



THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

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National Institute of
Senior Centers
since 2004



<http://bloomfieldct.gov>

February 2018

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

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

Senior Services Coordinator.....Amy-Beth Sirard
Clerk Typist II.....Marie Bendzans

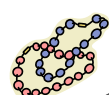
All programs and events in this newsletter are sponsored by the Senior Services Department and are open to all Bloomfield residents over the age of 55.

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 & Wednesdays from 10:30 am - 1:00 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



Chamerda, Sadie Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly. Stop by and check out our 1/2 price sale on dishes and glassware.

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 **February 7**. Registration is not necessary.

INCLEMENT WEATHER

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

FOOT CARE CLINIC

The next Pedi-Care foot clinic will be held here at the Senior Center on **Monday Feb. 26**. **PRICE: \$29.00**, payable by cash or check. Call the Senior Center to schedule your appointment.

THE AGING MASTERY PROGRAM® IN CT

The next 10-week program will begin on Monday, **March 5**. Each interactive session will run from 10:30 am - 12:00 noon. "AMP" topics include Navigating Longer Lives; Exercise & You; Sleep; Healthy Eating & Hydration; Financial Fitness; Advance Planning; Healthy Relationships; Medications Management; Falls Prevention; and Community Engagement. Textbook/resource guide is yours to keep and offers a wealth of information. Guest speakers, tips for "aging gracefully," treats and surprises; graduation ceremony. **PRICE: \$10.00 residents; (\$50.00 non-residents)**. Space is limited.

Aging Mastery® a program of the National Council on Aging, is coordinated in Connecticut by Connecticut Community Care, and sponsored in part by the Connecticut Community Foundation



FEBRUARY MEN'S BREAKFAST!

The next men's breakfast will take place at 9:30 am on Friday, **February 23**. This month is a "social hour" breakfast; there is no guest speaker. **PRICE \$5.00**. Please sign up by **Feb. 16**.

PAINT NIGHT PARTY

We are partnering with Leisure Services for another paint night party from 5:30-7:30 pm on Friday, **February 9**. 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. Advance registration required. **PRICE: \$15.00** due at signup.

CONNECTICUT TAX AIDE: FREE HELP WITH YOUR 2017 INCOME TAX RETURN

AARP will offer FREE tax counseling to taxpayers with low to moderate income in 2016, with special attention to those **age 60 and over**. This service will take place at the Senior Center on **Wednesdays from Feb. 7 to April 11**. **APPOINTMENTS ARE REQUIRED** and are available on the hour between 9:00 am and 2:00 pm. No walk-ins. Call the Senior Center to schedule your appointment. Please note: The AARP tax team *does not* have electronic access to prior year returns. That means you must bring a copy with you to your appointment.

MEALS-ON-WHEELS VOLUNTEER NEEDED



We are looking for someone to deliver meals-on-wheels occasionally (on a Monday). Please call the Senior Center if you would like additional information or if you can help.

SAVE THE DATE

Our annual Mother's Day program will take place on Monday, **May 7**. Includes luncheon buffet at the Simsbury Inn. **PRICE: \$35.00**. Payment due with registration. Limited space available.

NEW OPPORTUNITIES TO STAY FIT!

We are partnering with Leisure Services to offer some great new, no fee daytime programs: Intergenerational Wii bowling on Mondays from 3:00-4:00 pm, starting **Feb. 12**. Combine badminton, tennis, and table tennis and what do you get? Pickleball! Tuesdays from 12:00-2:30 pm, starting **Feb. 13**. Still got game? Then try 55+ Basketball. Play 1/2 court or just shoot around. Wednesdays and/or Sundays from 11:00 am - 2:00 pm, starting **Feb. 14**. 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.



Bloomfield "Mini" Bingo Dates

Feb. 6	Feb. 13	Feb. 20	Feb. 27
<i>Starting at 10:00 am</i>			

SENIOR COMMUNITY CAFE



TUESDAYS/WEDNESDAYS/FRIDAYS

- 2 Potato Crumbed Fish; Lyonnaise Potatoes; Red, Green, Purple Cabbage Cole Slaw
- 6 Sloppy Joe (Turkey); Wheat Hamburger Bun; Sweet Potato Fries; Capri Blend Veggies
- 7 Roast Turkey w/Gravy; Mashed Potatoes; Mixed Vegetables
- 9 Seafood Salad On Multigrain Bun; California Blend; Baked Sweet Potato
- 13 Oven Fried Chicken; Mashed Potatoes; Corn
- 14 Tuna Salad on Multi Grain Roll; Sliced Tomato & Leaf Lettuce; Three Bean Salad
- 16 Macaroni & Cheese; Spinach Salad w/Cherry Tomatoes & Cucumbers
- 20 Roast Chicken w/Vegetable Broth; Mashed Potatoes; Spinach
- 21 Beef Chili w/Beans and Shredded Cheese; Elbow Macaroni; Italian Green Beans
- 23 Breaded Fish Filet; Potato Puffs; California Blend Vegetables
- 27 Shell Pasta w/Beef Meat Sauce; Italian Mixed Vegetables; Garden Salad
- 28 Hamburger w/Broth, Sliced Tomato & Leaf Lettuce on Multigrain Bun; 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 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

Thurs., Feb. 8 - Saybrook Fish House (Canton)

Thurs., March 15 - Cheesecake Factory (West Hartford)

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

TOWN-OBSERVED HOLIDAY

(Please plan accordingly)

Monday, February 19



STAFF TRAINING PROGRAM

Because of a staff training program on **Thu., Feb. 15**, there will be **no 9:00 am pickups**. Regular service will resume at 10:00.

MONDAY MALL TRIPS

- February 5 WalMart (East Windsor)
- February 12 Charter Oak Plaza
- February 19 Town-observed Holiday
- February 26 Target (Windsor)

THURSDAY SHOPPING TRIPS

- February 8 Price Rite (Windsor) 1:00 pm
- February 15 Bishops Corner 1:00 pm

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.

- Sat., Feb. 10 Middlebury Consignment (Middlebury)
- Sun., Feb. 18 Lenny and Joe's Fish Tale (New Haven)
- Sat., Mar. 10 IKEA (New Haven)
- Sun., Mar. 18 Hebron Maple Festival (Hebron)

Department of Motor Vehicle - Enfield

Thurs., Feb. 8, at 9:00 am

Social Security Administration

Thurs., Feb. 22, at 9:00 am

Hebrew Health Care

Thurs., Feb. 15, 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.

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 *

***AAC WOMEN'S BASKETBALL TOURNAMENT SEMI-FINAL GAMES, MOHEGAN SUN ARENA, MON., MARCH 5.** Unless something dramatic and unexpected happens, we should see the talented young women from UCONN in one of these semi-final games. Includes tickets to both games, food voucher and casino bonus. Shared coach bus. Departure/return times t/b/a. **PRICE: \$95.00.** Must be over 21.

***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.**

***"THE LONE STAR LOVE POTION," NEWPORT CABARET & PLAYHOUSE RESTAURANT, THURS., MAY 24.** A unique dinner theatre: a great buffet with hot and cold foods, entrees, and homemade desserts; a wonderful 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 Lone Star Love Potion*." When a wealthy Texas rancher dies, his heirs gather for the reading of his will which will bequeath the huge estate and a thermos full of a reputed love potion. When a rainstorm floods the nearby creek and forces the guests to stay overnight in the mansion, they secretly test the love potion with hilarious results. Following the play, you'll go back to your table to find the dining room has been transformed into a delightful Cabaret. Sit back and relax while being further entertained with music and laughter. 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.** The boat will leave from Plymouth, and we will be on the water about 7 hours. Plenty of deck hands are available to bait the line, to assist you in reeling in the "big one," and to clean your catch. (The \$1.00/fish gratuity to the deck hand is your responsibility.) Typically running this time of year are Haddock, Pollack, and Mackerel. Bring a cooler to store your catch. Ice will be provided to keep it cold. You may 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.

MORE DAY TRIPS

MOHEGAN SUN CASINO, MON., FEB. 5. 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.**

37th ANNUAL CT FLOWER & GARDEN SHOW, CONVENTION CENTER, HARTFORD, THURS., FEB. 22. Over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening and equipment. Lunch on your own at the show. Mini-bus. Lv. Sr. Ctr. 9:30 am. Approx. rtn. time to the Sr. Ctr. 2:30 p.m. **PRICE \$16.00.**

***FOXWOODS CASINO, MON., MARCH 5.** 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.**

VERMONT SLEIGH RIDE, MARCH 7. We will travel to Brattleboro for lunch at the New England House. (Select from choice of Pot Roast or Butternut Squash Ravioli at sign up.) Then we're off to The Adams Farm, a 6th generation working family farm. Get ready for the sleigh ride of your life, which will take you through the maple grove and pines. We'll stop at a log cabin in the woods for a steaming cup of hot chocolate, and you will have time to browse in the farm store. Shared coach bus. Departure and return times t/b/a. **PRICE: \$135.00.**

***"SISTER ACT," WESTCHESTER BROADWAY THEATRE, NY, THURS., APRIL 19.** We will travel to Elmsford, NY for a day of entertainment and fun. Enjoy lunch and a matinee performance at the theatre (choose an entrée upon arrival). After lunch, we will sit back, relax and watch the hilarious story of Deloris Van Cartier, who goes into protective custody after witnessing a murder. Disguised as a nun, Deloris helps her fellow "sisters" find their voices as she rediscovers her own. Sister Act is the funniest, funkiest musical around. Shared coach bus. Departure/return times t/b/a. **PRICE: \$122.00.**

***"THE WILL ROGERS FOLLIES," GOODSPEED OPERA HOUSE, WED., APRIL 25.** We will start with lunch at The Gelston House (menu choices will be available closer to show date), then it's off to Goodspeed for "The Will Rogers Follies." The rags-to-riches story of America's beloved stage, screen and radio star bursts to life as a Ziegfeld Follies-style extravaganza. Mini-bus. Lv. Sr. Ctr. 10:15 am; approx. rtn. time to Sr. Ctr. 5:00 pm. **PRICE: \$95.00.**

OVERNIGHT TRIPS

SOX & SLOTS, TORONTO, TUES/THU., APR. 24-26, 2018. It's a triple play: visit beautiful Niagara Falls; watch the Red Sox play the Blue Jays; and check out the casino action! 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 and cancellation protection. Shared coach bus. Space is limited. **PASSPORT REQUIRED. PRICE: \$335 per person, double occupancy; \$315 per person, triple; \$405 single.** \$50.00 deposit due with reservation; balance due March 9.

Coming in October 2019: South Africa.

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!


LAUGH LINES

If there was a support group for compulsive talkers, it could be called On-Anon-Anon. * Did you hear about the race between the two silkworms? It ended in a tie.

WORDWISE

Aardvark (ärd' värk') n. A large, burrowing, nocturnal S. African mammal that feeds on ants and termites: it is squat and heavy with a long, sticky tongue and a long head ending in a round, piglike, snout.

FOODSHARE- BLOOMFIELD RESIDENTS ONLY!!

 FoodShare will be at the Marilyn Michaelson Senior Center of Bloomfield from **12:45-1:15 pm, on Tues., Feb. 13 & 27.** 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.

FEBRUARY SENIOR CENTER SHOWCASE

Mary Hurdle's china collection will be on display this month. 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 "The Hero." Lee Hayden (Sam Elliott) is a Western icon with a golden voice, but his best performances are decades behind him. He spends his days reliving old glories and smoking too much weed with his former co-star-turned-dealer, Jeremy, until a surprise cancer diagnosis brings his priorities into sharp focus. He soon strikes up an exciting, contentious relationship with a stand-up comic and he attempts to reconnect with his estranged daughter, all while searching for one final role to cement his legacy. Rated R. No need to register. Just come on by at 1:30 pm on **Feb. 20.** 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.

RED HAT SOCIETY

The Red Hot Honeys will meet at 1:00 pm on Fri., **Feb.16.**

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 thought we were headed to the Grand Canyon, but those pesky "circumstances beyond our control" intervened. So, since we are now in the midst of that winter phenomenon known as "basketball fever," we are on our way to the Women's Final Four in Columbus, Ohio. We have walked 440 miles and are in Akron. Fun Facts: Charles E. Menches invented such items as the ice cream cone, the hamburger, and caramel corn here. The city is home to one of the largest buildings designed with no interior supports. 22 stories high, it is tall enough that it creates rain inside the structure. 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 play weekly matches against Touchpoints and the Bloomfield Center for Nursing & Rehab, and they welcome matches with other groups or senior centers. Stop by and see what Virtual Bowling is all about. The team is looking for **a few good men** (ladies welcome, too). 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 Memory of Donald F. Connery
Vincent J. Luppino, Jr.*

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: DIABETES, THE SHORT VERSION

Diabetes is a disease that occurs when blood glucose (blood sugar)--your main source of energy which comes from the food you eat, is too high. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough--or any--insulin, or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells. Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage it and stay healthy. Sometimes people call diabetes "a touch of sugar" or "borderline diabetes." Although these terms suggest that someone doesn't really have diabetes or has a lesser form, every case is serious. What are the different types of diabetes? The three most common types of diabetes are type 1, type 2, and gestational diabetes. **Type 1:** If you have type 1 diabetes, your body does not make insulin. Your immune system attacks and destroys the cells in your pancreas that make insulin. Type 1 is usually diagnosed in children and young adults, although it may appear at any age. People with type 1 diabetes must take insulin every day. **Type 2:** If you have type 2 diabetes, your body does not make or use insulin well. You can develop type 2 diabetes at any age, even during childhood. However, this type of diabetes occurs most often in middle-aged and older people. Type 2 is the most common type of diabetes. **Gestational diabetes** develops in some pregnant women. Most of the time, this type of diabetes goes away after the baby is born. However, if you've had gestational diabetes, you have a greater chance of developing type 2 diabetes later in life. Sometimes diabetes diagnosed during pregnancy is actually type 2 diabetes. How common is diabetes? As of 2015, 30.3 million people in the United States, or 9.4 percent of the population, had diabetes. More than 1 in 4 of them didn't know they had the disease. It affects 1 in 4 people over the age of 65. About 90-95% of cases in adults are type 2 diabetes. Want to learn more? The West Hartford/Bloomfield Health District will be offering a series of free seminars this Spring.

<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>

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, **Feb. 13 & 27**, from 11:30 a.m. - 12:30 pm. Seabury Care Now will be here on Wed., **Feb. 14**, from 9:00-10:00 am. Global Horizon Home Care will be here on Wed., **Feb. 21**, from 9:00-11:00 am.

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.

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.

"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.

RENTER'S REBATE FOR THE ELDERLY & DISABLED

If you or your spouse are 65 years of age or older or you are receiving Social Security Disability and you rented in the State of CT during 2016, you may be eligible for the Renter's Rebate Program. For more info, call Social & Youth Services at 860-242-1895.

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.

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 **Mar. 12.** 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. Check March newsletter for Spring start dates. 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 **Mar. 5.** 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. INSTR: Beth Hugh. Bring your own hand weights. Next 6-week series starts **Mar. 6.** **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 **Feb. 20.** 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 **Feb. 20.** **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 **March 6.** 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 **Feb. 22.** 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 **Mar. 14.** 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 **Mar. 1.** 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., Feb. 22 9:00 am - 1:00 pm
Thurs., March 22 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.

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.**

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.