



THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

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Senior Centers
since 2004



<http://bloomfieldct.gov>

April 2018

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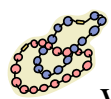
All programs and events in this newsletter are sponsored by the Senior Services Department and are open to all Bloomfield residents over the age of 55.

Drop-in Monday to Friday 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 from 10:30 am-1:00 pm, and Wednesdays from 10:30 am-4:45 pm. All proceeds are donated to the Senior Center for senior grants, classes & instructional programs, and special projects. Thanks to our volunteers Violet Baccari, Dorothy Chamarda, Sadie Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

CAREGIVER & BEREAVEMENT SUPPORT GROUPS

A small group of individuals who are either caregivers or are dealing with the loss of a loved one, meet at 1:30 pm on the first Wednesday of each month at the Marilyn Michaelson Senior Center of Bloomfield to offer each other support and guidance. Assuming responsibility for the care of a family member with health or memory problems often begins with the challenge of learning our way through the healthcare system. Sadly, but not infrequently, it progresses to learning about the grief process. One way of coping is by talking and sharing with others who have had similar experiences. Facilitators are Social Worker Lucille Morisse, & Librarian Mara Whitman. Next meeting is on **April 4**. Registration is not necessary.

FOOT CARE CLINIC

The next Pedi-Care foot clinic will be held here at the Senior Center on **Monday April 23**. **PRICE: \$29.00**, payable by cash or check. Call the Senior Center to schedule your appointment.

FREE SHRED DAY

Bloomfield's Conservation Energy & Environment Committee (CEEC) will hold a free shred day for Bloomfield residents (no businesses, please) at Town Hall on Sat. **April 14**, from 10:00 am-2:00 pm (or when the truck is full). Paper only; but staples, paperclips and rubber bands are okay. No media of any kind (i.e. CDs, hard drives, etc.). Limit 3 bags per car. Sponsored by Earthlight and Homestead.

PAINT NIGHT PARTY

We are partnering with Leisure Services for another paint night party from 5:30-7:30 pm, Fri., **Apr. 20**. We provide snacks & supplies; artist/instructor Dolores Howard will explain what to do; and you go home with your own personal work of art! No experience necessary. Registration required. **PRICE: \$15.00** due at signup.

CAN YOU HELP?

We need newsletter captains to deliver newsletters to Mountain Avenue (Buildings 3 & 5), Dorothy Drive (Building 6), and Bestor Lane (Building 8). Please let us know if you can help.

APRIL MEN'S BREAKFAST!

The next men's breakfast will take place at 9:30 am on Friday, **April 27**. By popular request, Kimberly Hall staff will be back with baseball trivia. **PRICE \$5.00**. Please sign up by **April 20**.

MULTI-MEDIA DRAWING ART SHOW

You are cordially invited to the Annual Exhibit for the Multi-Media Drawing Class from 4:30-6:00 pm on Tuesday, **April 3**, at Bloomfield Town Hall. (Instructor: Dolores Howard) Light hors d'oeuvres. Free transportation for Bloomfield "seniors." Call the Senior Center to register.

THE A-B-C's of PROBATE

Join us at 4:00 pm on Monday, **April 23**, for a very special "Made Easy" program with probate judge David A. Baram. *Protecting your rights--why you should have a Will, Power of Attorney and Health Care Directives that include provisions for a Conservator of your Person and Estate*. Take advantage of this opportunity to ask questions about a topic that many people don't understand. Bring your family and friends. Light refreshments. Transportation available for Bloomfield residents. Please register at the Senior Center by **April 18**.


MOTHER'S DAY PROGRAM

Our annual Mother's Day program will take place on Mon., **May 7**. Program starts at the Senior Center at 9:30 a.m., with light refreshments and some pampering followed by a luncheon buffet at the Simsbury Inn. **PRICE: \$35.00**. Payment due with registration. Limited space available.

MARK YOUR CALENDAR...

University High School of Science & Engineering students are hard at work planning our 6th Annual Casual Prom. This year we are having a beach party! Food, music, dancing, games. 11:30 am to 1:00 pm on Thursday, **May 24**. Sign up by **May 17**. No fee.

SENIOR CITIZENS APPRECIATION LUNCHEON

 Bloomfield Public Schools invites Bloomfield "seniors" to their Annual Appreciation Luncheon at Bloomfield High School from 11:30 am - 1:00 pm on Thursday, **May 31**. **Reservation deadline: May 18**.

NATIONAL SENIOR HEALTH & FITNESS DAY

Active Today . . . Healthier Tomorrow! Walk laps in the Senior Center between **May 29 & June 1** and you could win a FITBIT wearable activity tracker. Receive 1 entry each day you walk (2 entries on **May 30**). There are no scheduled classes that week because of the Memorial Day holiday, but you can still exercise--Come in and walk! Let's fill the halls. Drawing will be held Monday, June 4, and winner will be notified by telephone.

Bloomfield “Mini” Bingo Dates

Apr. 3	Apr. 10	Apr. 17	Apr. 24
Starting at 10:00 am			

SENIOR COMMUNITY CAFE



TUESDAYS/WEDNESDAYS/FRIDAYS

- 3 Chef Salad w/Mixed Greens; Shredded Cheese/Turkey Ham/Egg
- 4 Roast Beef w/Gravy; Chive Mashed Potatoes; Whole Baby Carrots
- 6 Potato Crumbed Fish; Au Gratin Potatoes; California Normandy Veg.
- 10 Hamburger w/Broth; Potato Salad; Sliced tomatoes & Leaf Lettuce
- 11 Barbequed Pulled Pork on Wheat Bun; Tortellini Salad; Cole Slaw
- 13 Macaroni & Cheese; Garden Salad; Stewed Tomatoes
- 17 Kielbasa; Pierogis w/Onion Butter Sauce; Brussels Sprouts
- 18 Salad Greens; Cherry Tomatoes; Cucumbers; Onions; Grilled Chicken Strips; Shredded Cheese
- 20 Roast Turkey w/Gravy; Cornbread Stuffing; Peas & Diced Carrots
- 24 Lasagna Roll-up w/Marinara Sauce; Beef Meat Balls; Broccoli; Cauliflower
- 25 Baked Ham w/Pineapple Sauce; Brown & White Rice; Veggies
- 27 Meatloaf w/Gravy; Garlic Smashed Potato; Cut Green Beans

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 **\$7.50**. 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 Reservation Only!

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

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.

THE LUNCH BUNCH

Mon., April 16 - Joey Garlic (Newington)

Thurs., May 17 - Maine Fish (East Windsor)

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

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.

SEATBELT SAFETY



All of our 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.

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

MONDAY MALL TRIPS

- April 9 WalMart - East Windsor
- April 16 Berlin Turnpike, Footprints
- April 23 Charter Oak Marketplace, WalMart
- April 30 Buckland Mall, Evergreen Walk

THURSDAY SHOPPING TRIPS

- April 5 Bishops Corner 1:00 pm
- April 12 Price Rite (Windsor) 9:00 am

SPECIAL WEEKEND TRIPS BY MINI-BUS

Thanks to a mini-bus grant, we have funding available to offer a variety of reduced cost weekend trips over the next several months! **PRICE: \$2.00 per trip for mini-bus riders; \$5.00 per trip for non-riders.** Please note: These trips are open only to Bloomfield “seniors” (over age 55). Proof of address is required.

- Sun., April 15 Submarine Force Museum (Groton)
- Sat., April 28 Daffodil Festival (Meriden)
- Sat., May 5 Flea Market (New Haven)
- Sun., May 20 Golden Corral Restaurant (Springfield)

Department of Motor Vehicle - Enfield

Thurs., April 19, at 9:00 am

Social Security Administration

Thurs., April 26, at 9:00 am

Hebrew Health Care

Thurs., April 5, 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	

OTHER MINI-BUS TRIPS

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.

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.

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!

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 *

***THE SPA @ NORWICH INN, THURS., MAY 17.** In addition to a Swedish massage* your day will include a group aquatics class; use of sauna, whirlpool, steam room, exercise pool, fitness center & relaxation room; lunch at Kensington's; afternoon tea & scones. *Other treatments available at additional cost. Lv. Sr. Ctr. 7:30 am; Rtn. approx. 6:00 pm. Mini-bus. **PRICE: \$180.00.** Reservation deadline May 4.

***MOHEGAN SUN CASINO, MON., JUNE 4.** Lv. Sr. Ctr. 11:00 am. Please be in the bus lobby at 5:45 pm and on board the bus ready to leave promptly at 6:00 pm.

***WNBA BASKETBALL AT MOHEGAN SUN ARENA, FRI., JULY 20.** Enjoy time on your own at the casino prior to the 7:00 pm game between the CT Sun and Seattle Storm. Price includes mini-bus transportation, ticket to the game, food voucher and casino bonus. Must be over 21. **PRICE: \$25.00.** Departure time t/b/a. Return immediately after the game.

***MARTHA'S VINEYARD, THURS., JULY 26.** Rain or shine. Mini-bus to Woods Hole, MA, to board the Steamship Authority ferry to "The Vineyard," where the day is yours to explore the island. Grandchildren over the age of 6 are welcome. Payment due with reservations. No refunds. Lv. Sr. Ctr. 5:00 am. No at-home pickups. Est. rtn. to Sr. Ctr 8:30 pm. **PRICE: \$45.00**

***SARATOGA, NY, HORSE RACES, THURS., AUG. 2.** Enjoy "the sport of kings" at the beautiful Saratoga Race Course. Have lunch on your own at one of the many restaurants or food vendors. Share coach bus. Departure/rtn. times t/b/a. **PRICE: \$85.00.** No refunds after July 2.

***TWIN RIVER CASINO, LINCOLN, RI, WED., NOV. 14.** Travel to Rhode Island to spend time at the Twin River Casino before heading to the Casino Event Center for an afternoon performance of "Sweet Caroline," the fabulous, high-energy musical tribute to the great Neil Diamond. Includes coach bus, luncheon buffet, casino bonus and admission to the show. Must be over 21 and have valid government-issued identification to obtain player's club card and incentives. **PRICE: \$92.00.** Departure/return times t/b/a.

OVERNIGHT TRIPS - NEW

***SIGHTS, SOUNDS & TASTES OF LANCASTER, PA., WED-FRI, OCT. 17-19.** A fun-packed mini vacation: 2 nights at the Eden Resort in Lancaster. Tickets to see "Jesus" at the Sight & Sound Millennium Theater and "Sister Act" at the Dutch Apple Dinner Theater. 2 buffet breakfasts; 2 dinners; guided motor coach tour of Amish farmlands; visits to Kitchen Kettle Village, the Bird in Hand Farmer's Market and the Town of Lititz. Includes roundtrip motor coach; taxes and baggage handling; driver and tour director gratuities. **PRICE: \$562.00 pp/do; \$697.00 pp/so; \$542.00 pp/to.** Departure/rtn times t/b/a.

MORE DAY TRIPS

MOHEGAN SUN CASINO, MON., APRIL 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.**

"SISTER ACT," WESTCHESTER BROADWAY THEATRE, NY, THURS., APRIL 19. We will travel to Elmsford, NY, for lunch and a matinee performance of *Sister Act*, the funniest, funkiest musical around. After lunch (choose an entrée upon arrival), we will sit back, relax and watch *Sister Act*, Shared coach bus. Departure/return times t/b/a. **PRICE: \$122.00.**

"WILL ROGERS FOLLIES," GOODSPEED OPERA HOUSE, WED., APRIL 25. After lunch at The Gelston House, it's off to see "The Will Rogers Follies." Mini-bus. Lv. Sr. Ctr. 10:15 am; approx. rtn. time to Sr. Ctr. 5:00 pm. **PRICE: \$95.00.**

FOXWOODS CASINO, THURS., MAY 3. 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.** PLEASE NOTE TIME CHANGE.

TRAVELERS CHORALE 93rd SPRING CONCERT, THURS., MAY 10. Travelers is the oldest company-affiliated choral group in America. Mini-bus. Lv. Sr. Ctr. 6:45 pm. Approx. rtn. to Ctr. 9:45 pm. **PRICE: \$1.00** (Please bring a non-perishable food donation that evening).

"REMEMBER ME," NEWPORT CABARET & PLAYHOUSE RESTAURANT, THURS., MAY 24. A unique dinner theatre: a great buffet; a hilarious play; and a fun-filled cabaret. After lunch, we will take a short stroll from the dining room to the intimate theatre to see the laugh-filled comedy "Remember Me." Following the play, you'll go back to your table to find that the dining room has been transformed into a delightful Cabaret. Shared coach bus. Departure/return times t/b/a. **PRICE: \$122.00.** No refunds after April 26.

DEEP SEA FISHING, PLYMOUTH, MA, THURS., JUNE 7. Approximately 7 hours on the water. Plenty of deck hands to assist you in reeling in/cleaning your catch. (\$1.00/fish gratuity is your responsibility.) Bring a cooler to store your catch. Ice will be provided. Bring your own lunch or purchase something from the galley kitchen. Limited space. Shared coach bus. Departure/return times t/b/a. **PRICE: \$143.00.** No refunds after May 7.

YARD GOATS BASEBALL, HARTFORD, THURS., JUNE 28. Start with a guided tour of Dunkin Donuts Stadium before the 7:00 pm game against the Richmond Flying Squirrels. All food on your own. Mini-bus. Lv. Sr. Ctr. at 4:30 pm. Approx. rtn. to Sr. Ctr. 11:00 pm. **PRICE: \$18.00.**


COINS & CLAWS, NOANK, CT, FRI., JULY 13. We'll head to Abbott's Lobster in the Rough for lunch. Entrée options include steamed lobster or herb roasted chicken (choose at sign-up), served with all the trimmings. Then we will head to the Mohegan Sun Casino where you will receive a casino package and have time on your own. Shared coach bus. Departure/return times t/b/a. No refunds after June 13. **PRICE \$85.00.**

WHALE WATCH THURS., BOSTON, JULY 19. We're heading to Boston for a 3-hour excursion aboard a high-speed whale watching catamaran with 3 outside decks for optimal viewing, climate-controlled interior cabin space with cushioned seating, tables, state-of-the-art sound/video systems, and fully stocked galley. We will travel to Stellwagen Bank where the heavy concentration of whales provides the best sighting possibilities. A naturalist trained by the New England Aquarium will talk about all the remarkable marine life. Lunch is included. Shared coach bus. Departure/return times t/b/a. No refunds after June 19. **PRICE: \$145.00.**

MORE OVERNIGHT TRIPS

SOX & SLOTS, TORONTO, TUES/THU., APR. 24-26. Price includes two nights at the Comfort Inn Suites; 2 breakfasts; 1 dinner; guided tour of Niagara Falls; reserved seat at ballgame; baggage handling; casino bonus & cancellation protection. Shared coach bus. Space is limited. PASSPORT REQUIRED. **PRICE: \$335.00 pp/DO; \$315.00 pp/TO; \$405.00 single.**

FOODSHARE- BLOOMFIELD RESIDENTS ONLY!!

 FoodShare will be at the Marilyn Michaelson Senior Center of Bloomfield from **12:45-1:15 pm, on Tues., Apr. 10 & 24.** 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.

APRIL SENIOR CENTER SHOWCASE

The Red Hot Honeys will share some of their memorabilia during the month of April. Please let us know if you have a hobby or collection you would like to share. We would love to display it in our lobby showcase for others to enjoy.

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 "Zookeeper's Wife." When Poland was invaded by the Nazis in 1939, Warsaw Zookeepers Antonina & Jan Zabinski covertly begin working with the Resistance and put into action plans to save the lives of hundreds from what has become the Warsaw Ghetto. PG-13. No need to register. Just come on by at 1:30 pm on **April 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.

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.

WORDWISE

Caret (kar'it): a mark (^) used in writing or in correcting proof to show where something is to be inserted.

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.

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).

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.

WALKERS' CLUB



We are on our way to the Goodspeed Opera House in East Haddam. The Opera House was originally built in 1876 by local merchant and banker William Goodspeed. Falling into disrepair after his death, it was used as a World War I militia base, a general store, and a storage facility. Condemned by the State of Connecticut in 1959, a group of concerned citizens purchased the building for \$1 and spent 4 years restoring it. Reopened in 1963, "The Goodspeed" is considered the home of the American musical! Keep logging those laps! New walkers are always welcome.

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.

Wii BOWLING NEWS



The team continues to practice regularly and compete with Touchpoints and the Bloomfield Center for Nursing & Rehab. They have also begun monthly intergenerational matches with Leisure Services, and they welcome matches with other groups or senior centers. Stop by and see what Virtual Bowling is all about. No experience necessary; we will train you.

FAITH McMAHON MEMORIAL SCHOLARSHIP FUND

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

MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD - DONATIONS AND MEMORIAL FUND

In appreciation of the Senior Center and its Programs
Charlotte Stamos

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.

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.

TECHNOLOGY LOAN PROGRAM (ATLP)

ATLP provides for financial loans (which can be repaid at a lower monthly fee) to individuals with permanent disabilities to help purchase assistive technology devices or services such as wheelchairs or scooters; daily living aids; and minor home modification equipment such as ramps or stair lifts. Loan amounts range from \$500-\$30,000, with repayment from 1-10 years. Visit www.CTTechAct.com/loan or call 860-424-5619 for more info.

HEALTH NOTES: HEALTH NOTES:

Macular Degeneration

Macular degeneration is a disorder affecting the central part of the retina of the eye, called the macula, and causes decreased visual acuity and the potential loss of central vision while peripheral vision remains. There are two forms of this disease: *wet & dry*. *Dry* macular degeneration occurs gradually as light-sensitive cells in the macula slowly break down. The most common symptom is blurred vision. *Wet* macular degeneration is the result of abnormal blood vessels behind the retina starting to grow under the macula. The new blood vessels often leak blood & fluid, raising the macula from its normal position in the back of the eye and causing rapid damage. The classic early symptom of wet macular degeneration occurs when straight lines appear crooked. Macular degeneration is diagnosed by an ophthalmologist during an examination in which the pupils of the eyes are dilated with drops and a special magnifying lens is used to examine the retina & optic nerve. It can be treated with injections into the eye, laser surgery and photodynamic therapy. While treatments may halt the progress of the disease, there is no cure. Individuals with significant vision loss may require special low-vision glasses and other assistive devices.

*St. Francis Care
(reprinted from an earlier edition)*

FREE DIABETES PROGRAMS

This spring, the West Hartford/Bloomfield Health District will offer three separate, interactive diabetes management programs: Diabetes Self-Management: this 7-week program will take place at the Senior Center on Tuesdays from 10:00 am-12:00 noon starting **May 1**. Live Well with Diabetes: this 6-week program will take place at Sedgwick Middle School in West Hartford on Wednesdays from 5:30-8:00 pm starting **April 18**. Diabetes Self-Management: this 7-week program will take place at Hartford Health Care Medical Group in West Hartford on Wednesdays from 6:00-8:00 pm starting **May 2**. For more information or to register for any of these program, please call 860-561-7900, extension 0.

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, **April 10 & 24**, from 11:30 a.m. - 12:30 pm. Seabury Care Now will be here on Wed., **4/11**, from 9:00-10:00 am. Global Horizon Home Care will be here on Wed., **4/18**, from 9:00-11:00 am.

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.

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, Time Magazine & Sports Illustrated. The broadcasts can be heard on a CRIS Internet radio and is available at the Senior Center.

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.

RED HAT SOCIETY

The Red Hot Honeys will meet at 5:00 pm on Fri., **April 20**.

"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.

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.

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.

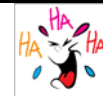
NOTARY SERVICE

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.

PHONE NUMBERS


 Changed your phone number recently? Got a new cell? Did you let us know? If not, please do so as quickly as possible (when you finish reading this ☺). It is so important that we have accurate telephone numbers on file in case we need to get in touch with you regarding your rides or reservations.

LAUGH LINES



What do you call a pig that does karate? A pork chop. How do you organize a space party? You planet.

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.**

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. Next 8-week series starts **May 11.** INSTR: Jeff Shealey. **FEE: \$35.00 res/\$45.00 non-res.** Bring your mat.

PAINTING - Mon., 1:30 - 4:30 pm OR Thurs., 9:00 am - 12:00. 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. Next 10-week series starts **April 9** or **Apr. 12.** INSTR: Jean Mazo. **FEE: \$60.00 res/\$120.00 non-res.**

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 **April 16.** INSTR: Beth Hugh. **FEE: \$20.00 res/\$30.00 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. Bring your own hand weights. Next 6-week series starts **May 1.** INSTR: Beth Hugh. **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 **April 17.** INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

CHAIR YOGA - Tuesdays, 10:45-11:45 am. This calming, energizing exercise can be practiced by of all fitness levels. We will explore and enhance a greater range of movement while protecting the lower back and joints by easing into yoga postures using a chair for support. INSTR: Lisa Gaumond. 6-week series starts **April 10.** **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 **May 22.** 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 - Thursdays, 1:30 pm at Duncaster is a low impact walking-in-water class focusing on muscle strength and flexibility. Includes 45 minutes of instruction followed by an additional 15 minutes to relax in the therapy spa pool. Next 6-week series starts **April 12.** INSTR: John Hoadley. **FEE: \$30.00 res/ \$40.00 non-res.**

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. **DIRECTOR: Fern Cohen.**

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

CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm. **FEE: \$30.00 res/\$40.00 non-res.** Next 8-week series starts **May 23.** INSTR: Jeff Shealey. **FEE \$30.00 res/\$45.00 non. res.**

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 **April 26.** INSTR: Beth Hugh. **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 and bring it with you to class). Bring your own snacks/beverages.

Thurs., April 26	9:00 am - 1:00 pm
Thurs., May 24	12:00 - 4:00 pm

FIBER ARTS/QUILTING - Fridays, 9:30-11:30 am. Create a variety of projects from fabric, including quilts (with or without patterns) & converting sweatshirts. Next 10-week series starts **Apr. 13.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/ \$30.00 non-res.**

BOOK CLUB, FRIDAYS, 10:30-11:30 am. Join us for an informal, stimulating conversation as we discuss what we like (or dislike) about our current selection.

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.

CALLING ALL COLORING BOOK ARTISTS

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. Let your inner child out and go wherever your imagination takes you. We supply the designs and the pencils. You decide whether to color inside or outside the lines!

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.

REMINISCENCE . . . A LIFE'S JOURNEY

Irma Clemons would like to help you discover the art of remembering. Not where you left your keys or what you had for dinner, but those people or events that have been part of *your* unique life's journey. Why has that book always been your favorite? What teacher encouraged you the most? This is a time to think, to share and talk about your story and to record it for yourself or loved ones, if you choose. **Thursdays, 10:45 am, starting April 12.** No Fee. Register at the Senior Center.

MORE OPPORTUNITIES TO STAY FIT!

Great no fee daytime programs in the gym: Intergenerational Wii bowling on select Mondays from 3:00-4:00 pm. Combine badminton, tennis, and table tennis and what do you get? Pickleball! Tuesdays from 12:00-2:30 pm. Still got game? Then try 55+ Basketball. Play ½ court or just shoot around. **Wednesdays and/or Sundays from 11:00 am - 2:00 pm.** Come on down and find out just how much fun being active can be. Stop in at the Senior Center or Leisure Services to register.