A MESSAGE FROM SENIOR CENTER STAFF
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IDA’S SHOPPE
Founded in 1998 by the Participants Council II, Ida’s Shoppe is open Tuesdays and Wednesdays from 10:30 am-1:00 pm. All proceeds are donated to the Senior Center for grants, classes & instructional programs, and special projects. Thanks to our volunteers Violet Baccari, Dorothy Chamerda, Sadie Huyghe, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

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. 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 May 6.

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This program, originally scheduled for April 1, has been postponed until June 3. Please see page 6 for more info.

FOOT CARE CLINIC
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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.

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MULTI-MEDIA DRAWING ART SHOW
The multi-media drawing art show and reception have been postponed until further notice.

AARP TAX AIDE
AARP suspended its entire national tax aide program in March and all appointments in Bloomfield were canceled. Once the program resumes, every effort will be made to accommodate anyone who had previously scheduled an appointment. If you did not already have an appointment we will be happy to put you on a wait list. Please note that any decision to extend the filing deadline is made by the IRS, not the tax aide program.

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CLASSES “FROM A DISTANCE”
We are working with our instructors to offer classes that comply with social distancing: you in your home and your instructors in theirs while the senior center is closed to the public. If you are interested in learning more, give us a call.

Find us at The Bloomfield Senior Center (not Town of Bloomfield Senior Service Center). “Like” us so that we will show up on your news feed.
# Marilyn Michaelson Senior Center of Bloomfield – April 2020

PLEASE NOTE: Programs and Activities listed in this calendar are subject to change, cancellation or postponement due to any circumstances beyond our control.

SAT., April 25  
**Atkins Farms**

SUN., April 26  
**Flea Market or IKEA**

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<th>Monday</th>
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<td>Piano Lessons 9:00 Nurse Screenings 11:30 Aerobics 1:30 Keep Your Life in Balance 1:30 Coloring 1:30 Multi-media Drawing</td>
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TOWN-OBSERVED HOLIDAYS
Friday, April 10
(please plan accordingly)

MONDAY MALL TRIPS
April 6 & 13 No Mall Trips
April 20 Walmart (East Windsor)
April 27 Buckland Mall

THURSDAY SHOPPING TRIPS
April 2 Aldi/West Hartford 1:00 pm
April 9 Bishops Corner/Big Y 9:00 am
April 16 Price Chopper/Windsor 9:00 am
May 7 Bishops Corner/Big Y 1:00 pm

SPECIAL WEEKEND TRIPS BY MINI-BUS
Thanks to a mini-bus grant, we have funding available to offer a variety of weekend trips over the next several months! $2.00 per trip for mini-bus riders; $5.00 per trip for non-riders. No refunds for last minute cancellations or no-shows. Please note: These trips are open only to Bloomfield residents (over age 55). Proof of age and address are required.

Saturday, April 25 Atkins Farms (Massachusetts)
Sunday, April 26 Flea Market or IKEA

Department of Motor Vehicle - Enfield
Thursday, April 23 at 9:00 am
Social Security Administration
Thursday, April 30 at 9:00 am
Hebrew Health Care

Grocery Shopping: Geisslers, 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

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 and Lunch Bunch 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.

BLOOMFIELD CITIZENS’ ACADEMY
The 2020 Bloomfield Citizens’ Academy has been postponed. We will let you know as soon as a new start date is selected.

THE AGING MASTERY PROGRAM® IN CT
The Aging Mastery Program that was scheduled to begin on March 16 has been postponed. We will let you know as soon as a new start date is determined.

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SENIOR COMMUNITY CAFE

TUESDAYS/ WEDNESDAYS/ FRIDAYS

PLEASE NOTE: the following menu/dates of service is subject to change, depending on current conditions.

1. Roast Pork a la Orange; Sweet Potatoes/Apples; Caribbean Blend Veggies
2. NO CRT LUNCH - PIZZA & SALAD AVAILABLE FOR $2.50
3. Chef Salad w/Mixed Greens; Shredded Cheese; Turkey Ham
4. Roast Beef w/ Gravy; Red-Skinned Garlic Mashed Potato; Peas & Carrots
5. TOWN-OBSERVED HOLIDAY
6. Hamburger w/Broth; American Cheese; Multi-grain Roll; Potato Salad
7. Cheese & Vegetable Quiche; Asparagus; Wholegrain Cinnamon Bun
8. NO CRT LUNCH - PIZZA & SALAD AVAILABLE FOR $2.50
9. Breaded Sole; Filet; Rice Pilaf; Broccoli Normandy
10. Chilli Hot Dog on a Bun; Baked Beans; Red/Green/Purple Cabbage Slaw
11. Roast Turkey w/ Gravy; Mashed Sweet Potato; Peas & Diced Carrots
12. Kielbasa; Red Bliss Garlic Mashed Potato; Brussel Sprouts
13. Deli Turkey/Ham/Chesse Grindier; Potato Salad

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 Cafe for $9.89. 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 Cafe Volunteers: Betty Battles, Lucy Bodner, 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
Bloomfield Sr. Services, 330 Park Ave.  860-243-8361 T/W/F

THE LUNCH BUNCH
Monday, April 27 - Chowder Pot
Thurs., May 28 - Reins's Deli
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 services 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.

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!

BINGO
Join us for Bingo every Wednesday at 1:30 p.m. in the Great Room (#128). Adults only; no children, please. $1 per card. We cannot make change, so please come with single dollar bills.
TRIPS & EXCURSIONS

****PLEASE NOTE****

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

Full payment for all trips (unless otherwise noted) is required at the time of signup. This helps us to keep better track of registrations and eliminates difficulties that arise when those who may have signed up for a trip change their minds but forget to let us know. Bloomfield residents receive a 2-week priority registration for all trips.

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

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

The Senior Center is not responsible if casino bonus packages change. We appreciate separate checks for each trip. Checks for trips should be made payable to the “Town of Bloomfield.”

* DAY TRIPS - NEW *

*MOHEGAN SUN CASINO, MON., MAY 11*  Lv. Sr. Ctr. 10:00 am. Please be in the bus lobby at 9:45 pm and on board the bus, ready to leave promptly at 4:30 pm. **PRICE $25.00.**

*MGM CASINO, SPRINGFIELD, MON., JUNE 1*  Lv. Sr. Ctr. 1:00 pm. Please be in the bus lobby at 6:45 pm and on board the bus ready to leave promptly at 7:00 pm. Mini-bus. **PRICE: $15.00.**

*RHODE ISLAND LIGHTHOUSE CRUISE, THURS., JUNE 11*  After lunch at the Quonset O Club (choice of Baked Scrod or Chicken Cutlet), we will board the Millennium, a 400 passenger luxury catamaran with both exterior and interior seating and first-class amenities. This 1½ hour narrated cruise covers over 30 miles of breathtaking coastline scenery. Sail past 10 majestic lighthouses and Rhode Island landmarks such as Hammersmith Farm & Fort Adams. Then before heading home, you will have time to stretch your legs and explore the charming Wickford Village in North Kingston. Shared coach bus. Departure/rtn times t/b/a. **PRICE: $130.00.**

*FOXWOODS CASINO, MON., JULY 6*  Lv. Sr. Ctr. 8:30 am. Please be in the bus lobby at 4:15 pm and on board the bus ready to leave promptly at 4:30 pm. **PRICE $25.00.**

*COINS & CLAWS: LOBSTER & FOXWOODS CASINO, JULY 10*  Dine at Abbots’ Lobster in the Rough (voted one of the best lobster shacks in New England), where lobsters are cooked via the low-steam method to seal in all the natural flavor. Eat next to the scenic harbor where you can watch the boats on the Mystic River, while you enjoy your lunch. (Choose either steamed lobster or herb roasted chicken). After lunch, we will depart for Foxwoods Casino where you will receive a bonus package and food credit and have time on your own to enjoy the casino. Departure/rtn times t/b/a. **PRICE: $85.00.**

*CT SUN VS LAS VEGAS ACES WNBA BASKETBALL, MOHEGAN SUN ARENA, SUNDAY, AUG. 23*  Enjoy women’s professional basketball at its finest. Time on your own at the casino prior to the 3:00 tipoff. Includes bonus package, admission to game. Must be over 21. Mini-bus. Lv. Sr. Ctr. 12:00 pm; rtn. t/b/d. **PRICE: $25.00.**

CANCELED/POSTPONED TRIPS


Mohegan Sun Casino, Mon., May 4.

National Museum of African American History & Cultural Center, May 28-30. This trip will be rescheduled. See future newsletters for new dates.

* OVERNIGHT TRIPS - NEW *

*CHRISTMAS TIME AT DOVER DOWNS (DELAWARE), TUES., DEC. 2 - FRI., DEC. 4*  Travel to the AAA 4-Diamond-rated Dover Downs Hotel & Casino. The resort offers luxury accommodations, a spa, 24-hour casino with live table games, entertainment, great restaurants. Enjoy a performance of The Drifters Hits & Holiday Show. That ’50’s R&B group will entertain you with golden oldies such as “Under to Boardwalk” and “Save the Last Dance,” combined with holiday classics. Dinner stop (on your own) on the return trip. Price includes roundtrip shared coach bus, hotel accommodations, admission to The Drifters show, taxes & baggage handling, 2 buffet breakfasts, buffet dinner, $30 food credit, $100 slot play, tour director & driver gratuities, cancellation waiver. **PRICE: $386 pp/DO; $491 pp/DO; $361 pp/TO.**

MORE DAY TRIPS

The following trips are still on schedule, but are subject to change or cancellation, depending on conditions at the time.

TRAVELERS CHORALE, BUSHNELL, THURS., MAY 7

The Travelers Chorale will perform with special guests The Bristol Chorale & the Manchester Symphony Orchestra. Mini-bus. Lv. Sr. Ctr. 6:45 pm. Approx. rtn. time to Sr. Ctr. 9:45 p.m. **PRICE: $1.00.** (Please bring a non-perishable food item donation that evening).

THE SPA @ NORWICH INN, THURS., MAY 14

In addition to a Swedish massage your day includes a group aquatics class; use of relaxation & steam rooms, sauna, whirlpool, exercise pool, fitness center; lunch at Kensington’s; afternoon tea/scones. *Other treatments available at additional cost. Lv. Sr. Ctr. 7:15 am; Rtn. approx. 6:00 pm. Mini-bus. **PRICE: $200.00.** Reservation deadline May 5.

NEWPORT PLAYHOUSE & CABARET, THURSDAY, MAY 21

After a delicious buffet lunch, you’ll take a short stroll from the dining room to the intimate theater to see “Sex Please, We’re Sixty.” This raucous comedy filled with innuendo and misunderstanding will have you laughing out loud. Following the play, you’ll return to your table to find that the dining room has been transformed into a delightful Cabaret. Shared Coach Bus. Departure/rtn. times t/b/a. **PRICE: $130.00.**

OVERNIGHT TRIPS

ATLANTIC CITY, NJ, TUES.-THURS JUNE 23-25

Your Spring getaway includes 2 nights at Bally’s Casino Hotel, $30 slot play, dinner buffet, admission to The Tony Danza Show, shared coach bus taxes and baggage handling, trip insurance. Depart/rtn. times t/b/a. **PRICE: $430 pp/DO or TO; $455 pp/SO.**

CAPE COD & PLYMOUTH 400 COMMEMORATION, TUES.-FRI., SEPT. 8-11

Travel by bus to Cape Cod. Visit Sandwich, Martha’s Vineyard, Nantucket, Plymouth. Includes 3 nights at the Cape Codder Resort & Spa in Hyannis; 3 breakfasts; 1 dinner; ferry transportation; applicable taxes; portage. **PRICE: $600 per person, DO; $650 per person, SO; $550 per person triple. 50% due with reservation; balance due by Aug. 4. Insurance not available for this trip. NO REFUNDS after final payment date.**

THE VOTES ARE IN . . . and the winner is a Mediterranean cruise in 2021. More information will be available at a later date.
MOBILE FOODSHARE
FoodShare will be at the Senior Center from 12:45-1:15 on alternating Tuesdays. Please call the senior center for the next distribution date. This program is for adults who are in need. 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.

FOOD KITCHEN
The Community Food Kitchen is located at the Bloomfield Congregational Church, 10 Wintonbury Ave. Lunch 11:30 am-1:00 pm every Saturday. Families and children are all welcome.

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

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.

EVENINGS AT THE SENIOR CENTER
Check in with the Evening Supervisor to participate in these Free Programs:
Self-guided walking  Mon.-Fri.  5:00 - 7:30 pm
Billiards Mon.-Fri.  5:00 - 7:30 pm

MOVIES
Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The April 21 feature is “The Lion King” (1994), a computer-animated remake of the original Disney musical. The May 19 offering is “Frozen II,” the 2019 animated drama/fantasy. No need for reservations. 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.

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.

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.

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.

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.

RED HAT SOCIETY
The Red Hot Honeys will meet at 1:00 on Friday, April 17.

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.

WALK YOUR WAY TO HEALTH
Walk the self-guided, indoor path on your own Monday-Friday, between 8:00 am & 7:30 pm when the human services building is open. Until then, keep logging those laps, either around your back yard, or around your neighborhood! Enjoy the weather as you look for signs of spring: robins, daffodils and crocuses, trees that are beginning to show their greenery! Exercise your brain and your body by keeping a diary of the things you notice as you walk.

Wii BOWLING NEWS
The team is excitedly waiting to get back into their routine of regular practices and competitions with Touchpoints and the Bloomfield Center for Nursing & Rehab. No experience necessary; we will train you.

FAITH McMAMON MEMORIAL SCHOLARSHIP FUND
This fund was established by the Bloomfield Commission on Aging to honor the memory of former Bloomfield mayor 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
A Friend of the Senior Center
In Appreciation of Senior Center Classes
A Friend
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.

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 or for more info.

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.

CHESS OR CHECKERS, ANYONE?
Check out our new game table in the lounge. Looking for something to do on a cold winter afternoon (or morning)? Bring a pal and enjoy a friendly game of chess or checkers. Stop in the office to sign out the game pieces.

SENIOR FITNESS DAY
Mark your calendars . . . May 27 is Senior Fitness Day. See upcoming newsletters for details.
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.

SUBSTANCE ABUSE RECOVERY SUPPORT
The Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

NAMI SUPPORT GROUP
The National Alliance on Mental Illness (NAMI) meets at the Senior Center on the fourth Tuesday of each month. If you have a friend or family member who is coping with mental illness, we invite you to join us as we share stories and experiences while adding to—or benefiting from—our group wisdom. You are not alone; we are here to help! Please call 860-948-8736 if you have questions or would like additional information.

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 one is available at the Senior Center.

“READER” AVAILABLE
We have a Clear View Reader/Magnifier available 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.

CANCER Care 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 Legal 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 860-541-5000. 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. If you already have coverage, you may 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.

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.

INTERGENERATIONAL PROGRAMMING
If you are interested in participating in intergenerational programs, please call Angelica in Social & Youth Services (860-242-1895).

HEATING & UTILITY ASSISTANCE
Don’t forget to schedule your energy assistance appointment! You must call (860) 560-5800 to schedule your appointment for the Bloomfield Office. This is an automated line—afer you enter the required information, be sure to remain on the line until you hear your appointment confirmation number, and don’t forget to write it down!

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.

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!

WORDWISE
Zydeco (ZY-dih-koh). Noun. Music of southern Louisiana that combines French dance melodies with Caribbean music

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.

LAUGH LINES
* After 50,000 gallons of whisky leaked into the sea, no tern was left unstoned. * I lost my job at the bank on my very first day. A woman asked me to check her balance, so I pushed her over. When everything is coming your way, you're in the wrong lane *

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.

DID YOU KNOW?
Electric car charging stations are located at town hall and at 330 Park Avenue. There is a recycle container located at the Leisure Services entrance to 330 Park Avenue where you may drop off small items such as CFL bulbs, ink cartridges and batteries. Old clothing/shoes drop boxes are located at town hall and at 330 Park Avenue.

“WHERE WE LIVE - TICKS IN CONNECTICUT”
As part of the Wintonbury Land Trust lecture series, Dr. Kirby C. Stafford, III will present a program about ticks at 6:00 pm on Wednesday, June 3, in the Great Room of the Human Services Building. This free program is open to adults over the age of 18. Please call Senior Services or Leisure Services to register.

MATTER OF BALANCE (MOB)
This evidence-based program is designed to help older adults manage concerns about falls and increase physical activity. Participants will learn to identify ways to reduce falls, learn exercises to help increase strength and balance, and become more confident about managing falls. This 7-session class is currently scheduled to take place Tues. & Wed. June 2, 3, 9, 10, 16, 17 & 23 (10:00-12:00). Call the West Hartford Bloomfield Health District (860-561-7916) to register. Pre-registration is required.
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”

Please note: When classes resume, we will pick up where we left off in each series. That is, any classes missed due to the closing of the building will be added on to the end of that series. Interested in joining a class for the first time? Give us a call or stop in to get the next series start date.

PIANO LESSONS - Mondays. 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. INSTR: Jeff Shealey. FEE: $35.00 res/$45.00 non-res. Bring your mat.

PAINTING - Wed., 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. INSTR: Jean Mazo. FEE: $60.00 res/$120.00 non-res.

MOVE TO IMPROVE YOUR BALANCE - Mondays, 1:30-2:30 pm. Balance in all things improves with happy and positive action! It improves when you move, and that increases strength and flexibility. Class includes both seated and standing exercise periods during which you will relax, stretch, and practice resistance exercise and standing movement. Bring an exercise band. INSTR: Beth Hugh. FEE: $20.00 res/$30.00 non res.

MULTI-MEDIA DRAWING & EXPLORATION - Mon., 1:30-3:30 pm. 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. INSTR: Dolores Howard. FEE: $20.00 res/$30.00 non-res.

AQUA FIT - Mondays, 3:30 - 4:15 pm. At Duncaster. Aerobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. FEE: $30.00 res/$40.00 non-res. Please note: we must have at least 2 participants for this class.

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. INSTR: Beth Hugh. FEE: $30.00 res/$40.00 non-res. Advance registration is required for this class. Bloomfield residents have first priority.

CHAIR YOGA - Tuesdays, 10:45-11:45 am. This calming, energizing exercise for 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. FEE: $20.00 res/$30.00 non-res.

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

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.

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 am-12:30 pm. 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. Designed to strengthen core & abdominal muscles, which results in improving your entire body, making routine, daily tasks easier. You will need 2-3# weights, a medicine ball and resistance bands. INSTR: Jeff Shealey. FEE: $30.00 res/$40.00 non-res.

REMINISCENCE . . . A LIFE’S JOURNEY - Thursdays, 10:45-11:45 am. Discover the art of remembering, not where you left your keys, but those people or events that have been part of your unique life’s journey. 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. INSTR: Irma Clemens. NO FEE.

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. INSTR: Beth Hugh. FEE: $20.00 RES/$30.00 non-res. As a courtesy to the rest of the class, please arrive on time.

AQUATIC EXERCISE - Thursdays, 1:30 - 2:15 pm. A low impact walking-in-water class at Duncaster focusing on muscle strength and flexibility. Includes 45 minutes of instruction followed by an additional 15 minutes to relax in the therapy spa pool. INSTR: John Hoadley. FEE: $30.00 res/$40.00 non-res.

AARP SMART DRIVER Thursdays. CT Drivers age 60+ earn 5% discount on auto insurance premium. Advance registration required. This is a classroom program; no road test. FEE: $15.00 AARP members, $20.00 non-members (make check payable to AARP and bring it with you class). Bring your own snacks/beverages.

FIBER ARTS/QUILTER - Fridays, 9:30-11:30 am. Create a variety of projects from fabric, including quilts (with or without patterns) & converting sweatshirts. 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. Group meets the 2nd and 4th Friday of each month.

LINE DANCING -Fridays, 1:00 - 2:30 pm. For both beginners and advanced line dancers. Learn such basics as vixen, box-steps, cha-chas. Become comfortable with favorite party dances, Latin rhythms, and Country-Western hits. Partners not necessary. INSTR: Ken Finley. FEE: $25.00 res/$35.00 non-res.

CLASSES “FROM A DISTANCE”

We are working with our instructors to offer classes that comply with social distancing: you in your home and your instructors in theirs while the senior center is closed to the public. If you are interested in learning more, give us a call.

* Payment is due with registration. * Proof of address required
* Please make checks payable to the “Town of Bloomfield”