



THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

Accredited by 
National Institute of
Senior Centers



<http://bloomfieldct.gov>

January 2017

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.

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 **Jan. 4**. 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, **Jan. 23**. **PRICE: \$29.00**, payable by cash or check. Call the Senior Center to schedule your appointment.

VALENTINE PARTY

We are teaming up with Bloomfield Center for Nursing and Rehabilitation to bring you this year's Valentine Luncheon at 12:00 noon on Monday, **February 13**. Wear red! **PRICE \$5.00** due with registration. Must sign up by **Feb. 3**.

PAINT NIGHT PARTY

We are partnering with Leisure Services for a paint night party from 5:30-7:30 pm on Fri., **Feb. 10**. Snacks, supplies & instruction will be provided. At the end of the evening you will go home with your own personal work of art. Registration required. **PRICE: \$15.00** due at signup.

CONGRATULATIONS, BLOOMFIELD PUBLIC WORKS



Congratulations to John Lawlor and the staff at the Public Works Department for recently earning national accreditation from the APWA (American Public Works Association).

MONTHLY MEN'S BREAKFAST

The next men's breakfast will take place at 9:30 am on Friday, **January 27**. Come and talk SUPERBOWL with Kate from Kimberly Hall! Wear your team jersey. Buffet breakfast. **PRICE: \$5.00**. Please sign up by **January 20**.

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!

CONNECTICUT TAX AIDE: FREE HELP WITH YOUR 2016 INCOME TAX RETURN

AARP will offer FREE tax counseling to taxpayers with low to moderate income in 2016, with special attention to those **age 60 and over**. This service will take place at the Senior Center on **Wednesdays from Feb. 1 to April 12**. **APPOINTMENTS ARE REQUIRED** and are available on the hour between 9:00 am and 2:00 pm. No walk-ins. Schedule your appointment by calling the Senior Center after January 10.

IMPORTANT INCOME TAX INFORMATION

Please note: beginning in 2017, the AARP tax team will no longer have electronic access to prior year returns. That means you will be required to bring a copy with you to your appointment.

WELCOME, JACKIE

Jackie Quistberg is our new backup mini-bus driver. She has a son and a daughter and two granddaughters, as well as a dog named August and her cat Oz. In her spare time, she enjoys hiking, swimming, and traveling. And she loves to laugh!

THINK FAST!

What are the signs and symptoms of a stroke? What is FAST? How can it help when someone is having a stroke? Learn all this and more in a seminar on what everyone should know about stroke recognition and response. presented by University of Hartford Master of Science in Nursing students, from 11:15 am - 12:15 pm on Tues., **Jan. 31**. Refreshments. Register in the Senior Center office.

"OUR CAPITAL CITY'S FUTURE"

You are cordially invited to join Hartford Mayor Luke Bronin for a Town Hall meeting at the Marilyn Michaelson Senior Center from 6:00-8:00 pm on Wed., **Jan. 25**.

Marilyn Michaelson Senior Center of Bloomfield – January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p style="text-align: center;">TOWN-OBSERVED HOLIDAY</p>	<p>3</p> <p>9:00 Nurse Screenings 10:00 “Mini” Bingo 11:00 Knitting 11:30 Blood Pressure Screenings 12:45 Food Share 1:00 Mahjongg Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>4</p> <p>9:30 Bridge 1:30 Caregiver/Bereavement Support 1:30 Bingo Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>5</p> <p>1:00 West Hartford Shop Rite Senior Center Walkers/Billiards</p>	<p>6</p> <p>10:30 Coloring 10:30 Woman of Hope Senior Comm. Cafe Senior Center Walkers/Billiards</p>
<p>9</p> <p style="text-align: center;">FOXWOODS CASINO</p> <p>Piano Lessons 10:00 Coloring 11:30 Aerobics Lunch Bunch - Cracker Barrel 1:30 Keep Your Life in Balance Enfield Square Senior Center Walkers/Billiards</p>	<p>10</p> <p>9:00 Nurse Screenings 9:30 Be Fit & Have Fun 9:30 Multi-Media Drawing 10:00 “Mini” Bingo 11:00 Knitting 1:00 Line Dancing 1:00 Mahjongg 1:30 Duncaster Water Walking Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>11</p> <p>9:30 Music Makers 9:30 Bridge 11:30 Chair Pilates & Toning 1:30 Bingo 1:30 Painting Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>12</p> <p style="text-align: center;">CT HISTORICAL SOCIETY</p> <p>9:00 Painting 9:00 Enfield Motor Vehicle Dept. 9:30 Be Fit & Have Fun 10:15 Beginner Tai Chi 11:00 Intermediate Tai Chi 1:30 Duncaster Water Walking Senior Center Walkers/Billiards</p>	<p>13</p> <p>9:30 Fiber Arts 10:30 Coloring 10:30 Woman of Hope 11:30 Aerobics Senior Comm. Cafe Senior Center Walkers/Billiards</p>
<p>16</p> <p style="text-align: center;">TOWN-OBSERVED HOLIDAY</p>	<p>17</p> <p>9:00 Nurse Screenings 9:30 Be Fit & Have Fun 9:30 Multi-Media Drawing 10:00 “Mini” Bingo 11:00 Knitting 11:30 Blood Pressure Screenings 12:45 Food Share 1:00 Line Dancing 1:00 Mahjongg 1:30 Duncaster Water Walking 1:30 Monthly Movie - <i>Sea of Trees</i> Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>18</p> <p>9:30 Music Makers 9:30 Bridge 9:30 Journaling 11:30 Chair Pilates & Toning 1:30 Bingo 1:30 Painting Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>19</p> <p>Toni’s Techie Time 9:00 Painting 9:30 Be Fit & Have Fun 9:30 Conversational Spanish I 10:15 Beginner Tai Chi 10:30 Conversational Spanish II 11:00 Intermediate Tai Chi 1:00 Bishops Corner 1:00 Hebrew Health Care 1:30 Duncaster Water Walking Senior Center Walkers/Billiards</p>	<p>20</p> <p>Toni’s Techie Time 9:30 Fiber Arts 10:30 Coloring 10:30 Woman of Hope 11:30 Aerobics 1:00 Red Hot Honeys 1:30 Book Club Senior Comm. Cafe Senior Center Walkers/Billiards</p>
<p>23</p> <p style="text-align: center;">MOHEGAN SUN/FOXWOODS</p> <p>Foot Care Clinic Piano Lessons 10:00 Coloring 11:30 Aerobics 1:30 Keep Your Life in Balance Berlin Turnpike Senior Center Walkers/Billiards</p>	<p>24</p> <p>9:00 Nurse Screenings 9:30 Be Fit & Have Fun 9:30 Multi-Media Drawing 10:00 “Mini” Bingo 11:00 Knitting 1:00 Line Dancing 1:00 Mahjongg 1:30 Duncaster Water Walking Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>25</p> <p style="text-align: center;">DIGIPLEX-ROMEO et JULIETTE</p> <p>9:30 Music Makers 9:30 Bridge 9:30 Journaling 11:30 Chair Pilates & Toning 1:30 Bingo 1:30 Painting 6:00 Hartford Mayor Luke Bronin Mtg. Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>	<p>26</p> <p>Toni’s Techie Time 9:00 Painting 9:00 Hartford Social Security Admin. 9:30 Be Fit & Have Fun 9:30 Conversational Spanish I 10:15 Beginner Tai Chi 10:30 Conversational Spanish II 11:00 Intermediate Tai Chi 12:00 AARP Smart Driver 1:30 Duncaster Water Walking Senior Center Walkers/Billiards</p>	<p>27</p> <p>Toni’s Techie Time 9:30 Fiber Arts 9:30 Men’s Breakfast 10:30 Coloring 10:30 Woman of Hope 11:30 Aerobics 1:30 Book Club Senior Comm. Cafe Senior Center Walkers/Billiards</p>
<p>30</p> <p>Piano Lessons 10:00 Coloring 11:30 Aerobics 1:30 Keep Your Life in Balance West Farms Mall Senior Center Walkers/Billiards</p>	<p>31</p> <p>9:00 Nurse Screenings 9:30 Be Fit & Have Fun 9:30 Multi-Media Drawing 10:00 “Mini” Bingo 11:00 Knitting 11:15 Strokes: Think FAST 11:30 Blood Pressure Screenings 12:45 Food Share 1:00 Line Dancing 1:00 Mahjongg 1:30 Duncaster Water Walking Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards</p>			

Bloomfield "Mini" Bingo Dates

Jan. 3	Jan. 10	Jan. 17	Jan. 24	Jan. 31
Starting at 10:00 am				

SENIOR COMMUNITY CAFE



TUESDAYS
WEDNESDAYS
FRIDAYS

- 3 Barbecue Chicken, Potato Salad, Corn Cobbette
- 4 Macaroni & Cheese, Stewed Tomatoes and Zucchini, White Bean and Spinach Salad
- 6 Pot Roast w/Veggie Gravy, Sweet Potato, Brussel Sprouts
- 10 Chef Salad w/Shredded Cheese, Turkey Ham, Cooked Egg, Greens
- 11 Rotini, Italian Sausage & Red/Green Peppers w/Italian Sauce, Zucchini
- 13 Meatloaf w/Gravy, Egg Noodles, Broccoli & Cauliflower
- 17 Salisbury Steak Italiana, Parslied Bowties, Italian Green Beans
- 18 Seafood Salad on Wheat Bun, Baked Sweet Potato, Shredded Lettuce
- 20 Rosemary Chicken, Whole Baby Carrots, Garlic Smashed Potato
- 24 Hot Dog on a Bun, Baked Beans, Sauerkraut
- 25 BBQ Pork Ribeye, Sweet Potatoes & Apples, California Blend Veggies
- 27 Baked Ham w/Raisin Sauce, Scalloped Potato, Scandinavian Blend Veggies
- 31 Tuna Salad w/Garden Salad Greens, Cherry Tomato/Cucumber/Onions

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

Thurs., Feb. 9 - Chips (Wethersfield)



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, January 2, 2017

Monday, January 16

Please plan accordingly

STAFF TRAINING PROGRAM

Because of a staff training program on **Mon., Jan. 30**, there will be no 9:00 am pickups. Regular service will resume at 10:00.

MONDAY SHOPPING TRIPS

- Mon., Jan. 2 Town-observed Holiday
- Mon., Jan. 9 Enfield Square, East Windsor WalMart
- Mon., Jan. 16 Town-observed Holiday
- Mon., Jan. 23 Berlin Turnpike, Footprints
- Mon., Jan. 30 West Farms Mall, Trader Joe's

BISHOPS CORNER SHOPPING SCHEDULE

Thurs., Jan. 19, at 1:00 pm

Thurs., Jan. 5 - West Hartford Shop Rite at 1:00 pm

Department of Motor Vehicle - Enfield

Thurs., Jan. 12, at 9:00 am

Social Security Administration

Thurs., Jan. 26, at 9:00 am

Hebrew Health Care

Thurs., Jan. 19, at 1:00 pm

Grocery Shopping: Geisslers, Stop & Shop, Fresh Market

Mondays	9:00 am	These are the ONLY times available for grocery shopping
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.

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

***FOXWOODS CASINO, MON., MARCH 6.** 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: \$30.00.** (Please note: new fare is due to bus company rate increase.)

***BUSHNELL TOUR, HARTFORD, THURS., MARCH 16.** See what happens on the other side of the curtain and what it takes to stage a performance during a "behind the scenes" look at this beautiful theater. The tour lasts about 90 minutes and includes standing and walking. Lunch on your own at Vito's by the Park. Mini-bus. Lv. Sr. Ctr. 9:45 am. Rtn to Sr. center t/b/a. **PRICE: \$5.00.**

MORE DAY TRIPS

FOXWOODS CASINO, MON., JAN. 9. 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. 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. Rtn. to Sr. Ctr. t/b/a. **PRICE: \$1.00** for bus, payable at sign-up; purchase your own ticket (approx. \$20.00) at theater.

MOHEGAN SUN CASINO, THURSDAY, FEB. 9. 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, TUES., FEB. 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. Rtn. to Sr. 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.**

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. Rtn. to Sr. Ctr. t/b/a. **PRICE: \$63.00.**

OVERNIGHT TRIPS

MOHEGAN SUN/FOXWOODS, SUNDAY, JANUARY 22/ MONDAY, JAN. 23 Leave the Senior Center at 8:30 am on Sunday, and spend the night at the NEW Earth Tower Hotel, which has a tunnel connecting to the Casino of the Earth. Bonus package includes 1 buffet lunch or dinner, 1 breakfast voucher, \$20.00 slot play. Price includes baggage handling and taxes and gratuities. Depart Mohegan Sun for Foxwoods on Monday, where you will receive another bonus package. Mini-bus. **PRICE: \$105 per person, DO; \$157 SO.**

CUBA, SAT., APR. 29 - SUN., MAY 7. 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., Jan. 3, 17 & 31.** 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.

JANUARY SHOWCASE

Gingerbread houses created by the children from Bright Horizons Daycare remain on display this month. 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

MOVIES

This month's selection is "The Sea of Trees" Starring Matthew McConaughey & Naomi Watts. American professor Arthur Brennan who travels to Japan in the midst of a personal crisis. As he wanders through a mysterious forest with a dark past, he experiences flashbacks of his fraught but loving relationship with his wife, and meets Takumi, an enigmatic stranger who is lost and injured. As Arthur devotes himself to saving Takumi and returning him home to safety, the two embark on a spiritual, life-changing journey of friendship, discovery, and healing—one which may ultimately re-connect Arthur with his love for his wife. Rated PG-13. No need to register. Just come on by at 1:30 pm on **January 17.** 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 walked another 228 miles and are in Havana! All of the electrical outlets in Cuba are 2 pronged 220V. That means your typical North American plug (with 3 prongs) will not fit into most Cuban outlets. You can, however, purchase a plug adapter. Just be careful to check the power outage before plugging in as appliances--such as hair dryers or laptops—may fry the 220V outlets and your laptop. Many tourists return from Cuba with the idea that everything was great—except for the food! That's because the flavor can be a bit lacking if you're used to condiments like ketchup, hot sauce, pepper, jams, cinnamon, and peanut butter. Many of these just aren't available in Cuba, but you can bring your own. Keep logging those miles. We still have more of Cuba to see. Keep logging those laps! New walkers are always welcome.

Wii BOWLING NEWS

 The team had plans to participate in a mid-season tournament in Bristol at the end of December. Results were not available at press time. 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

*In honor of happiness for the
Huyghue-Pannell families (and in-laws, too)
Linda Dranoff*

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

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.

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.

HEALTH NOTES: NEW YEAR RESOLUTIONS

It is that time of year, so I thought I would give you some new New Year resolutions besides the lose weight one that lasts until lunchtime. (1) Take my medicine as directed. Somehow people believe that because they feel fine, they can stop taking their medication for {insert disease--infection, blood pressure, diabetes}. However, they sometimes forget that the reason they feel fine is because they ARE taking their medications. I always told my blood pressure patients that the first sign that your blood pressure is high could be a stroke. Stopping antibiotics too soon can cause what is called a super infection, and that is not super in a good way. Ignoring your blood sugars is a quick way to a date with a dialysis machine. If in doubt, ask your doctor or pharmacist. (2) Dispose of unused medications. To follow up #1, there are times when you will have leftover medications. You had a reaction and had to stop, or the pain was not enough to take those pills. If you see bottles of medicine in your cabinet that have crinkled labels or have been in your cabinet for over a year, it is time to dispose of them. So how do you do that? Many towns now have medicine disposal boxes at their police stations (785 Park Avenue in Bloomfield). Some community pharmacies also have these collection boxes. Once a year there is a national take back medicine day, so keep an eye out for that. Just don't flush them down the toilet unless a professional instructs you to use that method. Certainly don't throw them in the trash. Probably the leading source of street prescription drugs is from home medicine cabinets. Just ask your grandkids. Ask your pharmacist for proper procedures, and clean up your cabinets. (3) Read and follow expiration dates on bottles. Every prescription bottle and over the counter medication has an expiration date that should be heeded. This is not a "best if used by," as some medications actually become quite dangerous if taken past their expiration date. Others quickly lose their strength. Improper storage hastens the effect so, if in doubt, again, ask your pharmacist. She will know the answer. (4) Plan ahead. If you have a health savings account, it may make sense to reorder your medicine now before a new deductible starts. Make a pledge to not wait until after you take your final pill to reorder your medicine. Pharmacies have supply issues. Pharmacists have laws to follow. Insurance companies set up rules because it is good for them, not you. Be prepared. When you are on that trip to Europe cruising the rivers, the pharmacy at your next stop probably will not be able to fill your empty bottle. (5) Lose that weight. Oh, that's right. I wasn't going to mention that one. A happy and healthy New Year to all of you.

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

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.

BLOOD PRESSURE SCREENINGS

Nurse Laura will be here on Tuesday, **Jan. 3, 17, & 31**, from 11:30 a.m. - 12:30 pm.

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.

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.

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 or call 1-800-813-4673 to speak to an oncology social worker.

ENERGY ASSISTANCE

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

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.

"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.

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.**

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.

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.

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.

RED HOT HONEYS

The Red Hot Honeys will meet at 1:00 pm on Fri., **January 20**. New members welcome!

LGBT MOVEABLE SENIOR CENTER



Join us at 5:30 pm on Thursday, **February 23**, for a Black History Month program. Karen DeMeola, UCONN Law School Assistant Dean for Enrollment & Students, will present a program on LGBT African Americans in History. Light refreshments. Register by February 16. (860-243-8361).

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.

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"*

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 **Feb. 13.** INSTR: Beth Hugh. **FEE: \$20.00 res/\$30.00 non res.**

PAINTING - Wednesdays 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. 11** and **Jan. 12.** Please note change from Mondays to Wednesdays. 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 **March 7.** 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. **Resumes Jan. 18.** 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. Any experience level. 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.**

CONVERSATIONAL SPANISH I, Thursdays, 9:30-10:20 am. If you wanted to join us last fall, but just couldn't make it, this class is for you. Starts **Jan. 19.** INSTR: Toni. **NO FEE**

CONVERSATIONAL SPANISH II, Thursdays, 10:30-11:30 am. A continuation of last fall's class. Keep that momentum going! Resumes **Jan. 19.** INSTR: Toni. **NO FEE**

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., Jan. 26

12:00 - 4:00 pm

Thurs., Feb. 23

9:00 am - 1:00 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 **Jan. 13.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/\$30.00 non-res.**

BOOK CLUB - Fridays, 1:30-2:30 pm. Resumes **Jan. 20.** Next selection is *Memory Keepers Daughter*. Copies will be available at the Senior Center after Jan. 11. INSTR: Toni. **NO FEE.**

TONI'S TECHI TIME

Need help you're your tablet or smart phone? Techie Time is back on **Thursdays & Fridays** starting **Jan. 19.** Call for an appointment.

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.

NEW YEAR'S BREAK



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

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