



THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

Accredited by 
National Institute of
Senior Centers
since 2004

Come Bloom with Us

<http://bloomfieldct.gov>

December 2019

Telephone 860-243-8361
330 Park Avenue, Bloomfield, CT 06002

Director.....Yvette Huyghue-Pannell
Mini-Bus Coordinator.....Luz Cora-Small

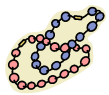
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All programs and events in this newsletter are sponsored by the Senior Services Department and are open to all Bloomfield residents over the age of 55.
Drop-in Monday to Friday 9 a.m. to 5 p.m.

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 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 Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

TO OUR READERS

At this holiday season, we wish to express our appreciation for your kindness and goodwill during the past year. Have a happy and healthy Holiday Season!
The Senior Services Staff

HOLIDAY GIFT GIVING

The Town of Bloomfield has a very clear directive in the code of ordinances which states, "No official or employee shall solicit any gift, or accept any gift having a substantial value..." Instead, a smile and a "thank you" are appropriate expressions of your appreciation to the staff.

INCLEMENT WEATHER

In case of inclement weather, please call us (860-243-8361) or check local tv stations to find out about cancellations. There are no CRT lunches if schools are canceled. If classes at the Senior Center are canceled, makeup sessions will be scheduled, if possible. Please call the Senior Center if you have any questions.

CAREGIVER & BEREAVEMENT SUPPORT GROUPS

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 **Dec. 4**. Registration is not necessary.

FOOT CARE CLINIC

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

DECEMBER MEN'S BREAKFAST!

The next men's breakfast will be held at 9:30 am on Friday, **Dec. 20. PRICE: \$5.00**. Please sign up by Dec. 13.

DIABETES HEALTH "INFOMERCIAL"

The North Central Area Agency on Aging will present a Live Well seminar "Take Charge of your Diabetes in the New Year" at 10:30 am on Thurs., **Dec. 12**. Space is limited. Register at the Senior Center.

SOUTH AFRICA REVISITED

After all the planning and anticipation, our recent trip is now just a happy memory. Some of our travelers will be here at the senior center from 10:00 am - 12:00 on Friday, **Dec. 13**, for a South Africa Reunion. Please join us as they share their photos and stories about what they saw and what they learned on this wonderful adventure. Please sign up at the Senior Center by Dec. 6 so that we may plan accordingly.

THE HEAVY SHTETL KLEZMER BAND

Join us for an afternoon concert featuring Jewish dance tunes, Yiddish and Hebrew folk songs, along with some American folk music tossed in, starting at 1:30 pm, on Fri., **Dec. 13**. Register at the Senior Center. **PRICE: \$2.00**.



HOLIDAY PARADE & TREE LIGHTING

You won't want to miss out on this year's "light up the town" on Sat., **Dec. 7**. The fun begins at 6:00 pm with a parade and ends with the lighting of the trees at town hall, the town green and Prosser Library. Music and hot cocoa. Transportation available for mini-bus subscribers.

WOMEN'S BREAKFAST

Join us for a women's breakfast with guest speaker town manager Robert Smith at 9:30 am on Friday, **Jan. 24. PRICE: \$5.00**. Please sign up by Jan. 17.

CONNECTICUT TAX AIDE 2019

Volunteer as a tax preparer or client facilitator in the AARP-sponsored Tax Aide program, geared toward "seniors" and middle to low income taxpayers. Membership in AARP is not required. Some computer skill is desirable. Training will be provided in mid-January. Volunteers will work one full day per week from February to mid-April. Complete application is online at www.aarpfoundation.org/taxaidevolunteer or call Dave (860-688-2033) or Carl (860-688-8284) for more info. Laptops available for loan.

Marilyn Michaelson Senior Center of Bloomfield – December 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>MGM CASINO</p> <p>Piano Lessons</p> <p>10:30 Aging Mastery Program</p> <p>11:30 Aerobics</p> <p>1:30 Move to Improve Your Balance</p> <p>1:30 Coloring</p> <p>1:30 Multi-media Drawing</p> <p>1:30 Duncaster Aqua Fit</p> <p>Buckland Mall</p> <p>Senior Center Walkers/Billiards</p>	<p>3</p> <p>9:00 Nurse Screenings</p> <p>9:30 Be Fit & Have Fun</p> <p>10:45 Chair Yoga</p> <p>11:00 Knitting</p> <p>12:45 FoodShare</p> <p>1:00 Mahjongg</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>	<p>4</p> <p>LANCASTER, PA</p> <p>9:30 Music Makers</p> <p>9:30 Bridge</p> <p>9:30 Techie Time</p> <p>11:30 Chair Pilates & Toning</p> <p>1:30 Caregiver/Bereavement Support</p> <p>1:30 Bingo</p> <p>1:30 Painting</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>	<p>5</p> <p>9:00 Painting</p> <p>9:00 Bishops Corner/Big Y</p> <p>9:30 Be Fit & Have Fun</p> <p>10:45 Reminiscences</p> <p>11:00 Tai Chi</p> <p>1:00 Hebrew Health Care</p> <p>1:30 Duncaster Water Walking</p> <p>Senior Center Walkers/Billiards</p>	<p>6</p> <p>9:30 Fiber Arts</p> <p>10:00 Coloring</p> <p>10:30 Book Club</p> <p>10:30 Woman of Hope</p> <p>11:30 Aerobics</p> <p>Senior Comm. Cafe</p> <p>Senior Center Walkers/Billiards</p>
<p>9</p> <p>Piano Lessons</p> <p>10:30 Aging Mastery Program</p> <p>Lunch Bunch - Joey Garlic</p> <p>11:30 Aerobics</p> <p>1:30 Move to Improve Your Balance</p> <p>1:30 Coloring</p> <p>1:30 Multi-media Drawing</p> <p>1:30 Duncaster Aqua Fit</p> <p>Charter Oak Marketplace</p> <p>Senior Center Walkers/Billiards</p>	<p>10</p> <p>9:00 Nurse Screenings</p> <p>9:30 Be Fit & Have Fun</p> <p>10:45 Chair Yoga</p> <p>11:00 Knitting/Crocheting</p> <p>1:00 Mahjongg</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>	<p>11</p> <p>TRAVELERS CHORALE</p> <p>9:00 Blood Pressure Screenings</p> <p>9:30 Music Makers</p> <p>9:30 Bridge</p> <p>9:30 Techie Time</p> <p>11:30 Chair Pilates & Toning</p> <p>1:30 Bingo</p> <p>1:30 Painting</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>	<p>12</p> <p>BRIGHT NIGHTS @ FOREST PARK</p> <p>9:00 Painting</p> <p>9:30 Be Fit & Have Fun</p> <p>10:30 Diabetes "Infomercial"</p> <p>10:45 Reminiscences</p> <p>11:00 Tai Chi</p> <p>1:00 Shop Rite (Enfield)</p> <p>1:30 Duncaster Water Walking</p> <p>Senior Center Walkers/Billiards</p>	<p>13</p> <p>9:30 Fiber Arts</p> <p>10:00 South Africa Revisited</p> <p>10:00 Coloring</p> <p>10:30 Book Club</p> <p>10:30 Woman of Hope</p> <p>11:30 Aerobics</p> <p>1:30 Heavy Shtetl Klezmer Band</p> <p>Senior Comm. Cafe</p> <p>Senior Center Walkers/Billiards</p>
<p>16</p> <p>Piano Lessons</p> <p>10:30 Aging Mastery Graduation</p> <p>11:30 Aerobics</p> <p>1:30 Move to Improve Your Balance</p> <p>1:30 Coloring</p> <p>1:30 Multi-media Drawing</p> <p>1:30 Duncaster Aqua Fit</p> <p>Walmart (East Windsor)</p> <p>Senior Center Walkers/Billiards</p>	<p>17</p> <p>9:00 Nurse Screenings</p> <p>9:30 Be Fit & Have Fun</p> <p>10:45 Chair Yoga</p> <p>11:00 Knitting/Crocheting</p> <p>12:45 FoodShare</p> <p>1:00 Mahjongg</p> <p>1:30 Movie "Armstrong (2019)"</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>	<p>18</p> <p>CT CHRISTMAS CAROL</p> <p>9:30 Music Makers</p> <p>9:30 Bridge</p> <p>9:30 Techie Time</p> <p>11:30 Chair Pilates & Toning</p> <p>1:30 Bingo</p> <p>1:30 Painting</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>	<p>19</p> <p>9:00 Painting</p> <p>9:00 Enfield Motor Vehicle Dept.</p> <p>9:30 Be Fit & Have Fun</p> <p>10:45 Reminiscences</p> <p>11:00 Tai Chi</p> <p>Senior Center Walkers/Billiards</p>	<p>20</p> <p>9:30 Men's Breakfast</p> <p>9:30 Fiber Arts</p> <p>10:00 Coloring</p> <p>10:30 Book Club</p> <p>10:30 Woman of Hope</p> <p>10:30 Low Vision Support</p> <p>11:30 Aerobics</p> <p>Senior Comm. Cafe</p> <p>Senior Center Walkers/Billiards</p>
<p>23</p> <p>Foot Care Clinic</p> <p>West Farms Mall</p> <p>Senior Center Walkers/Billiards</p>	<p>24</p> <p>11:00 Knitting/Crocheting</p> <p>1:00 Mahjongg</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>	<p>25</p> <p>TOWN-OBSERVED HOLIDAY</p>	<p>26</p> <p>9:00 Hartford Social Security Admin.</p> <p>Senior Center Walkers/Billiards</p>	<p>27</p> <p>10:00 Coloring</p> <p>Senior Comm. Cafe</p> <p>Senior Center Walkers/Billiards</p>
<p>30</p> <p>Target (Windsor)</p> <p>Senior Center Walkers/Billiards</p>	<p>31</p> <p>MOHEGAN SUN CASINO</p> <p>11:00 Knitting/Crocheting</p> <p>12:45 FoodShare</p> <p>1:00 Mahjongg</p> <p>Senior Comm. Café/ Ida's Shoppe</p> <p>Senior Center Walkers/Billiards</p>			<p>SAT., DEC. 7</p> <p>Holiday Art/Craft Bazaar New Haven</p> <p>Bloomfield Holiday Parade</p> <p>SAT., DEC. 14</p> <p>Palisades, NY, Mall</p> <p>SAT., DEC. 22</p> <p>UCONN WOMEN'S BASKETBALL</p>

SENIOR COMMUNITY CAFE



TUESDAYS/WEDNESDAYS/FRIDAYS

- 3 Potato Crumb Fish; Tartar Sauce; Stewed Tomatoes; Tortellini Salad
- 4 Roast Turkey w/Gravy; Cornbread Stuffing; Broccoli; Cranberry Sauce
- 6 Sesame Chicken; Mashed Potatoes; Vegetable Medley
- 10 Sweet & Sour Turkey Meatballs; Wholegrain White/Brown Rice; Veggies
- 11 Tuna Fish Salad on Whole Grain Kaiser Roll; Potato Salad
- 13 Roast Pork w/Raisin Sauce; Baked Potato; Garden Blend Vegetables
- 17 Seafood Salad on Wholegrain Bun; Red/Green/ Purple Cabbage Coleslaw Sweet Potato Wedges
- 18 Stuffed Chicken Breast w/Gravy; Mashed Potato; Broccoli Florets
- 20 Wholegrain Crust Individual Cheese Pizza; Tossed Salad
- 24 CRT CLOSED
- 25 TOWN-OBSERVED HOLIDAY
- 27 Teriyaki Chicken Strips; Brown & White Rice; 4-Way Vegetable Blend
- 31 Boneless Lemon Baked Chicken over Egg Noodles; Peas & Diced Carrots

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 **\$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 Café 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

THE LUNCH BUNCH

Mon., Dec. 9 - Joey Garlic (Newington)

Thurs., Jan. 16 - Texas Roadhouse (Manchester)

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.

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.

Mini-Bus Reservations: 860-243-8364

Mon.-Fri., 8:00 a.m. – 3:45 p.m.



For Information and Return Rides After Appointments, call 860-242-2023

TOWN-OBSERVED HOLIDAYS

Wednesday, December 25, 2019

Wednesday January 1, 2020

(Please plan accordingly)

MONDAY MALL TRIPS

- Dec. 2 Buckland Mall, Evergreen Walk
- Dec. 9 Charter Oak Marketplace
- Dec. 16 Walmart (East Windsor)
- Dec. 23 West Farms Mall, Trader Joe's
- Dec. 30 Target, Home Goods (Windsor)
- Jan. 6 Walmart (East Windsor)

THURSDAY SHOPPING TRIPS

- Dec. 5 Bishops Corner/Big Y 9:00 am
- Dec. 12 Shop Rite (Enfield) 1:00 pm
- Jan. 9 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 "seniors" (over age 55). Proof of address is required.

- Sat., Dec. 7 Holiday Bazaar (Art/Crafts/New Haven)
- Sat., Dec. 14 Palisades Mall (NY)

Department of Motor Vehicle - Enfield

Thurs., Dec. 19, at 9:00 am

Social Security Administration

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

Hebrew Health Care

Thurs., Dec. 5, at 1:00 pm

Thurs., Jan. 2, 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 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.

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 *

***39th ANNUAL CT FLOWER & GARDEN SHOW, CONVENTION CTR., HARTFORD, THURS., FEB. 20, 2020.** Get a taste of spring as the Connecticut Convention Center is transformed into a breathtaking event for floral and garden enthusiasts or those just looking to lift those winter doldrums. Over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books and equipment. Lunch on your own at the show. Mini Bus. Lv. Sr. Ctr. at 9:30 am. Approx. rtn. time to Ctr. 2:30 pm. **PRICE \$16.00.**

***MGM CASINO SPRINGFIELD, MON., MARCH 2, 2020.** Coach bus. Lv. Sr. Ctr. 11:15 am. Please be in the bus lobby at 3:45 pm and on board the bus ready to leave promptly at 4:00 pm. Sign-up required by Feb. 26. **PRICE: \$15.00.**

MORE DAY TRIPS

MGM CASINO SPRINGFIELD, MON., DEC. 2. Coach bus. Lv. Sr. Ctr. 11:15 am. Please be in the bus lobby at 3:45 pm and on board the bus ready to leave promptly at 4:00 pm. Sign-up required by Nov. 27. **PRICE: \$15.00.**

TRAVELERS CHORALE CONCERT, BUSHNELL, WED., DEC. 11. The choral group has performed on the Bushnell Auditorium stage annually since 1930. Special guest-The Connecticut Valley Symphony Orchestra. Mini-bus. Lv. Sr. Ctr. at 6:45 p.m. Approx. rtn. to Sr. Ctr. 9:45 pm. **PRICE: \$1.00.** (Please bring a non-perishable food item donation to the Bushnell that evening).

BRIGHT NIGHTS, FOREST PARK, SPRINGFIELD, MA., THURS., DEC. 12. Take a relaxing 3-mile mini-bus ride through this magnificent holiday lighting display which includes The Victorian Village, the amazing Leaping Frog, North Pole Village, and more than a dozen other special displays. Lv. Sr. Ctr. 4:30 pm. Approx. rtn. To Ctr. 7:00 pm. **PRICE: \$5.00.**

CT CHRISTMAS CAROL, TERRIS THEATRE, WED., DEC. 18. Some of Connecticut's most famous storytellers come alive for a yuletide gathering. Prior to the show, we will dine at the Gelston House. Choose lunch entrée at signup (bistro steak, Gelston chicken, pasta primavera, or sherry-mushroom chicken). Mini-bus. Lv. Sr. Ctr. 9:45 am. Est. rtn. time to the Ctr. 5:30 pm. **PRICE: \$80.00.**

BASKETBALL HALL OF FAME GAME, MOHEGAN SUN ARENA, SUN., DEC. 22. See the UCONN women's team play the Oklahoma Sooners. Includes bonus package, admission to game. Must be over 21. Mini-bus. Depart/return times t/b/a. **PRICE: \$25.00.**

MOHEGAN SUN CASINO, TUES., DEC. 31. Lv. Sr. Ctr. 5:00 pm. Please be in the bus lobby at 12:45 am and on board the bus, ready to leave promptly at 1:00 am. **PRICE: \$30.00.**

BOAR'S HEAD & YULE LOG FESTIVAL, ASYLUM HILL CONGREGATIONAL CHURCH, HARTFORD, SAT., JAN. 11, 2020. The church is decorated as a great banquet for this medieval celebration of Epiphany through music, dancing, pageantry and live animals. There are only 5 performances each year, and tickets sell out quickly. Depart/rtn times t/b/a. **PRICE: \$25.00.**

MOHEGAN SUN CASINO, MON., JAN. 13. Lv. Sr. Ctr. 10:00 am. Please be in the bus lobby at 4:45 pm and on board the bus, ready to leave promptly at 5:00 pm. **PRICE: \$25.00.**

FOXWOODS CASINO, MON., FEB. 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.**

OVERNIGHT TRIPS

MIRACLE OF CHRISTMAS, LANCASTER, PA, WED., - FRI., DEC. 4-6. Depart/rtn. times t/b/a. **PRICE: \$510 pp/DO; \$670 pp/SO; \$490 pp/TO.**

ENJOY SOME "SUN"! WED/THURS., JAN 29-30, 2020. Spend 5 hours at Foxwoods before heading to Mohegan Sun to spend the night. Includes Foxwoods bonus package, 2 days and one night at the Mohegan Sun Hotel, 2 buffet vouchers, \$20 free slot play, taxes and baggage handling, cancellation waiver, mini-bus transportation. Depart/rtn. times t/b/a. **PRICE: \$140 pp/DO; \$130 pp/TO; \$199/pp SO.**

ATLANTIC CITY, NJ, TUES-THURS JUNE 23-25. We are headed back to the Boardwalk for a springtime getaway! Your getaway includes 2 nights at Bally's Casino Hotel, \$30 slot play, dinner buffet at Caesar's, admission to The Tony Danza Show, coach bus taxes and baggage handling, trip insurance. Depart/rtn. times t/b/a. **PRICE: \$340 pp/DO or TO; \$455 pp/SO.**

WHAT'S COMING UP IN 2020?


NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURE, LATE SPRING 2020. We are in the midst of planning a visit to Washington, DC, next spring. See upcoming newsletters for details about this exciting 3-day, 2-night trip.

CAPE COD & "THE ISLANDS," SEPTEMBER 2020. We are currently making plans for a Cape Cod mini-vacation with day trips to Martha's Vineyard and Nantucket. Look for more details about this 4-day, 3-night adventure in upcoming newsletters.

WHERE WOULD YOU LIKE TO GO?

Please call in your vote for the "BIG" trip: New Mexico, a dude ranch, Mt. Rushmore/Yellowstone, Morocco, South America, or an island cruise.

MOBILE FOODSHARE

 FoodShare will be at the Senior Center from **12:45-1:15 pm, on Tues., Dec. 3, 17 & 31.** 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 **Dec. 17** feature is the dramatic and emotional documentary "Armstrong (2019)," the inspirational story of Neil Armstrong--American fighter pilot, astronaut, and first man to walk on the moon. Includes personal home movies. Stars Harrison Ford. 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.

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



We have another 342 miles behind us on our trek to Cape Town, South Africa, and we have more fun facts to share! Sharks have an amazing sense of hearing. Their ears are located inside their heads and they can detect prey up to 3000 feet away. Their eyes, located on the sides of their heads, are similar to those of cats, and while they can see better in dark and murky waters than other fish, scientists think they may be colorblind. Sharks living deep in the water tend to have light color eyes to help them attract more light, while sharks living closer to the surface have darker colored eyes to shield them from light. Walk the self-guided, indoor path on your own Monday-Friday, between 8:00 am & 7:30 pm. Keep logging those laps! New walkers always welcome.

Wii BOWLING NEWS

The team continues to practice regularly and compete with Touchpoints and the Bloomfield Center for Nursing & Rehab. 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 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

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.

ARE YOU INTERESTED IN...

A 55+ SINGLES SOCIAL GROUP

Would you like to participate in a variety of activities with other singles? Please let us know, not only if you would like to join, but also what types of events you would like to attend.

INTERGENERATIONAL PROGRAMS? If so, please call Angelica in Social & Youth Services (860-242-1895).

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-Clayton, M.Ed.

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

Seabury Care Now will be here on Wed., **Dec. 11**, from 9:00-10:00 am.

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.

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 & 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.**

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--after 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.

INSURANCE OPEN ENROLLMENT

Medicare open enrollment Oct. 15-Dec. 7. Access Health CT open enrollment Nov. 1-Dec. 15. Bloomfield residents may contact Social & Youth Services (860-242-1895) for an appointment to review coverage options.

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!



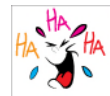
WORDWISE

Vape (vāp); (verb) To inhale and exhale the vapor produced by an electronic cigarette or similar device. (noun) an electronic cigarette or similar device.

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



* Apple is designing a new automatic car. But they're having trouble installing Windows! * A police officer just knocked on my door and told me my dogs are chasing people on bikes. That's ridiculous. My dogs don't even *own* bikes! * Is it ignorance or apathy that's destroying the world today? I don't know and don't really care. *

ARE YOU INTERESTED . . . in OUTDOOR ACTIVITIES

kayaking, hiking, cross country skiing? Or something else? Call the Senior Center to let us know.

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.

LOW VISION SUPPORT GROUP

The low vision support group will meet at 10:30 am on Friday, **Dec. 20.**

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. INSTR: Elizabeth Raphael. **FEE: \$20.00 per 1/2-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 **Jan. 31.** 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. Next 10-week series starts **Jan. 29 or 30.** 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. Next 6-week series starts **Jan. 13.** 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. Next 6-week series starts **Jan. 13.** 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. Next 6-week series starts **Jan. 6.** **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. Next 6-week series starts **Jan. 28.** 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. Next 6-week series starts **Jan. 28.** 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.

TECHIE TIME - Wednesdays, 9:30-11:30 am. Do you need help with your tablet or cell phone? Want to learn (or enhance) your computer skills. Brianna can help! Call the Senior Center for an appointment. **NO FEE**

BLOOMFIELD MUSIC MAKERS - Wednesdays, 9:30-11:30 am. This is a performing group who volunteer their time to entertain. If you are musical, or want to sing with a group, come join Bloomfield's own musical Goodwill Ambassadors. **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. And we have added a new twist--a cardio feature to further enhance your workout! You will need 2-3# weights, a medicine ball and resistance bands. Next 8-week series starts **Jan. 8.** 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 Clemons. **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. Next 6-week series starts **Feb. 13.** 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. Next 6-week series starts **Jan. 9.** 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 to class). Bring your own snacks/beverages.

Thurs., Jan. 23 - 12:00 - 4:00 pm

Thurs., Feb. 27 - 9:00 am - 12:00 noon

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 **March 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.

WOULD YOU LIKE TO LEARN TO SEW?

Please let us know if you are interested in taking an introductory sewing class.

PLEASE NOTE

We will not have classes from December 23, 2019 through January 3, 2020.