at least **60 years old**. If you are under the age of 60 you may have a meal at the Community Café for **\$5.00**. This covers the cost of your meal and is not considered a donation. Lunch foods may not be taken home from this site. **RESERVATIONS ARE REQUIRED.** Please call 860-243-8361 **AT LEAST** 24 hours in advance. We must place our orders **by noon** the day before a meal is scheduled to be served.

**HATS OFF** to our Senior Café Volunteers: Betty Battles, Lucy Bodner, Leo Hacia, Peg Hacia, & Carolyn Love for the fine job they do.



**Nutrition Sites by Appointment Only!**

Bloomfield Senior Services, 330 Park Ave. 860-243-8361  
T/W/F  
Federation Homes, 156 Wintonbury Ave. 860 243-2535 M-F

**THE LUNCH BUNCH**

**Mon., Dec. 12 - Chowder Pot (Hartford)**

**Mon., Jan. 9 - Cracker Barrel (East Windsor)**



The "Lunch Bunch" travels to a different restaurant once each month. When you see a restaurant listed that you'd like to visit, call the Senior Center to register. We provide the transportation; lunch is on your own. (You may call after 9:00 am on the day of the trip for approximate departure time.) Arrive at the restaurant approximately 12:00 noon. **Bloomfield residents only.**

**HOPE FOR HAITI**

Our Fiber Arts Class regularly sends care packages to Haiti via the Haitian Health Foundation-Sewing for Mothers & Babies Project. Wish list includes cotton fabric, ribbons, infant socks. Stop in at the Senior Center office for a complete list.

**THANK YOU**

The class wishes to thank everyone who has contributed to this program to date.

**DRUG COLLECTION BOX**

There is a permanent drug drop box located at the Bloomfield Police Department, 785 Park Avenue. You may drop off old prescriptions, over-the-counter & pet meds, but NOT needles or other "sharps," thermometers, or hazardous waste.

**Mini-Bus Reservations: 860-243-8364**

**Mon.-Fri., 8:00 a.m. – 3:45 p.m.**



**For Information and Return Rides  
After Appointments, call 860-242-2023**

**TOWN-OBSERVED HOLIDAY**

**MONDAY, DECEMBER 26**

**Monday, January 2, 2017**

**Please plan accordingly**

**MONDAY SHOPPING TRIPS**

- Mon., Dec. 5 Enfield Square, Kohl's, WalMart
- Mon., Dec. 12 Berlin Turnpike, Footprints
- Mon., Dec. 19 Buckland Mall, Evergreen Walk

**BISHOPS CORNER SHOPPING SCHEDULE**

Thurs., Dec. Dec. 22, at 1:00 pm

\*\*\*\*\*

Thurs., Dec. 29 - Price Rite at 1:00 pm

**Department of Motor Vehicle - Enfield**

Thurs., Dec. 15, at 9:00 am

**Social Security Administration**

Thurs., Dec. 1, at 9:00 am

**Hebrew Health Care**

Thurs., Dec. 22, at 1:00 pm

**Grocery Shopping: Geisslers, Stop & Shop, Fresh Market**

|            |         |  |
|------------|---------|--|
| Mondays    | 9:00 am | <b>These are<br/>the ONLY<br/>times available<br/>for grocery<br/>shopping</b> |
| Tuesdays   | 1:00 pm |  |
| Wednesdays | 9:00 am |  |
| Thursdays  | 1:00 pm |  |
| Fridays    | 9:00 am |  |

**HELP MAKE THE MINI-BUS BETTER FOR EVERYONE**

Ride requests may be made up to a week ahead, but no later than 24 hours in advance (including "second stops.")

Last in-town pickup of the day is at 3:45 p.m.

We reserve the right to cancel any of the above shopping or special trips if we have fewer than 6 passengers.

For information about registering for mini-bus service, please call 860-242-2023.

**SPECIAL TRIPS BY MINI-BUS**

For a \$5.00 per trip fee, Bloomfield "seniors" who do not have mini-bus subscriptions may participate in our mall, Motor Vehicle Department, Social Security Office, Lunch Bunch, & fall foliage trips departing from the Senior Center. Advance registration is required, and you will need to fill out an emergency information form prior to traveling with us. If you are a regular mini-bus rider, these trips are already included in your annual subscription fee. If you have any questions, please call 860-243-8364.

**NUTMEG SENIOR RIDES, INC.**

Nutmeg Senior Rides, Inc., provides portal to portal ride service 365 days a year. Call 860-758-7833 for application and rates.

**WAY TO GO CT**

Transportation resources for North Central CT. For info, call 860-667-6207, ext. 17.

**NOTARY SERVICE**

For your convenience, we have a notary public in the Senior Center office. Please note: documents must be signed in the presence of the Notary. Do not sign them beforehand. Photo identification is required. Also, we cannot notarize wills. Call 860-243-8361 to make an appointment to see Marie.

**NEWSLETTERS BY EMAIL**

Did you know we deliver newsletters electronically? Call us or stop in the Senior Center office to give us your email address and we'll be happy to add you to our distribution list.

## TRIPS & EXCURSIONS

\*\*\*\*PLEASE NOTE\*\*\*\*

**\*\*PAYMENT FOR ALL TRIPS IS DUE AT THE TIME OF RESERVATION\*\***

Full payment for all trips (unless otherwise noted) is required at the time of signup. This helps us to keep better track of registrations and eliminates difficulties that arise when those who may have signed up for a trip change their minds but forget to let us know.

Bloomfield residents receive a 2-week priority registration for all trips.

There is a 2-week cancellation policy for all day trips unless otherwise stated. Overnight trips are nonrefundable without the additional purchase of cancellation insurance when available.

The Senior Center reserves the right to substitute a mini-bus if any coach bus trip does not fill to capacity.

The Senior Center is not responsible if casino bonus packages change.

We appreciate separate checks for each trip. Checks for trips should be made payable to the "Town of Bloomfield."

### \*DAY TRIPS - NEW\*

**\*MOHEGAN SUN CASINO, THURSDAY, FEBRUARY 9, 2017.** Lv. Sr. Ctr. 9:00 am Please be in the bus lobby at 4:15 pm and on board the bus, ready to leave promptly at 4:30 pm. **PRICE: \$25.00.**

**\*"THE BOOK OF MORMON," THE BUSHNELL, TUESDAY, FEBRUARY 14.** The story of two young missionaries who are sent to Uganda to try to convert citizens to the Mormon religion. One missionary, Elder Price, is an enthusiastic go-getter with a strong dedication to his faith, while his partner, Elder Cunningham, is a socially awkward but well-meaning nerd whose tendency to embroider the truth soon lands him in trouble. Upon their arrival in Africa, Elders Price and Cunningham learn that in a society plagued by AIDS, poverty and violence, a successful mission may not be as easy as they expected. Contains explicit language. The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Nine-time Tony Award® winning Best Musical from the creators of South Park. Orchestra Seating. Mini-bus. Lv. Sr. Ctr. 6:45 p.m. Approx. rtn. to ctr. t/b/a. **PRICE: \$93.00.**

**\*36th ANNUAL FLOWER & GARDEN SHOW, CT CONVENTION CENTER, HARTFORD, THURSDAY, FEBRUARY 23.** A breathtaking event for floral and garden enthusiasts or those just looking to lift those winter doldrums. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment and much more. View beautifully landscaped gardens. Attend seminars and demonstrations. Lunch on your own at the show. Mini-bus. Lv. Sr. Ctr. 9:30 a.m. Approx. rtn. to Sr. Ctr. 2:30 p.m. **PRICE: \$16.00.**

### \* OVERNIGHT TRIPS - NEW \*

**\*MOHEGAN SUN/FOXWOODS, WED., JANUARY 25-THURS., JAN 26, 2017.** Lv. the Senior Center at 8:30 am on Wed., and spend the night at Mohegan Sun Hotel. Depart Mohegan Sun for Foxwoods on Thurs. Bonus packages. **CALL FOR PRICING.**

## MORE DAY TRIPS

**JIMMY V BASKETBALL CLASSIC, MOHEGAN SUN, SUNDAY, DEC 4.** Mini-bus. Departure/rtn. times t/b/a. **PRICE: \$20.00. WAIT LIST**

**MOHEGAN SUN CASINO, MON., DEC. 5.** Lv. Sr. Ctr. 9:00 am (note change in time) Please be in the bus lobby at 3:45 pm and on board the bus, ready to leave promptly at 4:00 pm. **PRICE: \$25.00.**

**BRIGHT NIGHTS/FOREST PARK, SPRINGFIELD, MA., THURS., DEC. 15.** Join us for a relaxing 3-mile mini-bus ride through this magnificent holiday lighting display. Lv. Sr. Ctr. 4:30 pm. Approx. rtn. to Ctr. at 7:00 pm. **PRICE \$7.00.**

**POPS HOLIDAY CIRQUE, BUSHNELL, SAT., DEC. 17.** Carolyn Kuan conducts the Hartford Symphony Orchestra, while Cirque de la Symphonie performs on and above the stage. Breathtaking aerialists, mind-boggling contortionists, and jaw-dropping jugglers. Orchestra seats. Mini-bus. Lv. Sr. Ctr. 1:15p.m. Approx. rtn. time to Sr. Ctr. t/b/a **PRICE: \$68.00.**

**MOHEGAN SUN CASINO, SAT., DEC. 31.** Lv. Sr. Ctr. 5:00 pm. Please be in the bus lobby at 12:45 am and on board the bus, ready to leave promptly at 1:00 am. **PRICE: \$30.00.**

**FOXWOODS CASINO, MON., JAN. 9, 2017.** Lv. Sr. Ctr. 8:30 am. Please be in the bus lobby at 4:15 pm and on board the bus ready to leave promptly at 4:30 pm. **PRICE: \$25.00.**

**CT HISTORICAL SOCIETY MUSEUM, HARTFORD, THURS., JAN. 12.** You will have 2 hours to explore exhibits including "CT Innovates" & "The Sole of CT: A History of Connecticut Shoes," on your own. Lv. Sr. Ctr. at 1:30 pm. Approx. rtn. to Sr. Ctr. 4:00 pm. Mini-bus. **PRICE: \$1.00 for bus, payable at sign-up; purchase your own admission at the museum: \$6.00 seniors over 65; (\$8.00 adult).**

**DIGIPLEX BLOOMFIELD, WED., JANUARY 25, 2017.** The Metropolitan Opera, Roméo et Juliette, live on screen in Cinemas. All food on your own. Mini bus. Lv. Sr. Ctr. at 5:45 pm. Approx. rtn. to Sr. Ctr. T/B/D. **PRICE: \$1.00 for bus, payable at sign-up; purchase your own ticket (approx. \$20.00) at theater.**

**JERSEY BOYS, THE BUSHNELL, THURS., MARCH 23.** Tony Award- winning Best Musical about Rock and Roll Hall of Famers The Four Seasons. This is the story of how four blue-collar kids became one of the greatest successes in pop music history, featuring hit songs "Sherry," "Rag Doll," "Oh What a Night" and "Can't Take My Eyes Off You." Orchestra seating. Mini bus. Lv. Sr. Ctr. at 12:15 pm. Approx. rtn. to Ctr. t/b/a. **PRICE: \$63.00. NOTE PRICE REDUCTION!**

### OVERNIGHT TRIPS

**CUBA, SAT., APR. 29 - SUN., MAY 7, 2017.** Price includes roundtrip transportation to Boston, roundtrip air Boston/Miami, 1 night at the Hyatt Regency Miami, 7 days aboard Fathom's Adonia, transfers, travel insurance, visa, gratuities (EXCEPT on ship). Visit 3 historic ports: Havana, the country's capital; the historic town of Cienfuegos/Trinidad; and Santiago de Cuba, the 2nd largest city. (The itinerary is authorized under current people-to-people guidelines as set forth by the U.S. government.) Passport required. **PRICES: (per person, DO) \$3,774 (inside cabin); \$4,374 (outside); \$5,274 (balcony); (per person, SO): \$5,073 (inside); \$5,973 (outside); \$7,273 (balcony).** Stop in the Senior Center office for further details and to register for this trip. There is a \$600.00 deposit due with registration. Final payment due Jan. 15. 2017.

### ARE YOU INTERESTED?

See upcoming newsletters for The King and I.

### **FOODSHARE- BLOOMFIELD RESIDENTS ONLY!!**

 Foodshare will be at the Marilyn Michaelson Senior Center of Bloomfield from **12:45-1:15 pm, on Tues., Dec. 6 & 20**. This program is for Bloomfield senior adults ages 60 and above who are in need. Photo identification is required. Numbers are disbursed beginning at 9:30 a.m. Bring your own heavy-duty bags or a wheeled cart, as many of the items may be heavy. (You must be present during the 30-minute distribution time to receive commodities.) Please park in marked spaces only! No smoking, please.

### **DECEMBER SHOWCASE**

Gingerbread houses created by the children from Bright Horizons Daycare will be on display. If you have a hobby or collection you'd like to share, please let us know. We'd love to display it.

### **EVENINGS AT THE SENIOR CENTER**

Check in with the Evening Supervisor to participate in these Free Programs:

|                     |           |                |
|---------------------|-----------|----------------|
| Wii                 | Mon.-Fri. | 5:30 - 7:30 pm |
| Self-guided walking | Mon.-Fri. | 5:00 - 7:30 pm |
| Billiards           | Mon.-Fri. | 5:00 - 7:30 pm |
| Karaoke             | Mon.-Fri. | 5:00 - 7:30 pm |

### **BINGO**

Join us for Bingo every Wednesday at 1:30 p.m. in Room 306. Adults only; no children, please. \$1 per card. We cannot make change, so please come with single dollar bills.

### **MOVIES**

This month's movie selection is "Mr. Church" starring Eddie Murphy. A stranger arrives on the doorstep of 10-year-old Charlotte "Charlie" Brody and her single mom Marie Brody, who is battling breast cancer. The quiet man, Henry Church, was hired by Marie's recently deceased former lover to cook and help maintain the household. As time passes, he becomes a father figure for Charlie, nurturing her love of literature and making a lasting impact on her life. Even as Mr. Church tries to keep his own life separate from the Brody's, he eventually learns that the connection he feels to Charlie is what family is all about. PG-13. No need to register. Just come on by at 1:30 pm on **Tues., Dec. 20**. Prior to the afternoon movie, you can enjoy lunch at the Community Café. Please call at least one day in advance (prior to 12:00 noon) to order lunch.

### **MEALS-ON-WHEELS**

Meals-on-Wheels are available through the Senior Services Department. Two meals a day delivered directly to your door. **PRICE:** \$6.00/day. Please call the Senior Center for details.

### **FOOD KITCHEN**

The Community Food Kitchen @ Bloomfield United Methodist Church, located at 297 School St. Lunch every Saturday 11:30 am – 1:00 pm. Families and children are all welcome.

### **ANOTHER FOOD DISTRIBUTION PROGRAM!**

A monthly food distribution program for seniors age 60+ will be held at Rehoboth Church. Participants must meet income guidelines. For more info, call (860) 242-8335.

### **COUPON EXCHANGE**

Don't forget about our coupon swap. We gratefully accept ALL donations (you never know which ones someone else can use!). Check what we have and take what you need. We only ask that you help to keep it neat. If possible, please cut your own coupons before bringing them to us. Thank you, Susie Calbert, for keeping them organized.

### **STOP, SIT, & MAKE THE PIECES FIT**

 Relax. Exercise your mind. Spend some time at the jigsaw table outside the Great Room and help put together the featured puzzle.

### **POOL PLAYERS WANTED**



Did you know we have a "pool room" with 3 tables? Drop by to play any time between 9:00 am and 7:30 pm, Monday thru Friday. Join our informal "pool team" and have a great time. Stop in the office to pick up pool equipment.

### **WALK YOUR WAY TO HEALTH**

Walk the "self-guided, indoor path" at the Senior Center on your own Monday - Friday, between 8:00 am & 7:30 pm.

### **WALKERS' CLUB**

 We have traveled another 344 miles on our walk to Cuba and are now in Miami, Florida. the only major city in the US bordered by two different National Parks (Everglades National to the west and Biscayne National to the east). It is the only major city founded by a woman (Julia Tuttle). Although it is best known for its white sand beaches, you can find one of the country's biggest snow skiing clubs in Miami Beach. It has snowed exactly once in Miami's official meteorological history. Flurries were recorded on January 19, 1977. Keep logging those laps! New walkers are always welcome.

### **Wii BOWLING NEWS**

 The team hosted Windsor in November, and won four of the five matches the teams played. Stop by and see what Virtual Bowling is all about. The team is looking for **a few good men** (ladies welcome, too). No experience necessary; we will train you.

### **FAITH McMAHON MEMORIAL SCHOLARSHIP FUND**

This fund was established by the Bloomfield Commission on Aging to honor the memory of Faith McMahon. Donations are used to assist Bloomfield "seniors" who wish to enroll in instructional programs but cannot afford the associated fees.

### **MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD - DONATIONS AND MEMORIAL FUND**

*In Memory of Theresa Rousseau*

*Debbie & Lou Cosme*

*Knackstedt/James Family*

This Donations and Memorial Fund is used to assist individuals who are unable to afford the entire cost of instructional classes, as well as to enhance the operation of the Senior Center.

### **COLORING ISN'T JUST FOR KIDS ANYMORE**

 Get in on the latest trend and find out just how relaxing this simple exercise can be. Green skies? An orange ocean? Let your inner child out and go wherever your imagination takes you. Colorists unite! You never know who you might meet when you drop in at 1:30 pm on Mondays and/or 10:00 am on Fridays to add a little--or a lot of--color to your world. We supply the designs and the pencils. You decide whether to color inside or outside the lines!

### **STATE SILVER ALERT SYSTEM**

Connecticut's Silver Alert system helps find missing adults with cognitive impairments such as dementia & Alzheimer's. This is an emergency notification system in which law enforcement agencies broadcast public alerts when a missing person's report is filed with the police (860-242-5501).

### **YELLOW DOT PROGRAM**

Yellow Dot packages (a "file of life" for your auto) are available in the Senior Center. It takes only a few moments to fill out the paperwork. Bring your driver's license. There is no charge to participate. Sponsored by Bloomfield TRIAD.

### **BOXTOPS & LABELS**

We collect "box tops for education," those little squares that come on cereal, cracker and other food boxes, and IGA Hometown labels from Geissler's Supermarket. Please drop off the box tops and labels at the Senior Center.

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## **HEALTH NOTES: THINKING ABOUT CHANGING YOUR MEDICARE PLAN?**

This is the time of year that you can change your Medicare plan and, particularly, your Medicare D (drugs or prescriptions) plan. Medicare D plans are not provided by the federal government, but by private insurers. This means that although the plans must meet minimum requirements, they can differ substantially. Much depends on whether you take many medications, which medications you do take, copays, etc. Although most of us don't like to make changes, it is well worth taking a look at the different plans. The plans can, and probably all do, change each year. The medicines covered change and the copays may change as well, so if you don't do your homework, you may see a significant increase in your out of pocket costs; or you may find that the medicine you have been taking is no longer covered. Many pharmacists offer a review service, although you should be sure to make an appointment so s/he can give you the time you will need. Also, many senior centers--and even insurance brokers--can help you review your options. It is also the time of year when you can change from the standard Medicare to one of the Advantage plans which include drug coverage as part of their offerings. Remember you only have until December 7 to make any changes this year, except under special circumstances. Below is some copied material from CMS.gov which contains important information. <https://www.cms.gov/Outreach-and-Education/Reach-Out/Find-tools-to-help-you-help-others/Medicare-Open-Enrollment.html>.

**When is the Medicare Open Enrollment Period?** Every year, Medicare's open enrollment period is from October 15 - December 7. **What is the Medicare Open Enrollment Period?** Medicare health and drug plans can make changes each year--things like cost, coverage, and what providers and pharmacies are in their networks. The Open Enrollment Period is when everyone with Medicare can change their Medicare health plans and prescription drug coverage for the following year in an effort to better meet their needs. **How do you know if you need to change plans?** People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure those plans will still meet their needs for the following year. If their current plan is still being offered and they are satisfied that the plan will meet their needs for next year, they don't need to do anything. **When can you get information about next year's Medicare plans?** Information for the next year's plans will be available beginning in October. **Where can people find Medicare plan information or compare plans?** 1-800-MEDICARE or Medicare.gov.

John Parisi, R.Ph., Pharmacist/Health Educator

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### **PUBLIC HEALTH NURSE APPOINTMENTS**

A West Hartford/Bloomfield public health nurse is at the Senior Center for blood pressure screenings, to test blood sugar levels, or answer general health questions from 9:00-11:30 am on Tuesdays. This service is free. We suggest that you call before coming in to make sure a nurse will be here.

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### **BLOOD PRESSURE SCREENINGS**

Nurse Laura will be here on Tuesday, **Dec. 6 & 20**, from 11:30 a.m. - 12:30 pm.

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### **SUBSTANCE ABUSE RECOVERY SUPPORT**

Free substance abuse recovery support telephone conference at 10:00 am on the 3rd Wednesday of each month. Dial 1-866-867-4772 & enter 123456. Call the Outreach Coordinator at 860-714-3702 with questions.

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### **STATE MEDICAID (TITLE 19)/ADULT SAGA**

Social & Youth Services can assist Seniors & Disabled Adults with filing for Medicaid (Title 19) or State Administered General Assistance benefits, and Redetermination Applications for those receiving State medical, financial or food stamp benefits. You can reach a Social Worker at 860-242-1895.

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## **CANCERCare of CONNECTICUT**

CancerCare provides free counseling, education, financial assistance & support to anyone affected by cancer: patients, family, friends, the bereaved. They can assist with child care, home care, transportation costs, pain/comfort medications & medical supplies and equipment. Visit [www/cancercare.org](http://www/cancercare.org) or call 1-800-813-4673 to speak to an oncology social worker.

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### **ENERGY ASSISTANCE**

For an energy assistance program appointments or questions, please call Social & Youth Services (860-242-1895).

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### **CRIS INTERNET RADIO**



CRIS, the radio reading service for people with print disabilities, broadcasts over 70 publications a month, including the Hartford Courant, NY Times, Journal Inquirer, Time Magazine & Sports Illustrated. The broadcasts can be heard on a CRIS Internet radio and is available at the Senior Center.

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### **"READER" AVAILABLE**

A Clear View Reader/Magnifier is located in Room 301 for anyone who would like to use it. It is a very user-friendly device, and we would be happy to show you how it works. Call us or stop in to see if the room and reader are available, and then bring in your books, magazines, or other reading materials.

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### **LOW VISION SUPPORT GROUP**

The Low Vision Support Group will meet at 10:30 am on Friday, **Dec. 16**.

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### **POSTCARDS & BUMPER STICKERS FOR SALE**



The Town of Bloomfield has postcards depicting 6 different landmarks for sale, including The Drummer Boy statue, Town Hall, and Filley Park & Pond. "BLOOM" bumper stickers are also available. They may be purchased either at Town Hall or at the Senior Center. **PRICE: \$1.00 each.**

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### **FREE LEGAL HELP FOR SENIOR CITIZENS**

*The Senior Law Program at Greater Hartford Legal Aid* offers free legal aid for those over the age of 60 who qualify. They will assist with Powers of Attorney & wills, but do not handle probate. For more info, call 860-541-5003. Low-income seniors may also get free legal information, advice and referral by calling Statewide Legal Aid at 860-344-0380. For consumer problems or debt collection, call 1-800-296-1467.

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### **PRESCRIPTION DISCOUNT CARDS**

The Town of Bloomfield is pleased to share with you a free prescription discount card program in partnership with the CT Conference of Municipalities & ProAct, Inc. Save up to 20% on brand names; up to 70% on generics. If you already have coverage, you can use this card for prescriptions not covered by your plan. It can also be used for pets. Cards are available at Senior Services or Social & Youth Services.

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### **WOMAN OF HOPE, LLC**

For all women with a desire to overcome life's problems & situations, and for the woman who just needs to talk. Learn to enjoy and love life and live it to the fullest as a productive, successful individual. Fridays, 10:30-11:30 am. Facilitator: Ruby Goodman-Claytor, M.Ed.

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### **IMPORTANT INCOME TAX INFORMATION**

Be sure to save a copy of your 2015 income tax return, especially if you plan to have your taxes prepared at the Bloomfield Senior Center next year. Beginning in 2017, the tax team will no longer have electronic access to prior year returns. That means you will be required to bring a copy with you for your appointment.

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### **RED HOT HONEYS**

The Red Hot Honeys will meet at 1:00 pm on Fri., **Dec. 16**.

## INSTRUCTIONAL PROGRAMS

*\*New registration required at the beginning of each series of classes.*

*\* Payment is due with registration. \* Proof of address required*

*\* Please make checks payable to the "Town of Bloomfield"*

**DROP-IN CANASTA – Mondays, 9:30 am-12:00. NO FEE.** Participants are requested to register at the Senior Center office.

**PIANO LESSONS - Mondays, 11:00 am - 1:50 pm.** INSTR: Elizabeth Raphael. **FEE: \$20.00 per ½-hour private session (must be paid in advance).**

**AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm.** Rhythmic aerobic exercise combined with stretching & strength training routines to improve flexibility, muscular strength & cardio fitness. Next 8-week series starts **Jan. 30.** INSTR: Jeff Shealey. **FEE: \$35.00 res/\$45.00 non-res.** Bring your mat.

**KEEP YOUR LIFE IN BALANCE - Mondays, 1:30-2:30 pm.** Move more, fall less. Learn how to take steps improve your balance and help prevent slips and falls. Next 6-week series starts **Dec. 12.** INSTR: Beth Hugh. **FEE: \$20.00 res/\$30.00 non res.**

**PAINTING - Mondays 1:30 - 4:30 pm OR Thurs., 9:00 am - 12:00.** If you have an appreciation of painting, this is the time to develop your artistic self. Are you a beginner? Learn how to bring out the artist in you. Intermediate and advanced students? Learn new techniques as you continue on your creative journey. Course includes painting (water, acrylic, oil) & collage. 10-week Spring series start **Jan. 9** and **Jan. 12.** INSTR: Jean Mazo. **FEE: \$60.00 res/\$120.00 non-res.**

**BE FIT & HAVE FUN – Tuesdays & Thursdays, 9:30-10:30 am.** The 4 types of exercise important to staying healthy & independent are strength, balance, endurance & stretching. INSTR: Beth Hugh. Bring your own hand weights. Next 6-week series starts **January 10.** **FEE: \$30.00 res/\$40.00 non-res.** **Advance registration is required for this class.** **Bloomfield residents have first priority.**

**MULTI-MEDIA DRAWING & EXPLORATION - Tues., 9:30-11:30 am.** Students may choose from a variety of media: color pencil, pen & ink, water color and other materials. Work independently for the last 30 minutes of each session. Next 6-week series starts **January 10.** INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

**KNITTING - Tuesdays 11:00 am - 12:30 pm.** Bring your project and all your own supplies with you to class. INSTR: Margaret Cunnane. **NO FEE.**

**LINE DANCE - Tuesdays, 1:00-2:30 pm.** This class is a combination of beginners and advanced line dancers. Next 10-week series starts **Dec. 13.** INSTR: Jim Gregory. **FEE: \$25.00 res/\$35.00 non-res.**

**MAH JONGG - Tuesdays, 1:00 pm.** **NO FEE.** However, a score card is required and is available from the National Mah Jongg League, Inc., 250 West 57th Street, New York, NY 10107 for \$8 Membership fee.

**AQUATIC EXERCISE - Tues. OR Thurs., 1:30 pm** at Duncaster. This is a low impact walking-in-water class focusing on muscle strength and flexibility. Each class includes 30 minutes of instruction followed by an additional 10-15 minutes to relax in the therapy spa pool. Next 6-week series starts **January 10 or 12.** **Separate registrations required for each day.** INSTR: Ryan Bourgeois/Lucy Eyre. **FEE: \$30.00 res/\$40.00 non-res.**

**JOURNAL TIME - Wednesdays, 9:30-10:30 am.** Spend some time writing about whatever comes to your mind. Keeping a diary of your thoughts and memories is a great way to share your own personal history with loved ones. INSTR: Kasina Hill. **No Fee.**

**BLOOMFIELD MUSIC MAKERS - Wednesdays, 9:30-11:30 am.** This is a performing group who volunteer their time to entertain. If you are musical, or want to sing with a group, come join Bloomfield's own musical Goodwill Ambassadors. **MUSIC DIRECTOR: Charity Clark.**

**DUPLICATE BRIDGE - Wednesdays throughout the year 9:30 a.m. – 12:30 p.m.** You don't need to know duplicate, just have a fundamental knowledge of bridge. Partners/refreshments provided. INSTR: Phil Olschefski. **FEE: \$5.00 per week.**

**CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm.** Don't let the "chair" part fool you; the class is still a workout-upper body conditioning designed to strengthen core & abdominal muscles, which results in improving your entire body, making routine, daily tasks easier. You will need 2-3# weights, a medicine ball and resistance bands. Next 8-week series starts **January 25.** **FEE: \$30.00 res/\$40.00 non-res.**

**BEGINNER TAI CHI, Thursdays, 10:15-10:45 am.** Slow, circular movements, in combination with breathing and concentration, result in increased flexibility, better balance, and an enhanced immune system. Participants should wear loose-fitting clothing, flat bottomed shoes or sneakers, and be able to stand and move unassisted for at least ½ hour. Plan to arrive 10 minutes before the start of class, and silence your cellphones. Next 6-week series starts **January 12.** INSTR: Judy Laiuppa. **FEE: \$10.00 res/\$15.00 non-res.**

**INTERMEDIATE TAI CHI - Thursdays, \*11:00 am - 12:00 noon.** Slow, easy-to-learn movements combined with breathing and concentration result in increased flexibility, better balance, and an enhanced immune system. Must be able to stand unassisted for 1 hour. Wear comfortable clothing, flat-bottomed shoes or sneakers. Next 6-week series starts **January 12.** INSTR: Judy Laiuppa. **FEE: \$20.00 res/\$30.00 non-res.** *\*As a courtesy to the rest of the class, please arrive on time.*

**AARP SMART DRIVER Thursdays.** CT Drivers age 60+ earn 5% discount on auto insurance premium. Advance registration required. **FEE: \$15.00 AARP members, \$20.00 non-members** (make check payable to AARP). Bring your own snacks/beverages.

**Thurs., Dec. 15**

**9:00 am - 1:00 pm**

**Thurs., Jan. 26**

**12:00 - 4:00 pm**

**FIBER ARTS/QUILTING - Fridays, 9:30-11:30 am.** Create a variety of projects from fabric, including quilts (with or without patterns) & converting sweatshirts. Next 10-week series starts **Dec. 16.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/\$30.00 non-res.**

### TIME WITH TONI

Conversational Spanish? Learn simple, everyday words and phrases. **Thursdays** from 10:45-11:45 am. Need help you're your tablet or smart phone? Techie Time is back on **Thursdays** from 9:30 to 10:30 am or **Fridays** from 2:45-3:45 pm. Book club meets on **Fridays** from 1:30-2:30 pm

### VOICE LESSONS ANYONE?

Want to learn to sing? Or improve on your talent? Music Makers director Charity Clark teaches voice on an individual basis. Call or stop in the Senior Center if you are interested in learning more.

### ARE YOU INTERESTED?

What do you get when you combine water, music and dance? Answer: Aquatic Zumba. Let us know if you are interested in participating in this new type of water exercise.

### END-OF-YEAR BREAK



Classes will not meet during the week of December 26-30 or January 2-6. Happy Holidays!

Senior Services  
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Podiatrist

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