



# THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

Accredited by   
National Institute of  
Senior Centers

[www.bloomfieldct.gov](http://www.bloomfieldct.gov)

330 Park Avenue, Bloomfield, CT 06002

December 2025

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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 during our regular business hours.

## BLOOMFIELD SENIOR SERVICES MISSION STATEMENT

To serve as a welcoming focal point for the delivery of services to senior adults and their support network 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.

### 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 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..." Instead, a smile or a "thank you" are appropriate expressions of your appreciation to the staff.

*The Senior Services Staff*

### LIGHT UP THE TOWN

Bloomfield's annual Holiday Parade & Light Up the Town will take place at 6:00 pm on Saturday, **Dec. 6**. Parade, music, refreshments. Transportation available.

### BUILDING FOUNDATIONS OF CAREGIVING

The Alzheimer's Association will present topics such as caring for someone with dementia; the role of a caregiver, how to build your support team and ways to manage caregiver stress. Please join us from **5:30 – 6:30 pm on Tuesday, December 9**. Sign up in the Senior Center.

### \*LET'S ROLL: DICE -A-PALOOZA

Enjoy a fun afternoon of "dicey" games: with friends from **1:30pm – 3:30pm on Thursday, December 11**. It's a little competitive, a bit strategic and definitely involves some lucky rolls. No experience necessary. Prizes and refreshments. Group Leader: Pat Maneggia, LMSW (AKA – Your game show host). Bloomfield residents age 55+. **PRICE: \$5.00. Sign-up starts December 4.**



UR Community Cares will be available to assist with technical support! We will have 20-minute 1-on-1 sessions starting at 10:30 am. Space Limited. There will also be a group session for up to 10 people from 12:30 pm – 2pm. on **Wednesday, December 17**.

### NATIONAL SENIOR HEALTH AND FITNESS WEEK WINNERS

We would like to thank everyone who participated in our National Senior Health and Fitness Fall Walk and want to congratulate the six door prize winners. Please come to the Senior Center office to claim your prize if your name is listed below: L. Deal, G. Henry, S. Hite, C. Jenkins, C. Pittman, and N. Tran.

### HERE'S TO OUR COMMUNITY NEIGHBOR

A heartfelt thanks to our community neighbor Dog Star Rescue for their contributions to our recent Thanksgiving turkey distribution. Their generous support of this annual event has significantly assisted the Bloomfield residents.

### \*PAJAMA JAM HAPPY HOUR PLUS

Start the New Year and beat the winter blues with Friends and Fun! Wear your favorite winter pajamas, tops and bottoms please. No lingerie or offensive messaging or images. DJ Ramon, Dancing, Appetizers and Door Prizes. Event Coordinator: Pat Maneggia, LMSW. Sponsored by Bloomfield Senior Services with support from Bloomfield Social and Youth Services. Join us from **4:00 pm – 6:00 pm on Thursday, January 15, 2026**. Bloomfield residents 55+. Space is Limited. **PRICE: \$10.00. Sign-up starts December 4.**

### HEALTH EDUCATION PROGRAM

AmeriCorps Connecticut and Health Communities will be presenting a free one-hour healthcare education presentation from **11:30 am – 12:30 pm on Tuesday, January 27**. Topics will include Healthy Food Options, Patient Rights, Responsibilities and more. Sign up in the Senior Center.

### \*AARP 2026 TAX AIDE

AARP volunteers will be at the senior center on Wednesdays beginning **February 4, 2026** to prepare 2025 individual tax returns. All appointments will be in person. Call the senior center starting January 14 for more information and to schedule your appointment.

### MONTHLY BLOCK WATCH MEETING WITH POLICE DEPARTMENT

Please join the Police Department at **6pm on December 10** for their monthly Block Watch Meeting. You may attend in person or virtually by using the link below to attend on Zoom:  
<https://bloomfieldct.zoom.us/j/81133707737?pwd=GekbWnCNVDOunUpIC8EilbObXCBgQZ.1>

### THANK YOU

A warm thank you goes out to Brett Raphael from the Connecticut Ballet and Rev. Darrell Goodwin for securing thirty free tickets to a performance of The Nutcracker Ballet at The Bushnell on December 20.

# Marilyn Michaelson Senior Center of Bloomfield – December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Drop-in Crocheting 11:30 Aerobics 1:30 Women of Hope  Farmington Valley / Canton	2 9:30 Be Fit & Have Fun 9:30 Wellness Screenings 11:00 Drop-In Knitting 12:00 CRT Senior Community Café 1:30 Wii Bowling	3 9:30 Chair Yoga and Stretching 9:30 Music Makers 9:30 Card Playing 11:30 Chair Pilates & Toning 12:00 CRT Senior Community Café 1:30 Bingo 1:30 Drop-In Painting 1:30 Caregiver and Bereavement Support	4 9:30 AARP Smart Driver Course 9:30 Be Fit & Have Fun 10:45 Moving with Better Balance and Energy 1:30 Wii Bowling	5 9:30 Fiber Arts/Quilting 9:30 Chair Yoga and Stretching 10:30 Women of Hope 11:00 Community Café 11:30 Aerobics
Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards
8 10:00 Drop-in Crocheting 11:30 Aerobics 1:30 Women of Hope  Walmart (E. Windsor)  Food Box Distribution	9 HOLIDAY CLASSICS WITH THE CARTELL'S 9:30 Be Fit & Have Fun 9:30 Wellness Screenings 11:00 Drop-In Knitting 12:00 CRT Senior Community Café 12:45 FoodShare 1:30 Wii Bowling 1:30 "Sister Friends" Program 5:30 Alzheimer's Association Presentation	10 9:30 Chair Yoga and Stretching 9:30 Music Makers 9:30 Card Playing 11:30 Chair Pilates & Toning 12:00 CRT Senior Community Café 1:30 Bingo 1:30 Art from the Heart	11 9:00 Social Security Administration 9:30 Women's Breakfast 9:30 Be Fit & Have Fun 10:45 Moving with Better Balance and Energy 1:00 Big Y, Crown Market, West Hartford 1:00 Hebrew Center for Health and Rehab 1:30 Aqua Fit at Duncaster 1:30 Wii Bowling 1:30 Let's Roll: Dice-A-Palooza	12 OLDE MISTICK VILLAGE FESTIVAL OF LIGHTS 9:30 Fiber Arts/Quilting 9:30 Chair Yoga and Stretching 10:30 Women of Hope 11:00 Community Café 11:30 Aerobics
Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards
15 10:00 Drop-in Crocheting 11:30 Aerobics 12:00 Lunch Bunch – Hibachi Grill Buffet 1:30 Women of Hope 1:30 Aqua-Cise at Duncaster  Buckland Mall / Evergreen Walk	16 BRIGHT NIGHTS TRIP 9:30 Be Fit & Have Fun 9:30 Wellness Screenings 11:00 Drop-In Knitting 12:00 CRT Senior Community Café 1:30 Wii Bowling 1:30 "Sister Friends" Program 1:30 Movie – "Mickey 17"	17 TRAVELER'S CHORALE CONCERT 9:30 Chair Yoga and Stretching 9:30 Music Makers 9:30 Card Playing 10:30 Techie Time 11:30 Chair Pilates & Toning 12:00 CRT Senior Community Café 1:30 Bingo 1:30 Art from the Heart	18 MOHEGAN SUN CASINO 9:00 Department of Motor Vehicle - Enfield 9:30 Men's Breakfast 9:30 Be Fit & Have Fun 10:45 Moving with Better Balance and Energy 1:30 Aqua Fit at Duncaster 1:30 Wii Bowling	19 9:30 Fiber Arts/Quilting 9:30 Chair Yoga and Stretching 10:30 Women of Hope 11:00 Community Café 11:30 Aerobics
Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards
22 NO CLASSES HELD THIS WEEK 10:00 Drop-in Crocheting 1:30 Women of Hope 1:30 Aqua-Cise at Duncaster  Charter Oak Plaza (Hartford)	23 9:30 Wellness Screenings 11:00 Drop-In Knitting 12:00 CRT Senior Community Café 12:45 FoodShare 1:30 Wii Bowling	24 9:30 Card Playing 1:30 Bingo	25 Closed for Town Observed Holiday	26 10:30 Women of Hope 11:00 Community Café
Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards
29 NO CLASSES HELD THIS WEEK 10:00 Drop-in Crocheting 1:30 Women of Hope 1:30 Aqua-Cise at Duncaster  Walmart / Stew Leonard's (Berlin Tpke)	30 9:30 Wellness Screenings 11:00 Drop-In Knitting 12:00 CRT Senior Community Café 1:30 Wii Bowling	31 9:30 Card Playing 12:00 CRT Senior Community Café 1:30 Bingo		<u>Weekend Trips</u> Friday, December 12 – Olde Mistick Village Festival of Lights Saturday, December 13 - Danbury Fair Mall
Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	Senior Center Walkers/Billiards	

## Mini-Bus Phone Number: 860-243-8364

We are pleased to take your reservation between 8:30 am and 3:45 pm on Monday – Thursday and 8:30 am and 12:30 pm on Friday for trips up to one week in advance.



### Town-observed Holidays

Thursday, December 25

Thursday, January 1

Please plan accordingly

### MINI-BUS INFORMATION

Please note that we reserve the right to cancel any reservations, depending on conditions and the number of reservations for a particular day. If you cannot keep your reservation, please call the office as soon as possible to cancel so that we do not make an unnecessary stop and we can accommodate someone who is on the wait list. Monday thru Thursday the last in-town pickup of the day is at 3:45 p.m. On Friday the last in-town pickup of the day is at 11:30 am. Please be on time for both your from home and return trips. Drivers are unable to help with laundry or dry cleaning.

### MEDICAL APPOINTMENTS

Pickup in Bloomfield for **Hartford medical appointments** is at 9:00 am or 1:00 pm, with the return at 12:00 noon or 3:00 pm (Mondays, Tuesdays, Wednesdays). On Fridays we will only pick up at 9:00 am with the return at 12:00 noon.

Pickup in Bloomfield for **West Hartford medical appointments** is at 11:00 am, with the return at 2:30 pm (Mondays and Wednesdays).

Pickup in Bloomfield for **Farmington UCONN medical appointments** is at 11:00 am, with the return at 2:30 pm (Wednesdays ONLY).

### Grocery Shopping: Geissler's, Stop & Shop, Fresh Market

Mondays	9:00 am	These are
Tuesdays	1:00 pm	the ONLY
Wednesdays	9:00 am	times available
Thursdays	1:00 pm	for grocery
Fridays	9:00 am	shopping

The following trips are included with a mini-bus subscription. Not a registered rider? Bloomfield senior adults may pay a \$5.00 fee and be picked up at the senior center.

### MONDAY MALL TRIPS

December 1	Farmington Valley / Canton
December 8	Walmart (East Windsor)
December 15	Buckland Mall / Evergreen Walk
December 22	Charter Oak Plaza (Hartford)
December 29	Walmart / Stew Leonard's (Berlin Tpke.)

### THURSDAY SHOPPING TRIP

December 11 Big Y, Crown Market, West Hartford 1:00pm

### **Department of Motor Vehicles - Enfield**

Thurs., Dec. 18, at 9:00 am

By appointment only.

Contact DMV directly to schedule an appointment.  
(between 9:30 and 11:30 am)

### **Social Security Administration**

Thurs., Dec. 11, at 9:00 am

By Appointment Only

### **Hebrew Center for Health & Rehab**

Thurs., Dec. 11, at 1:00 pm

**PLEASE NOTE: THESE TRIPS ARE OPEN TO  
BLOOMFIELD "SENIOR ADULTS" ONLY**

### SEATBELT SAFETY

All Town of Bloomfield vehicles are equipped with seatbelts. Please be sure to fasten your seatbelt whenever you are riding with us and keep it fastened until the bus comes to a complete stop at your destination. If you need assistance, please ask your driver.

### THE ENCOMPASS PROGRAM

Enjoy the freedom to travel with no limitations. Eligible people can use this service to travel anywhere, anytime, 24/7, 365 with no restrictions. M7 and the Greater Hartford Transit District have partnered to expand transportation options; this program is low cost, provides unlimited boundaries and is user-friendly. Visit the website: <https://encompass.m7ride.com/> or call 860-444-4444 ext. 1 for more information. If you call from a cell phone, you may also call 203-777-7777.

### ADA PARATRANSIT

The Greater Hartford Transit District (GHTD) provides ADA Paratransit service in the Greater Hartford area in compliance with the Americans with Disabilities Act. The regular charge is \$3.50 for each one-way trip, and the exact amount must be paid in cash or by prepaid ticket. A discounted 10-ride ticket book is available for \$28.00 and may be purchased in any of the following ways (1) Online for home delivery using a credit card: go to [www.cttransit.com](http://www.cttransit.com). (2) At a Stop & Shop Supermarket courtesy desk. (3) By mail: call 860-380-2006 to request an order form. All riders must wear masks and maintain social distancing. The district is continually sanitizing and following stringent cleaning standards to help ensure the safety of its travelers. The district provides ADA paratransit service in the Hartford region seven days a week. For more information call 860-247-5329; for ADA ride reservations call 860-724-5340.

### 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 860-667-6388, ext. 100.

### THE LUNCH BUNCH

#### Hibachi Grill Buffet - Manchester, Monday, December 15.

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 transportation; lunch is on your own. Arrive at the restaurant at approximately 12:00 noon. *Bloomfield residents 55+ only. Sign-up starts December 4.*

### WOMEN'S BREAKFAST

The next women's breakfast will be held at 9:30 am on Thursday, **December 11**. Bloomfield residents age 55+. Space is limited; we cannot accommodate drop-ins. **PRICE: \$5.00.** Sign-up starts **December 4.**

### MEN'S BREAKFAST

The next men's breakfast will be held at 9:30 am on Thursday, **December 18**. Bloomfield residents age 55+. Space is limited; we cannot accommodate drop-ins. **PRICE: \$5.00.** Sign-up starts **December 4.**

### ESPAÑOL & INGLÉS . . . SPANISH & ENGLISH

"Acéptate, cuídate y cree en ti."

"Accept yourself, take care yourself, and believe in yourself."

## SENIOR COMMUNITY CAFE



TUESDAYS~WEDNESDAYS~FRIDAYS

2 Beef Veg. Soup, Beef Hot Dog, Baked Beans, Coleslaw, Yogurt Cup  
3 Lemon Baked Chicken, Yellow Rice w/Beans, Vegetables, Wheat Bread, Fruit  
5 Pizza and Salad  
9 Stewed Chicken Drumstick, Potatoes, Veg. Medley, Wheat Bread, Fresh Fruit  
10 Baked Ziti w/ Ground Beef, California Vegetables, Bread Stick, Fresh Fruit  
12 Hot Dogs, Baked Beans, Coleslaw  
16 Battered Fish, Lyonnaise Veg. Spinach, Wheat Bread, Fruit Bar, Juice  
17 Beef Patty w/Beef Gravy, Sweet Potatoes, Capri Veg., Wheat Bread, Fresh Fruit  
19 Pizza with Salad  
23 Eggplant Rollatini with Marinara Sauce, Vegetables, Garlic Knot, Fruit  
24 Closed for CRT Observed Holiday – No Lunch  
26 Hot Dogs, Baked Beans, Coleslaw  
30 Kielbasa, Sweet Potato Fries, Brussel Sprouts, Wheat Bread, Fresh Fruit  
31 Mild Chili, White Rice, Veg. Medley, Cornbread, Fresh Fruit

The Bloomfield Senior Services Dept. is a **Tuesday/Wednesday** Community Renewal Team (CRT) elderly nutrition site. Reservations are required and all participants must complete a Form 5. If you are at least **60 years old**, the suggested donation is **\$3.00**. If you are under the age of 60, there is a **\$12.41** charge, which covers the cost of your meal; it is not considered a donation. Lunch food may not be taken home. Space is limited.

The Community Café is also open for lunch on Fridays at 11:00 am for those diners who regularly participate in the Tuesday/ Wednesday lunch program. There is a **\$3.00** charge (not donation). Price for those under the age of 60 is **\$10.00**. Lunch food may not be taken home.

### All Café meals are by Reservation Only!

Please call no later than 11:00 am the day before.

Bloomfield Senior Services, 330 Park Ave.

860-243-8361 T/W

Meals are also served at: Federation Homes, 156 Wintonbury Ave. 860 243-2535 M-F



### MEALS-ON-WHEELS

Meals-on-Wheels are available through the Senior Services Department. Two meals a day are delivered directly to your door. **PRICE: \$7.00/day**. Please call the Senior Center for details.

### MOBILE FOODSHARE

 FoodShare will be at the Senior Center from **12:45-1:30 pm on Tues., December 9 and 23**. This program is for adults who are in need. We use the food market style of walking around the truck to collect the commodities. **Numbers are disbursed beginning at 9:30 am at the flagpole entrance. Reminder: One number per person.** Bring your own heavy-duty bags or a wheeled cart, as many of the items may be heavy.

### COMMODITY SUPPLEMENTAL FOOD PROGRAM

Connecticut Food Bank and FoodShare have partnered to present a monthly food box program for individuals over the age of 60. The Commodity Supplemental Food Program (CSFP) is designed to improve the health of low-income individuals over the age of 60 by supplementing their diets with nutritious USDA Foods. CSFP food packages do not provide a complete diet but are a good source of nutrients that may typically be lacking from an average diet. There is no cost for this program which is in addition to the regularly scheduled FoodShare distributions. Call the Senior Center for more information and to see if you qualify.

### SNAP BENEFITS (Food Stamps)

Apply online at [connect.ct.gov](http://connect.ct.gov); or, for assistance with your application, call End Hunger CT at 866-974-7627

### BLOOMFIELD FOOD BANK NEEDS YOUR HELP!

If you are able to do so, please consider helping the Bloomfield Social & Youth Services Food Bank. Non-perishable food items, monetary, and gift card donations are all most appreciated.

### BLOOMFIELD FOODBANK

The Bloomfield Foodbank (in the Social & Youth Services Department) is open from 1:00-3:00 pm on Wednesdays; and from 10:00 am-12:00 pm Fridays. Personal shopping is available from 5:00-7:30 pm on the second Monday of each month. Bloomfield residents only. ID required. Call 860-242-1895 for more information.

### FOOD KITCHEN

The Community Food Kitchen is located at the Bloomfield Congregational Church; 10 Wintonbury Ave. Hot meals are served every Saturday from 11:30 am-12:45 pm. All are welcome! Call 860-242-0776 for more info.

### FOOD DISTRIBUTION PROGRAM

A monthly food distribution program for senior adults age 60+ is held at Rehoboth Church. Participants must meet income guidelines. For more info, call 860-242-8335.

### BLOOMFIELD SOCIAL & YOUTH SERVICES

Need help? Bloomfield Social & Youth Services may be able to assist you with a variety of programs. Call 860-242-1895 to speak with a social worker.

**Energy Assistance:** Need help with your heating and utility bills? Family size gross annual income:

1 - \$47,764    2 - \$62,460    3 - \$77,157    4 - \$91,854

(Call CRT at 860-560-5800 to schedule your appointment.)

**Housing Financial Assistance:** Are you delinquent in your rent or mortgage payments due to financial hardship? You may be eligible for help.

**State Medical Assistance:** Social & Youth Services can assist Seniors & Disabled Adults with filing for State Administered General Assistance benefits, and Redetermination Applications for those receiving State medical, financial or food stamp benefits.

### TOWN OF BLOOMFIELD E-ALERTS

Keep up-to-date with email notifications from the Town of Bloomfield. To register, visit [www.bloomfieldct.gov](http://www.bloomfieldct.gov). Click on "Manage E-alerts" on the home page and follow the prompts.

### NEWS YOU CAN USE

You may not be aware of it, but voicemail and answering machines do not have unlimited memory. Please check your devices periodically and clear the memory so that you will not miss important calls.

### AARP SMART DRIVER ONLINE



Take this class from the comfort of your own home. Go to [www.aarpdriversafety.org](http://www.aarpdriversafety.org). **FEE: \$23.95 for AARP members; \$29.95 for non-members.**

### AARP SMART DRIVER THURSDAYS IN-PERSON



CT Drivers aged 60+ earn a 5% discount on auto insurance premiums. Advance registration required. **FEE: \$20.00 AARP members, \$25.00 non-members (make checks payable to AARP and bring it with you to class).** Bring your own snacks/beverages. Call (860)-243-8361 to register.

Thursday, December 4

9:30 am – 1:30 pm

## TRIPS

Full payment for all trips is required at the time of sign-up (unless otherwise noted).

**Bloomfield residents receive a 1-week priority registration for all trips (unless otherwise noted). Please bring a photo ID to register.**

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

Any trips that require purchasing tickets are non-refundable, regardless of sign-up date.

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

All trips now require a Trip Registration form to be completed at sign-up.

\*Signifies new trip or event.

**HOLIDAY CLASSICS WITH THE CARTELLS, AQUATURF, TUESDAY, DECEMBER 9.** Enjoy an afternoon filled with food, fun and music designed to get you into the holiday spirit. Featuring a sing-a-long with The Glamour Girls and Santa & Mrs. Claus! Family style lunch with roasted turkey and baked cod. Mini-bus. Lv. Sr. Ctr. 9:45 am. Approx. return time to Sr. Ctr. 5:00 pm. **PRICE: \$55.00. WAITLIST.**

**\*OLD MISTICK VILLAGE FESTIVAL OF LIGHTS, FRIDAY, DECEMBER 12.** Bloomfield residents 55+ only. Lv. Sr. Ctr. 2:00 pm. Approx. rtn. time 8:00 pm. Mini-bus. **PRICE: \$5.00 deposit** (refunded when you board the bus or cancel at least 24 hours prior to trip.) Sign up for Bloomfield residents begins December 4.

**\*DANBURY FAIR MALL, DANBURY, SATURDAY, DECEMBER 13.** Mini-bus. Leave Senior Center at 10am. Approx. return to Senior Center at 5:00 pm. **PRICE: \$5.00 deposit** (refunded when you board the bus or cancel at least 24 hours prior to trip.) Sign up for Bloomfield residents begins December 4.

**BRIGHT NIGHTS AT FOREST PARK, SPRINGFIELD, MA., TUESDAY, DECEMBER 16.** Join us for a 3-mile mini-bus ride through this magnificent holiday lighting display. Lv. Sr. Ctr. 4:30 pm. Approx. rtn. to Sr. Ctr. 7:00 pm. **PRICE: \$8.00.**

**TRAVELERS CHORALE WINTER CONCERT, BUSHNELL, WEDNESDAY, DECEMBER 17.** Mini-bus. Lv. Sr. Ctr. at 6:45 p.m. Approx. rtn. to Sr. Ctr. 9:45 pm. **PRICE: \$1.00** (Please bring a non-perishable food item to the Bushnell to donate that evening). WAITLIST.

**MOHEGAN SUN CASINO, THURSDAY, DECEMBER 18.** Lv. Sr. Ctr. 8:30 am. Lv. casino 3:00 pm. Mini-bus. No casino package. **PRICE: \$15.00 residents; \$20.00 non-residents.**

**\*BOAR'S HEAD & YULE LOG FESTIVAL, ASYLUM HILL CONGREGATIONAL CHURCH, SAT., JAN. 10, 2025.** The church is decorated as a great banquet for this medieval celebration of Epiphany through music, dancing, pageantry and live animals. A brass ensemble, a mime, a juggler, a magician, stilt walkers, a puppeteer, and jesters recall the Christmas entertainment provided by the Lord Mayor of London, where these festivities originated in the late 15<sup>th</sup> century. Bagpipers perform, followed by a procession of lords and ladies, and the High King & Queen of the Realm. Fanfare and singing herald the arrival of the boar's head, symbolic of Christ's triumph over evil. Cooks and staff bring forth a great feast as King Wenceslas welcomes a peasant into the royal hall, a reminder to help those in need. A small child brings a lighted candle into the darkened church, symbolizing the coming of the light of Christ. Lv. Sr. Ctr. at 1:45 pm. Est. rtn. t/b/a. Mini-Bus. **PRICE: \$32.00.** No refunds. Sign up for Bloomfield residents begins December 4.

**\*FOXWOODS CASINO, THURSDAY, JANUARY 15.** Lv. Sr. Ctr. 8:30 am. Lv. casino 3:00 pm. Mini-bus. No casino package. **PRICE: \$15.00 residents; \$20.00 non-residents.** Sign up for Bloomfield residents begins December 4.

## PRO-TIP WHEN SIGNING UP FOR TRIPS OR CLASSES

Bring your address labels to use on the sign-up sheets. This will save you time and the amount of writing that you will need to do to complete all forms.

## PUBLIC HEALTH NURSE WELLNESS SCREENINGS

 A West Hartford/Bloomfield public health nurse is at the Senior Center from 9:30 am-11:00 am on Tuesdays. Services covered include blood pressure, temperature, blood sugar and weight checks. This service is free and open to Bloomfield adults age 18+.

## VACCINATIONS

 The West Hartford-Bloomfield Health District is offering Tdap, Pneumonia, Shingles, COVID and Flu vaccinations at their 580 Cottage Grove Road office (Suite 100) on Wednesdays. Please call 860-561-7900 to schedule an appointment.

## ADUB DONATIONS

The Adult Disposable Undergarment Bank gratefully accepts contributions of new "pull-up" style (no tabs) undergarments in all sizes for men and women.

## ADULT DISPOSABLE UNDERGARMENTS BANK ("ADUB")

The Senior Services Department has a Disposable Adult Undergarment Bank. Bloomfield Residents age 55+ who live in private homes or apartments may receive one package per month, based on availability. If you would like the Velcro tab undergarments, you may get 2-packages, subject to availability. ID is required each time you pick up undergarments.

## \* ADULT DISPOSABLE UNDERGARMENTS BANK ("ADUB") REQUIREMENTS BEGINNING JANUARY 1, 2026

- Due to the current demand you must provide identification every month you pick up undergarments.
- If you are picking up undergarments for someone else you must provide 2 forms of identification for the person you are picking up for
  - One form of identification must be a utility bill, mortgage statement, etc.

## ELDER JUSTICE HOTLINE

Have you been the victim of fraud? Received a message demanding immediate payment and aren't sure if it's legitimate? Issues affecting older adults can range from age-based discrimination in the workplace to elder abuse, neglect, fraud, and exploitation. The Elder Justice Hotline (860-808-5555) staff can connect you to agencies who are available to assist you.

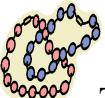
## CANCERCare of CONNECTICUT

CancerCare provides free counseling, education, financial assistance & support to anyone affected by cancer: patients, family, friends, the bereaved. They can assist with childcare, 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.

## **MOVIE**

 Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The **December 16** feature is **"Mickey 17."** In 2050, to escape the global reach of a murderous loan shark, Mickey Barnes and his friend Timo join a spaceship crew to colonize the ice planet Niflheim. Timo becomes a shuttle pilot, while Mickey joins as an "Expendable", a controversial job involving extremely dangerous tasks, with death resulting in a new clone of him with restored memories being created through a process called "reprinting". During the voyage, a romance develops between Mickey and security agent Nasha. Rated R. Sign up at the Senior Center beginning December 4.

## **IDA'S SHOPPE**

 Ida's Shoppe is open from 10:30 am - 1:00 pm on Tuesdays and Wednesdays. Donations of jewelry and new or gently used small gift items are appreciated.

Thanks to our volunteers Josephine Allen, Vernelle Davis and Shirley Stengel who help keep the Shoppe running smoothly.

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

This 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.

## **FAITH McMAHON MEMORIAL SCHOLARSHIP FUND**

Established by the Bloomfield Commission on Aging to honor the memory of former Bloomfield mayor Faith McMahon. Donations assist Bloomfield "seniors" who wish to enroll in instructional programs but cannot afford the associated fees.

## **TECHNOLOGY LOAN PROGRAM (ATLP)**

ATLP is a low-interest financial loan to help individuals with disabilities or their family members purchase assistive technology devices and services needed to enhance independence and/or functioning in the community, education and/or employment. Loan amounts range from \$500-\$30,000 with repayment from 1-10 years. Call 860-424-5619 or visit [www.CTTechAct.com/loan](http://www.CTTechAct.com/loan) for more info.

## **SUBSTANCE ABUSE RECOVERY SUPPORT**

The Substance Abuse & Mental Health Services National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for anyone facing mental and/or substance use disorders. Call 1-800-662-HELP (4357) or TTY: 1-800-487-4889.

## **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 add you to our distribution list. Please note, we do not share our email subscribers list; however, from time to time we may send you special notices from other town sources.

## **DID YOU KNOW?**

Old clothing/shoes drop boxes are located at town hall and at 330 Park Avenue. There is a recycle container provided by the Lions Club located at the Senior Services entrance to 330 Park Avenue where you may drop off Plastic Bags and Films.

## **NEWS YOU CAN USE**

The CT Motor Vehicle Dept. currently requires appointments. However, Many DMV transactions (including license, registration and ID card renewals) can also be done online or by phone. Visit [portal.ct.gov/DMV](http://portal.ct.gov/DMV) or call 860-263-5700 Monday-Friday, 8:00 am - 4:00 pm (best day to call is Wednesday). Also, while the Hartford social security office is now open, most social security issues can be handled by visiting their website: [https://www.ssa.gov](http://www.ssa.gov) or by calling 1-877-619-2851.

## **MORE NEWS YOU CAN USE**

Did you know that the American Red Cross will install FREE smoke detectors in your home? A visit from Red Cross trained volunteers and/or licensed/insured professionals generally takes approximately 20 minutes. Visit [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit) or call 1-877-287-3327 (option 1) to schedule your appointment.

## **Wi-Fi OPTIONS AT 330 PARK AVENUE**

Free high-speed Wi-Fi is available at public outdoor spaces at the Town Hall, and the Human Services Center (330 Park Avenue). Just connect to the **CT Public Wi-Fi** network, accept a disclaimer, and surf the internet for free. Inside the building, select **TOB-WiFi**, accept a disclaimer, and surf the internet for free.

## **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 a green Emergency Information Sheet. Don't forget to add your cell phone number.

## **LIFELINE LOW INCOME DISCOUNTS**

You may qualify for monthly phone or internet discounts if you participate in programs such as Medicaid, SNAP, Veterans Pension, or Federal Public Housing, or your household income is below 135% of the federal poverty guidelines. For more info, visit [LifelineSupport@usac.org](mailto:LifelineSupport@usac.org) or call 1-800-234-9473.

## **DOG STAR FULL BOWLS PROGRAM**

Each approved family receives a one-week supply of kibble per dog, about 14 cups each. When available, we'll also include donated extras like wet food, treats, or toys to make tails wag a little more. Contact [fullbowls@dogstarrescue.org](mailto:fullbowls@dogstarrescue.org) for more information.

## **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 & living wills, but do not handle probate. For more info, call 860-541-5043. 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.

## **SENIOR HOLIDAY LUNCHEON**

Holiday celebration from 12:00 pm - 4:00 pm on Monday, **December 22**, at the Blue Hills Fire Department. Hosted by the Blue Hills Fire Department and Bloomfield Senior Services. Bloomfield residents age 55+ only. Space is limited.

## **BLOOMFIELD CHAMBER OF COMMERCE EVENT**

The Chamber of Commerce will host a Holiday Pop-up Market at the Bloomfield Congregational Church, 10 Wintonbury Avenue, from 2:00 – 5:30 pm on Sat., **Dec. 6**. A great opportunity to connect with holiday shoppers and enjoy the seasonal festivities

## **CAREGIVER & BEREAVEMENT SUPPORT GROUPS**

If you are a caregiver or are coping with the loss of a loved one, we invite you to join us at 1:30 pm on the first Wednesday of each month at the Senior Center. The care of a family member with health or memory problems often begins with the challenge of learning our way through the healthcare system. It often helps to talk and share with others who have had similar experiences. Facilitators are Social Workers Lucille Morisse and Glynis Cassis, and Librarian Mara Whitman. Next meeting will be on Wednesday, **December 3**.



## **INSTRUCTIONAL PROGRAMS**

- ♦ *New registration required at the beginning of each series of classes.*
- ♦ *Proof of address required*

**In-person class sizes are limited.  
Advance registration is required for all classes.**

You may wish to consult your doctor before exercising. In performing any fitness exercises, you are doing them at your own risk.

### **AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm.**

Rhythmic aerobic exercise combined with stretching & strength training routines. Exercise remotely via Zoom or in person. Next 8-week series begins **December 19**. INSTR: Jeff Shealey. **FEE: \$35.00 res / \$45.00 non-res.**

### **DROP-IN CROCHETING - Mondays, 10:00 am - 12:00**

**noon.** Bring your project and all your own supplies with you to class. This is a drop-in program. **NO FEE.**

**AQUA-CISE - Mondays, 1:30 pm - 2:15 pm.** at Duncaster. Aerobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. The next 6-week series begins **January 19, 2026.** **FEE: \$38.00 res/\$48.00 non-res.**

**WOMAN OF HOPE, LLC - Mondays, at 1:30 pm and Fridays at 10:30 am.** 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. **FACILITATOR: Ruby Goodman-Claytor, M.Ed. NO FEE.**

**BE FIT & HAVE FUN - Tuesdays & Thursdays, 9:30 am - 10:30 am.** The four types of exercise that are important to staying healthy & independent are strength, balance, endurance & stretching. Bring your own hand weights. Exercise remotely via Zoom or in person. Next 6-week series begins on **January 13, 2026.** INSTR: Marcey Hickey. **FEE: \$30.00 res / \$40.00 non-res.**

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

**CHAIR YOGA AND STRETCHING - Wednesdays & Fridays, 9:30 am -10:15 am.** Low impact exercises that are easy on your joints and muscles with a focus on core strength, flexibility, balance and posture. 6-week series will meet from 9:30 am - 10:15 am on Wednesdays and Fridays beginning **December 10.** INSTR: Marcey Hickey. **FEE: \$30.00 res/\$40.00 non-res.**

**BLOOMFIELD MUSIC MAKERS-Wednesdays, 9:30 am - 11:30 am.** This performing group volunteers their time to entertain. If you like music and want to sing with a group, come join Bloomfield's own Goodwill Ambassadors. **DIRECTOR: Fern Cohen.**

**CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm.** Designed to strengthen core & abdominal muscles to improve your entire body, making routine, daily tasks easier. Optional equipment: 2-3# weights, medicine ball, resistance bands. Exercise in person or remotely via Zoom. Next 8-week series begins **December 17.** INSTR: Jeff Shealey. **FEE: \$30.00 res/\$40.00 non-res.**

**DROP-IN PAINTING - 1<sup>st</sup> Wednesday of the Month, 1:30 - 3:30 pm.** Join us for an Open Studio. Bring your own supplies. **NO FEE.**

### **ART FROM THE HEART – Wednesdays, 1:30 – 3:30 pm.**

Join us for guided art instruction which are now being held on Wednesdays. The next 6-week series begins **Wednesday, January 28, 2026.** Drop-In painting is held on 1<sup>st</sup> Wednesday of the month. INSTR: Leslie Mathews. **FEE: \$20.00 res/\$30.00 non-res.**

**MOVING WITH BETTER BALANCE AND ENERGY – Thursdays, 10:45 am – 11:45 am** Easy Tai Chi, Balance, Stretching and Chi Gong (energy exercises). Next 6-week series begins **January 15, 2026.** INSTR: Marcey Hickey. **FEE: \$20.00/res; \$30.00 non res.**

**AQUA FIT - Thursdays, 1:30 pm - 2:15 pm.** A low impact walking-in-water class at Duncaster focuses on muscle strength and flexibility. Includes 45 minutes of instruction followed by an additional 15 minutes to relax in the therapy spa pool. Current 6-week series began **January 8, 2026.** INSTR: Penny Lazor. **FEE: \$38.00 res/\$48.00 non-res.**

**FIBER ARTS/QUILTING - Fridays, 9:30 am -11:30 am.** Create a variety of projects from fabric, including quilts (with or without patterns). The next 10-week series begins **February 13, 2026.** INSTR: Barbara West Jarvis. **FEE: \$20.00/res; \$30.00 non-res.**

### **PING-PONG ANYONE?**



Are you interested in playing Ping-Pong? We have a table (and equipment) in the senior center available. Please call for availability.

### **BILLIARDS**

The billiards room is open throughout the day! If you would like to play feel free to stop by.



### **LEARN TO PLAY POOL**

Did you ever think about learning to play pool? Or teaching someone who would like to learn? Please let us know if you would like to take lessons, or if you would be willing to volunteer to share your knowledge of the game and teach someone the basics.

### **BINGO AT THE SENIOR CENTER**

Join us for Bingo every Wednesday at 1:30 p.m. in the Great Room. Adults only; no children, please. \$1 per card. Please bring exact change. Would you like to be a caller? Please let us know.

### **WEDNESDAY/THURSDAY WEEKLY CARD PARTIES**



Get together with friends to play cards on Wednesdays from 9:30 am-12:00 noon. Bridge, Setback, Mahjong - you decide. Thursdays 1:00-4:00 pm. Bid Whist. **No instruction provided.**



**Wii BOWLING**  
The Wii bowling team practices on Tuesdays and Thursdays at 1:30 pm. Feel free to check it out.

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

Walk the Bloomfield Senior Center's modified, self-guided, indoor path on your own Monday-Friday (11.2 times around the large loop, or 20 times around the small loop equals 1 mile.) Walking around the outside of 330 Park Ave is another option (3 times around equals 1 mile). Please bring your own reusable water bottle.



**BLOOMFIELD SENIOR GOLF LEAGUE**  
Are you a senior golfer who wants to have some fun next summer. The league will play 9 holes at Wintonbury Hills on Tuesday mornings from May - Sept. Call Frank Merblum at 860-243-2377 or email sfmerb@att.net.

### **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 puzzles.

Senior Services  
Town of Bloomfield  
330 Park Avenue  
Bloomfield, CT 06002

Presort Standard  
U.S. POSTAGE PAID  
Hartford, CT  
Permit No. 5159

or current resident

X