

The Bloomfield Silver Scoop



January 2026

PAJAMA JAM HAPPY HOUR PLUS

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**.

***CAFE EXPRESS CRAFT AND TABLE TALK**

Join friends, enjoy engaging conversations as we begin a new year, and relax while working on a winter craft project from **1:30pm - 3:30pm on Tuesday, January 20**. Warm beverages and snacks will be provided. Group Leader - Pat Maneggia, LMSW. **PRICE: \$7.00 No Refunds. Sign up starts January 8.**

****"GIVE US A MINUTE OR TWO" GAME DAY!**

Join friends from **1:30pm - 3:30pm on Thursday, January 22** as we continue our monthly series of friendly game competitions with our take on "Minute to Win It." No experience necessary - just a desire to play, have fun and share a few laughs with friends. Prizes and refreshments. Game Facilitator - Pat Maneggia, LMSW. **PRICE: \$5.00 No Refunds Sign up starts January 8.**

***VALENTINE'S BREAKFAST**

We are having a Valentine's celebration breakfast at **9:30 am on Thursday, February 12**. Menu: Waffles with strawberries and whipped cream, sausage, yogurt, coffee, tea and juice. Bloomfield Residents 55+ only. Seating is Limited. Wear something RED or PINK! **PRICE: \$3.00 No Refunds Sign up starts January 8.**

Meet Our Staff

Director

Yvette Huyghue-Pannell

Assistant Director

Luz Cora-Small

Senior Services Coordinator

Amy-Beth Sirard

Mini-bus Coordinator

Kristian Rosado

Administrative Aide

Lori Myers

Mini-Bus Driver Team

Marcus Anderson

Rafael Battle

Greg DeCarish

Waldemar Demby

Ken LaPent

Tonya Mullin

Brian Ozene

Night Supervisors

Edith Byrd

George Simonian

Contact Information

860-243-8361

860-243-8364

www.bloomfieldct.gov

BLOOMFIELD SENIOR SERVICES MISSION STATEMENT

To serve as a welcoming focal point for the delivery of services to adults 55+ 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.

INSTRUCTIONAL PROGRAMS

Advance registration and proof of address are required for all fitness classes. A new registration form is required at the start of each session series. All participants must complete a liability waiver and are strongly advised to undergo a physical examination before beginning any exercise program, as participation is at your own risk. Please register in person at the **Bloomfield Senior Services Department**. All schedules and programming are subject to change.

AEROBICS - Mondays and Fridays, 11:30 am - 12:30 pm

Exercise combined with stretching & strength training. Exercise via Zoom or in person. Next 8-week series begins **February 27**. INSTR: Jeff Shealey. **FEE: \$35.00 res/ \$45.00 non-res.**

AQUA CISE - Mondays, 1:30 pm - 2:15 pm.

Class held 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**. **FEE: \$38.00 res/\$48.00 non-res.**

DROP-IN CROCHETING - Mondays, 10:00 am - 12:00 pm.

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



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 concerns & 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. Four types of exercise that are important to staying healthy & independent are strength, balance, endurance & stretching. Bring your own hand weights. Exercise in person or remotely via Zoom. Next 6-week series begins on **January 13**. INSTR: Marcey Hickey. **FEE: \$30.00 res / \$40.00 non-res.**

The Bloomfield Senior Service Department cancellation policy is tied to Bloomfield Public Schools (BPS): if BPS are canceled, all in-person, day, and evening classes and programs at the Senior Center are canceled. If BPS are delayed, all classes and programs run on their regular schedule unless you are specifically contacted by staff. If BPS are released early, all classes and programs starting at 12:00 p.m. or later are canceled.

INSTRUCTIONAL PROGRAMS

DROP-IN KNITTING

Tuesdays, 11:00 am - 12:30

pm. Bring your project and all your own supplies with you to class. **NO FEE.**

DROP-IN PAINTING - 1st

Wednesday of the Month,

1:30 - 3:30 pm. Join us for an Open Studio. Bring your own supplies. **NO FEE.**

TAI JI QUAN: MOVING FOR BETTER BALANCE

This 24-week (48 session) falls prevention exercise program is designed to improve strength, balance, mobility and prevent falls. A short assessment screening is required. Series begins in March. Date TBD. INSTRUCTOR: Marcey Hickey. **FEE: \$25.00**

CASH ONLY (attend a minimum of 36 sessions and your fee will be refunded at the end of the program).

CHAIR YOGA AND STRETCHING

Wednesdays & Fridays, 9:30 am -10:15

am. Low impact exercises 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 **February 4**. INSTR: Marcey Hickey. **FEE: \$30.00 res/\$40.00 non-res.**

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 pound weights, medicine ball, resistance bands. Exercise in person or remotely via Zoom. Next 8-week series begins **February 25**. INSTR: Jeff Shealey. **FEE: \$30.00 res/\$40.00 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**. INSTR: Barbara West Jarvis. **FEE: \$20.00/res; \$30.00 non-res.**

AQUA FIT Thursdays, 1:30 pm - 2:15 pm.

Low impact walking-in-water class at Duncaster focuses on muscle strength and flexibility. Includes 45 min. of instruction followed by an additional 15 min. to relax in the therapy spa pool. Current 6-week series begins **January 15**. **FEE: \$38 res/\$48 non-res.**

PROGRAMS

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

WEEKLY CARD PARTIES

Wednesdays from 9:30 am-12:00 noon. Bridge, Setback, Mahjong - you decide. Thursdays 1:00-4:00 pm. Bid Whist. No instruction provided.

PING-PONG

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



ART FROM THE HEART

Wednesdays, 1:30 – 3:30

pm. Guided art instruction on Wednesdays. The next 6-week series begins Wednesday, January 28. Drop-In painting is held on 1st Wednesday of the month. INSTR: Leslie Mathews. **FEE:** **\$20.00 res/\$30.00 non-res.**

WALK YOUR WAY TO

HEALTH

Walk the Bloomfield Senior Service Department modified, self-guided, indoor path on your own (11.2 times around the large loop, or 20 times around the small loop equals 1 mile.)

BILLIARDS

The billiards room is open throughout the day. Feel free to stop by. Did you ever think about learning to play pool or teaching someone who would like to learn? Please let us know if you would be willing to volunteer to share your knowledge of the game.

Wii BOWLING

The Wii bowling team practices on Tuesdays and Thursdays at 1:30 pm. Feel free join and/or check it out.

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.

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

BOAR'S HEAD & YULE LOG FESTIVAL ASYLUM HILL CONGREGATIONAL CHURCH SATURDAY, JANUARY 10

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 15th century. Lv. Sr. Ctr. at 1:45 pm. Est. rtn. tbd. Mini-Bus. **PRICE: \$32.00. No refunds.**

***THE LUNCH BUNCH OLIVE GARDEN, WEST HARTFORD THURSDAY, JANUARY 22**

The "Lunch Bunch" travels to a different restaurant once each month. When you see a restaurant listed that you'd like to visit, register at the Senior Center. We provide transportation; lunch is on your own. Arrive at the restaurant at approximately 12:00 noon. Bloomfield residents 55+ only. **Sign-up for Bloomfield residents starts January 8.**

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.**

***LENNY AND JOE'S RESTAURANT
SUNDAY, JANUARY 25**
Mini-bus. Leave Senior Center at 11am. Approx. return to Senior Center at 3:30 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 only starts January 8.**

***YANKEE CANDLE VILLAGE SATURDAY, JANUARY 17**

Mini-bus. Leave Senior Center at 10am. Approx. return to Senior Center at 3:30 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 only starts January 8.**

***MOHEGAN SUN CASINO
THURSDAY, FEBRUARY 19**
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 starts January 8.**

TRIPS

***ANNUAL FLOWER AND GARDEN SHOW CONVENTION CENTER, HARTFORD THURSDAY, FEBRUARY 19**

Spring in February arrives annually at the Connecticut Convention Center! Hundreds of flower and garden exhibitors including artists, crafters, tools, decor, outdoor living experts and more. Refreshments are all on your own at the show. Mini-bus. Lv. Sr. Ctr. 9:30 a. Approx. rtn. time to Sr. Ctr. 2:30 pm.

PRICE: \$17.00 No Refunds

Sign up for Bloomfield residents starts January 8.

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.



MONDAY MALL TRIPS

The following trips are included with a mini-bus subscription. Not a registered rider? Bloomfield adults 55+ may pay a \$5.00 per trip fee and be picked up at the Senior Center.

January 5	Target (Windsor)
January 12	Walmart (East Windsor)
January 19	No Trip - Town Observed Holiday
January 26	Westfarms Mall / Trader Joe's

THURSDAY SHOPPING TRIP

January 8	Big Y, Crown Market, West Hartford 1:00pm
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Department of Motor Vehicles - Enfield

Thurs., January 15, 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., January 22, at 9:00 am by Appointment Only

Hebrew Center for Health & Rehab

Thurs., January 8, at 1:00 pm

TRANSPORTATION

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 rides up to one week in advance.

TOWN-OBSERVED HOLIDAYS

- Thursday, January 1, 2026
- Monday, January 19, 2026

Please plan your reservations 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 assist with carrying 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

These are the ONLY times available for grocery shopping

Mondays	9:00 am
Tuesdays	1:00 pm
Wednesdays	9:00 am
Thursdays	1:00 pm
Fridays	9:00 am

TRANSPORTATION CONT'D.

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. Travel anywhere, anytime, 24/7, 365 with no restrictions. M7 and the Greater Hartford Transit District have partnered to expand transportation options. 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. 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 information, application and rates.

WAY TO GO CT

Transportation resources for North Central CT. For info, call 860-667-6388, ext. 100.

COMMUNITY RESOURCES

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.

SUBSTANCE ABUSE RECOVERY

SUPPORT Call 1-800-662-HELP (4357)

SENIORS JOB BANK

Are you interested in working or volunteering? Please contact 860-521-3210

NURSING STUDENTS

We want to extend a warm welcome back to the University of St. Joseph nursing students and Instructor Sue Kelly who will be here for the Spring Semester at the Senior Center.

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 tab undergarments, you may receive 2-packages, subject to availability. **ID is required each time you pick up undergarments.** If you are picking up undergarments for someone else, you must provide two forms of identification for the person you are picking up for.

"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.

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

PROGRAMS

CAREGIVER & BEREAVEMENT SUPPORT GROUP

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, January 7.

MONTHLY MOVIE

Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The January 20 feature is **“The Comeback Trail.”** A film producer who owes money to a mobster tries to “accidentally” kill his aging movie star for an insurance scam so he can pay off his debt, but he begins to realize that the movie they’re shooting is a masterpiece in the making. Starring Tommy Lee Jones, Robert De Niro, and Morgan Freeman. Rated R. Sign up at the Senior Center beginning January 8.

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.

Thurs., March 12 9:30 am - 1:30 pm

WOMEN’S BREAKFAST

The next women’s breakfast will be held at 9:30 am on **Thursday, January 15.** Bloomfield residents age 55+. Space is limited; we cannot accommodate drop-ins. PRICE: \$5.00. Sign-up starts January 8.

MEN’S BREAKFAST

The next men’s breakfast will be held at 9:30 am on **Thursday, January 22.** Bloomfield residents age 55+. Space is limited; we cannot accommodate drop-ins. PRICE: \$5.00. Sign-up starts January 8.

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.

NUTRITION RESOURCES

SENIOR COMMUNITY CAFE
TUESDAYS, WEDNESDAYS AND FRIDAYS
JANUARY 2026

2	Pizza and Salad
6	Lentil Soup, Lasagna w/Alfredo Sauce, Mix Vegs., Garlic Knot, Yogurt
7	Beef Patty w/Gravy, Sweet Potato Wedges, Veg. Blend, Wheat Bread, Fruit
9	Hot Dogs, Baked Beans, Coleslaw
13	Turkey Stew, Root Vegetables, Boiled Potatoes, Dinner Roll, Fresh Fruit
14	Sticky Honey Garlic Meatballs, White Rice, Spinach, Wheat Bread, Fresh Fruit
16	Pizza and Salad
20	Ricotta Stuffed Shell w/ Marinara Sauce, Broccoli Florets, Bread Stick, Cookie
21	Mild Salsa Baked Chicken Drumstick, Yellow Rice, Vegetables, Bread, Fruit
23	Hot Dogs, Baked Beans, Coleslaw
27	Chicken Steak w/Amer. Cheese, Peppers and Mushrooms on Roll, Carrots, Fruit
28	Salisbury Steak, Cornbread Stuffing, Veg. Blend, Wheat Bread, Fresh Fruit
30	Hot Dogs, Baked Beans, Coleslaw

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

NUTRITION RESOURCES

MOBILE FOODSHARE

FoodShare will be at the Senior Center from **12:45-1:30 pm on Tues., January 6 and 20.** 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.

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 860-243-8361 for details.

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.

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.

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.

COMMUNITY RESOURCES

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.

AARP SMART DRIVER ONLINE

Take this class from the comfort of your own home. Go to www.aarpdriversafety.org. FEE: \$23.95 for members; \$29.95 for non-members.

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. 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 call 1-800-296-1467.

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.

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.

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.

BLOOMFIELD SENIOR CENTER OF - 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.

January 2026

Happy New Year!

Weekend Trips

Sat. Jan. 17 - Yankee Candle
Sun. Jan. 25 - Lenny and Joe's

1

10:30 Women of Hope
11:00 Community Café

2

9:30 Fiber Arts/Quilting
9:30 Chair Yoga
10:30 Women of Hope
11:00 Community Café
11:30 Aerobics

9

9:30 Be Fit & Have Fun
9:30 Wellness Screenings
9:30 Drop-In Knitting
12:00 CRT Community Café
12:45 FoodShare
1:30 Wii Bowling

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9:30 Be Fit & Have Fun
10:45 Moving with Better Bal.
1:00 Big Y, Crown Market
1:00 Hebrew Center
1:30 Aqua Fit at Duncaster
1:30 Wii Bowling

9

9:30 Fiber Arts/Quilting
9:30 Chair Yoga
10:30 Women of Hope
11:00 Community Café
11:30 Aerobics

8

9:30 Chair Yoga
9:30 Music Makers
9:30 Card Playing
11:30 Chair Pilates & Toning
12:00 CRT Community Café
1:30 Bingo

7

9:30 Chair Yoga
9:30 Music Makers
9:30 Card Playing
11:30 Chair Pilates & Toning
12:00 CRT Community Café
1:30 Bingo

8

9:30 Be Fit & Have Fun
10:45 Moving with Better Bal.
1:00 Big Y, Crown Market
1:00 Hebrew Center
1:30 Aqua Fit at Duncaster
1:30 Wii Bowling

13

9:30 Be Fit & Have Fun
9:30 Wellness Screenings
9:30 Drop-In Knitting
12:00 CRT Community Café
1:30 Wii Bowling

14

9:30 Chair Yoga
9:30 Music Makers
9:30 Card Playing
11:30 Chair Pilates & Toning
12:00 CRT Community Café
1:30 Bingo

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9:30 FOXWOODS CASINO
9:00 DMV - Enfield
9:30 Women's Breakfast
9:30 Be Fit & Have Fun
1:30 Aqua Fit at Duncaster
1:30 Wii Bowling

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9:30 Be Fit & Have Fun
9:30 Healthy Lifestyle Wkshp
9:30 Aerobics
11:00 Women of Hope
11:00 Aqua-Cise at Duncaster
1:30 Target in Windsor

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9:30 Wellness Screenings
9:30 Drop-In Knitting
12:00 CRT Community Café
12:45 FoodShare
1:30 Wii Bowling

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9:00 Soc. Sec. Admin
9:30 Men's Breakfast
9:30 Be Fit & Have Fun
12:00 Lunch Bunch
12:00 Aqua Fit at Duncaster
1:30 Wii Bowling

20

9:30 Wellness Screenings
9:30 Drop-In Knitting
12:00 CRT Community Café
12:45 FoodShare
1:30 Wii Bowling

27

9:30 Chair Yoga
9:30 Music Makers
9:30 Card Playing
11:30 Chair Pilates & Toning
12:00 CRT Community Café
1:30 Bingo

22

9:00 Art from the Heart
9:30 Chair Yoga
9:30 Music Makers
9:30 Card Playing
11:30 Chair Pilates & Toning
12:00 CRT Community Café
1:30 Bingo

26

9:30 Wellness Screenings
9:30 Be Fit & Have Fun
11:00 Drop-In Knitting
11:30 Health Educ. Program
12:00 CRT Community Café
1:30 Wii Bowling

23

9:30 Fiber Arts/Quilting
9:30 Chair Yoga
10:30 Women of Hope
11:00 Community Café
11:30 Aerobics

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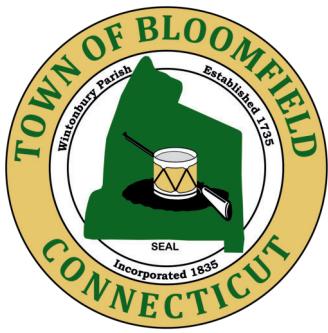
9:30 Chair Yoga
9:30 Music Makers
9:30 Card Playing
11:30 Chair Pilates & Toning
12:00 CRT Community Café
1:30 Bingo

29

9:30 Be Fit & Have Fun
1:30 Aqua Fit at Duncaster
1:30 Wii Bowling

30

9:30 Fiber Arts/Quilting
9:30 Chair Yoga
10:30 Women of Hope
11:00 Community Café
11:30 Aerobics



Presort Standard
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Senior Services
330 Park Ave
Bloomfield, CT 06002

