



THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

Accredited by 
National Institute of
Senior Centers
since 2004



<http://bloomfieldct.gov>

July 2018

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

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

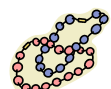
Senior Services Coordinator.....Amy-Beth Sirard
Clerk Typist II.....Marie Bendzans

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

20th ANNIVERSARY CELEBRATION

Please join us at 10:45 am on Wed., **Aug. 15**, as we celebrate the 20th anniversary of Ida's Shoppe. Call 860-243-8361 by Aug. 10 to register.

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 **August 1**. Registration is not necessary.

BE SAFE DURING A HEAT WAVE

A reminder for Bloomfield residents: whenever a heat advisory is in effect (temperatures expected to be 90° or higher), the Alvin & Beatrice Wood Human Resources Center, 330 Park Avenue, will serve as a cooling center from 8:00 am to 8:00 pm. The Town will provide water, but residents should bring their own food. Please remember to also bring medications, emergency contact phone numbers, and any other items you may need during the day. Service dogs are always welcome. Call 860-243-8361 for more information.

FOOT CARE CLINIC

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

ICE CREAM FLOAT BINGO

Cool off on a hot summer afternoon. We are partnering with Bloomfield Center for Nursing & Rehab for a bingo with soda, ice cream, bingo and prizes at 1:30 pm on Thursday, **Aug. 9**. Sign up in the Senior Center by Aug. 1. **PRICE: \$1.00**.

JULY MEN'S BREAKFAST!

The next men's breakfast will be held at 9:30 am on Friday, **July 27**. This will be another social hour; no guest speaker. **PRICE: \$5.00**. Please sign up by July 20.

BE A SENIOR VOICE VOLUNTEER!



We are looking for a few more volunteers to be part of a regularly-scheduled BATV show designed to let Bloomfield seniors know what is going on at the Senior Center. Work in front of the camera reading the newsletter and items about upcoming special events and programs--or behind it, filming the episodes. Howard Frydman will provide free training and share camera and lighting techniques; no prior experience necessary. Times and days will be determined once we have a "crew" in place. Sign up at the Senior Center. You could be the next BATV star!

JOHN'S JULY PROGRAMS

Techie Time is back! Our intern John is available at 10:30 am on Tuesdays and at 1:30 pm on Fridays to help you explore the features of your mobile phone, tablet or laptop and to provide assistance with other electronic devices.

Or stop by at 10:30 am on Fridays to challenge him in a game of Scrabble. May the best speller win!

SUMMER CONCERTS ON THE GREEN

Thursday evenings at 7:00 pm

- July 5 Farmington Valley Band
- July 12 Avenue Groove (RB, Funk, Dance Music)
- July 19 Goza (music from Latin America, Brazil, Spain)
- July 26 West Indian Celebration
- August 2 Still Kickin It & the Big City Horns
- August 9 Nekita Waller (Pop, Motown, R&B, Gospel)

Transportation will be available to Bloomfield residents age 55+ if there is enough interest.

BAGELS AND ...

Join us at 9:30 am on Fri., **Sept. 7**, as we partner with Bloomfield Center for Nursing & Rehab to say goodbye to summer. Come and enjoy coffee and a bagel with your choice of toppings. Limited space. Sign up in the Senior Center office by Sept. 5. **PRICE \$1.00**.

DRIVEWAY AND PARKING LOT

"Kiddie" camps are open and construction is well underway for the new Human Services Building. Please note that parking areas and driveways will continue to change over the next several months as construction progresses. We ask that you be extra cautious and pay close attention as you come and go from the Senior Center.

Marilyn Michaelson Senior Center of Bloomfield – July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 FOXWOODS CASINO Senior Center Walkers/Billiards	3 9:00 Nurse Screenings 10:00 “Mini” Bingo 11:00 Knitting 12:45 FoodShare 1:00 Mahjongg Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards	4 TOWN-OBSERVED HOLIDAY	5 9:00 Bishops Corner/Big Y 1:00 Hebrew Health Care 7:00 Concert on the Green Senior Center Walkers/Billiards	6 10:00 Coloring 10:30 Book Club 10:30 Scrabble 1:30 Techie Time Senior Comm. Cafe Senior Center Walkers/Billiards
9 11:30 Aerobics 1:30 Keep Your Life in Balance 1:30 Painting 3:30 Duncaster Aqua Fit East Windsor WalMart Senior Center Walkers/Billiards	10 9:00 Nurse Screenings 9:30 Be Fit & Have Fun 9:30 Multi-Media Drawing 10:00 “Mini” Bingo 10:30 Techie Time 10:45 Chair Yoga 11:00 Knitting 1:00 Line Dancing 1:00 Mahjongg Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards	11 9:00 Blood Pressure Screenings 9:30 Music Makers 9:30 Bridge 11:30 Chair Pilates & Toning 1:30 Bingo Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards	12 9:00 Painting 9:00 Windsor Price Chopper 9:30 Be Fit & Have Fun 10:45 Reminiscences 11:00 Tai Chi 11:30 Lunch Bunch Rein’s Deli 1:30 Duncaster Water Walking 7:00 Concert on the Green Senior Center Walkers/Billiards	13 COINS & CLAWS 9:30 Fiber Arts 10:00 Coloring 10:30 Woman of Hope 10:30 Book Club 10:30 Scrabble 11:30 Aerobics 1:30 Techie Time Senior Comm. Cafe Senior Center Walkers/Billiards
16 11:30 Aerobics 1:30 Keep Your Life in Balance 1:30 Painting 3:30 Duncaster Aqua Fit Charter Oak Marketplace Senior Center Walkers/Billiards	17 9:00 Nurse Screenings 9:30 Be Fit & Have Fun 9:30 Multi-Media Drawing 10:00 “Mini” Bingo 10:30 Techie Time 10:45 Chair Yoga 11:00 Knitting 11:30 Blood Pressure Screenings 12:45 FoodShare 1:00 Mahjongg 1:30 Movie Wonder Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards	18 Wii Tournament 9:30 Music Makers 9:30 Bridge 11:30 Chair Pilates & Toning 1:30 Bingo Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards	19 BOSTON WHALE WATCH 9:00 Painting 9:00 Enfield Motor Vehicle Dept. 9:30 Be Fit & Have Fun 10:45 Reminiscences 11:00 Tai Chi 1:30 Duncaster Water Walking 7:00 Concert on the Green Senior Center Walkers/Billiards	20 WNBA BASKETBALL 10:00 Coloring 10:30 Woman of Hope 10:30 Book Club 10:30 Scrabble 11:30 Aerobics 1:30 Techie Time Senior Comm. Cafe Senior Center Walkers/Billiards
23 Foot Care Clinic 11:30 Aerobics 1:30 Keep Your Life in Balance 1:30 Painting West Farms Mall Senior Center Walkers/Billiards	24 9:00 Nurse Screenings 9:30 Be Fit & Have Fun 10:00 “Mini” Bingo 10:30 Techie Time 10:45 Chair Yoga 11:00 Knitting 1:00 Line Dancing 1:00 Mahjongg Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards	25 9:30 Music Makers 9:30 Bridge 11:30 Chair Pilates & Toning 1:30 Bingo Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards	26 MARTHA’S VINEYARD 9:00 Painting 9:00 Hartford Social Security Admin. 9:00 AARP Safe Driver 9:30 Be Fit & Have Fun 10:45 Reminiscences 11:00 Tai Chi 7:00 Concert on the Green Senior Center Walkers/Billiards	27 9:30 Men’s Breakfast 10:00 Coloring 10:30 Woman of Hope 10:30 Book Club 10:30 Scrabble 11:30 Aerobics 1:30 Techie Time Senior Comm. Cafe Senior Center Walkers/Billiards
30 11:30 Aerobics 1:30 Keep Your Life in Balance 1:30 Painting Berlin Turnpike Senior Center Walkers/Billiards	31 9:00 Nurse Screenings 9:30 Be Fit & Have Fun 10:00 “Mini” Bingo 10:30 Techie Time 10:45 Chair Yoga 11:00 Knitting 11:30 Blood Pressure Screenings 12:45 FoodShare 1:00 Line Dancing 1:00 Mahjongg Senior Comm. Café/ Ida’s Shoppe Senior Center Walkers/Billiards			<p style="text-align: center;">Saturday, July 14 – Newport Sunday, July 22 – Greater Hartford Jazz</p>

Bloomfield “Mini” Bingo Dates

July 3	July 10	July 17	July 24	July 31
<i>Starting at 10:00 am</i>				

SENIOR COMMUNITY CAFE



TUESDAYS/WEDNESDAYS/FRIDAYS

- 3 Hamburger w/ Broth; Potato Salad; Lettuce/Tomato; Multi-Grain Bun
- 4 Town-observed Holiday
- 6 Apple-Glazed Roast Pork Loin w/ Broth; Yellow Rice; Spinach
- 10 Garden Salad Greens; Cherry Tomatoes/Cucumbers/Onions w/ Grilled Chicken Strips/ Cheddar Cheese/ Italian Dressing
- 11 Macaroni & Cheese; Stewed Tomatoes & Zucchini; Tossed Salad Greens
- 13 Hot Dog/ Hot Dog Roll; Baked Beans; Mixed Vegetables
- 17 Salisbury Steak w/Gravy; Boiled Potato; Caribbean Blend Veggies
- 18 Oven-Fried Chicken; Baked Beans; Capri Blend Vegetables
- 20 Tuna Noodle Casserole; Peas & Diced Carrots
- 24 Beef Chili/Shredded Cheese; Baked Potato; Sliced Carrots
- 25 Chef Salad w/Mixed Greens; Shredded Cheese; Ham; Cooked Egg
- 27 Roast Turkey w/Gravy; Cut-Up Sweet Potatoes; Spinach
- 31 Breaded Fish; Mashed Potatoes; Garden Blend Vegetables

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., July 12 - Rein’s Deli (Vernon)

Mon., Aug. 13 - Olive Garden (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.

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

Tuesday, July 4

Please plan accordingly

MONDAY MALL TRIPS

- July 9 East Windsor WalMart
- July 16 Charter Oak Marketplace, WalMart
- July 23 West Farms Mall, Target, Trader Joe’s
- July 30 Berlin Turnpike, Footprints, WalMart

THURSDAY SHOPPING TRIPS

- July 5 Bishops Corner/Big Y 9:00 am
- July 12 Price Chopper 9:00 am

SPECIAL WEEKEND TRIPS BY MINI-BUS

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

- Sat., July 14 Newport, Rhode Island
- Sun., July 22 Greater Hartford Jazz Festival
- Sun., Aug. 5 **In-town Grocery Shopping**
- Sat., Aug. 18 Milford Oyster Festival

Department of Motor Vehicle - Enfield

Thurs., July 19, at 9:00 am

Social Security Administration

Thurs., July 26, at 9:00 am

Hebrew Health Care

Thurs., July 5, at 1:00 pm

Grocery Shopping: Geisslers, Stop & Shop, Fresh Market

Mondays	9:00 am	These are the ONLY times available for grocery shopping
Tuesdays	1:00 pm	
Wednesdays	9:00 am	
Thursdays	1:00 pm	
Fridays	9:00 am	

OTHER MINI-BUS TRIPS

For a \$5.00 per trip fee, Bloomfield “seniors” who do not have mini-bus subscriptions may participate in our mall, Motor Vehicle Department, Social Security Office, Lunch Bunch, & fall foliage trips departing from the Senior Center. Advance registration is required, and you will need to fill out an emergency information form prior to traveling with us. If you are a regular mini-bus rider, these trips are already included in your annual subscription fee. If you have any questions, please call 860-243-8364.

HELP MAKE THE MINI-BUS BETTER FOR EVERYONE

Ride requests may be made up to a week ahead, but no later than 24 hours in advance (including “second stops”).

Last in-town pickup of the day is at 3:45 p.m.

We reserve the right to cancel any of the above shopping or special trips if we have fewer than 6 passengers.

For information about registering for mini-bus service, please call 860-242-2023.

EMERGENCY INFORMATION

It is important that we have up-to-date information on file for **everyone** who uses the Senior Center or travels with us. The information you provide will not be shared with anyone; it is solely for use in the event of an emergency. Please take a moment to stop in the office and fill out a green Emergency Information Sheet. Don’t forget to add your cell phone number!

TRIPS & EXCURSIONS

****PLEASE NOTE****

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

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

Bloomfield residents receive a 2-week priority registration for all trips.

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

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

The Senior Center is not responsible if casino bonus packages change.

We appreciate separate checks for each trip. Checks for trips should be made payable to the "Town of Bloomfield."

* DAY TRIPS - NEW *

***MOHEGAN SUN CASINO, MONDAY, AUG. 6.** Lv. Sr. Ctr. 12:00 noon. Please be in the bus lobby at 6:15 pm and on board the bus ready to leave promptly at 6:30pm. **PRICE: \$25.00.** (Please note: location and time have changed from previous newsletter.)

***WRENTHAM, MA, PREMIUM OUTLETS, FRI., AUG 31.** Travel via mini-bus for a day of shopping. Coffee stops enroute. All food on your own. Lv. Sr. Ctr. 9:00 am. Est. rtn. 5:00 pm. Mini bus. **PRICE: \$25.00 res/\$30.00 non-res.**

***FOXWOODS CASINO, TUESDAY, SEPT. 4.** 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 4:30pm. **PRICE: \$25.00.**

***THE BIG E, W. SPRINGFIELD, MA, WED., SEPT. 19.** CT Day at the New England extravaganza, with major exhibits, top-name entertainment, Avenue of the States, animals, shopping, crafts, daily parade, foods from around the world. Mini bus. Lv. Sr. Ctr. 9:00 am. Est. rtn. to Sr. Ctr. 6:30pm. **PRICE: \$15.00.**

***LEE PREMIUM OUTLET, LEE, MA, THURS., OCT. 4.** Travel via mini-bus for a day of shopping on your own. All meals on your own. Lv. Sr. Ctr. 9:00 am. Lv. Lee 2:00 pm. **PRICE: \$25.00 res/\$30.00 non-res.**

***WINE TASTING, WHITE SILO WINERY, SHERMAN, CT, THURS., OCT. 18.** Enjoy the beautiful fall foliage and spend the afternoon at a family-owned boutique winery. Start with a tour of the farm and winemaking operation, then settle in and enjoy a delicious farm-to-table fare boxed lunch: turkey sandwich w/arugula and White Silo mustard, Mediterranean quinoa salad, mini cheese plate, homemade turtle bar and a glass of sparkling red raspberry wine with gourmet chocolates. The visit ends with a wine tasting. Mini-Bus. Sign up by Sept. 25. No refunds after that date. Lv. Sr. Ctr. 9:30 am. Rtn. to Sr. Ctr. approx. 4:00 pm. **PRICE: \$35.00.**

***WOODBURY COMMONS, CENTRAL VALLEY, NY, THURS., NOV. 8.** Travel via mini-bus for a day of shopping. Coffee stops enroute. All meals on your own. Lv. Sr. Ctr. 8:00 am. Lv. NY 4:00 pm. **PRICE: \$25.00 res/\$30.00 non-res.**

***RADIO CITY CHRISTMAS SPECTACULAR, FRI., NOV. 16.** After lunch at Carmine's (Rigatoni & Broccoli and Chicken Marsala served family-style) we will depart for the Radio City Music Hall to enjoy the 2018 edition of their Christmas Spectacular starring the world-famous Rockettes! Departure and return times t/b/a. **PRICE: \$227.00.** No refunds.

*OVERNIGHT TRIPS - NEW *

***CLASSIC SOUTH AFRICA, FRI., SEPT. 27-THU., OCT. 10, 2019.** We will fly from New York to Cape Town where our adventure will begin. During our trip, we will visit Durban, Hlyhluwe, Mbabane, Hazyview, eSwatini, Victoria Falls and Johannesburg. Includes roundtrip airfare, all intra flights, 12 nights' accommodations, 20 meals, travel insurance (does not cover \$300 non-refundable deposit). **PRICE: \$5,479 pp/DO; \$6,077 pp/SO (for registrations before Oct. 25), or \$5,979 pp/DO; \$6,577**

pp/SO (for registrations after Oct. 25). Payment plan is available. Stop by the office to pick up a brochure/itinerary. There will be an info meeting with Kathy from Cruise Holidays at 10:30 am on Thurs., **Sept. 6.** Please call or stop in the Senior Center to register for this meeting.

MORE DAY TRIPS

FOXWOODS CASINO, MONDAY, JULY 2. 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 4:30pm. **PRICE: \$25.00.**

COINS & CLAWS, NOANK, CT, FRI., JULY 13. After lunch at Abbott's in the Rough, you will have time on your own at Mohegan Sun Casino. Shared coach bus. Depart/rtn. times t/b/a. No refunds. **PRICE \$85.00.**

WHALE WATCH THURS., BOSTON, JULY 19. We're heading to Boston for a 3-hour excursion aboard a high-speed whale watching catamaran. Lunch is included. Shared coach bus. Depart/rtn times t/b/a. No refunds. **PRICE: \$145.00.**

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

MARTHA'S VINEYARD, THURS., JULY 26 (rain or shine.) No refunds. Lv. Sr. Ctr. 5:00 am. No at-home pickups. Est. rtn. to Sr. Ctr 8:30 pm. **WAIT LIST**

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

BLOCK ISLAND, THURS., AUG. 16 (rain or shine). Enjoy a 1¼ hour cruise aboard the ferry from New London to Old Harbor, for a day on your own. All food on your own. Mini-Bus to New London. Lv. Sr. Ctr. 6:30 am. No at-home pickups. Est. rtn. to Sr. Ctr. 8:00 pm. **PRICE: \$ 42.00.** No refunds after July 14.

STATEWIDE SR. OUTING, HOLIDAY HILL, MON., AUG. 20. Limited space. Senior citizens only. Mini-bus. Please note: no coolers or food containers are allowed on a bus or at Holiday Hill. **PRICE: \$36.00 (res); \$41.00 (non-res).** Lv. Sr. Ctr. 8:30 a.m. Approx. rtn. to Ctr. 5:00 p.m.

YARD GOATS BASEBALL, HARTFORD, THURS., AUG. 30. Start with a guided tour of the stadium before the 7:00 pm game against the Rumble Ponies. All food on your own. Mini-bus. Lv. Sr. Ctr. 4:30 pm; Approx. rtn. to Sr. Ctr. 11:00 pm. **PRICE: \$18.00**

ESSEX STEAM TRAIN/RIVERBOAT LUNCH EXCURSION, FRI., SEPT. 14. Mini-bus. Depart/rtn. times t/b/a. **WAIT LIST.**

TWIN RIVER CASINO, LINCOLN, RI, WED., NOV. 14. Time at the Twin River Casino and an afternoon performance of "Sweet Caroline." Includes coach bus, luncheon buffet, casino bonus and admission to the show. Must be over 21 and have valid government-issued identification. **PRICE: \$92.00.** Departure/return times t/b/a.


OVERNIGHT TRIPS

SIGHTS, SOUNDS & TASTES OF LANCASTER, PA., WED-FRI., OCT. 17-19. 2 nights at the Eden Resort in Lancaster. Tickets to see "Jesus" at the Sight & Sound Theater and "Sister Act" at the Dutch Apple Dinner Theater. 2 buffet breakfasts; 2 dinners; and more. Includes roundtrip motor coach; taxes and baggage handling; driver and tour director gratuities. **PRICE: \$562.00 pp/do; \$697.00 pp/so; \$542.00 pp/to.** Departure/rtn times t/b/a.

KAYAKING, ANYONE?

Are you interested in taking kayaking lessons or clinics through LL Bean this summer? Please let us know.

FOODSHARE- BLOOMFIELD RESIDENTS ONLY!!

 FoodShare will be at the Marilyn Michaelson Senior Center of Bloomfield from **12:45-1:15 pm, on Tues., July 3, 17 & 31.** 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.

JULY SENIOR CENTER SHOWCASE

The Red Hot Honeys memorabilia remains on display during the month of July. 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 "Wonder." Born with facial differences that have prevented him from going to a mainstream school, 5th grader Auggie Pullman becomes the most unlikely of heroes. As everyone around him struggles to discover compassion and acceptance, Auggie's extraordinary journey proves that you can't blend in when you were born to stand out. PG. No need to register. Just come on by at 1:30 pm on **July 17.** Prior to the afternoon movie, you can enjoy lunch at the Community Café. Please call at least one day in advance (prior to 12:00 noon) to order lunch.

MEALS-ON-WHEELS

Meals-on-Wheels are available through the Senior Services Department. Two meals a day delivered directly to your door. **PRICE:** \$6.00/day. Please call the Senior Center for details.

FOOD KITCHEN

The Community Food Kitchen @ Bloomfield United Methodist Church, located at 297 School St. Lunch every Saturday 11:30 am – 1:00 pm. Families and children are all welcome.

ANOTHER FOOD DISTRIBUTION PROGRAM!

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

COUPON EXCHANGE

Don't forget about our coupon swap. We gratefully accept ALL donations (you never know which ones someone else can use!). Check what we have and take what you need. We only ask that you help to keep it neat. If possible, please cut your own coupons before bringing them to us. Thank you, Susie Calbert, for keeping them organized.

STOP, SIT, & MAKE THE PIECES FIT

Relax. Exercise your mind. Spend some time at the jigsaw table outside the Great Room and help put together the featured puzzle.

DRUG COLLECTION BOX

There is a permanent drug drop box located at the Bloomfield Police Department, 785 Park Avenue. You may drop off old prescriptions, over-the-counter & pet meds, but NOT needles or other "sharps," thermometers, or hazardous waste.

WORDWISE

Fondant (fān'dənt), noun; a soft, creamy confection made of sugar, water, and cream of tartar, used as an icing and a candy.

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.

WALK YOUR WAY TO HEALTH

Thank you to everyone who came out and walked during our National Health & Fitness week program. Congratulations to the winners of the FitBit and the pedometers. Walk the "self-guided, indoor path" at the Senior Center 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. They have also begun monthly intergenerational matches with Leisure Services, and they welcome matches with other groups or senior centers. Stop by and see what Virtual Bowling is all about. No experience necessary; we will train you.

**FAITH McMAHON MEMORIAL SCHOLARSHIP FUND**

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

MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD - DONATIONS AND MEMORIAL FUND

In Support of Bloomfield Senior Services

Bloomfield Lions Club

In Appreciation of the Senior Center

Bev Kennedy

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 to individuals with permanent disabilities to help purchase assistive technology devices or services such as wheelchairs; 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.

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!



HEALTH NOTES: DEHYDRATION

Dehydration can occur at any time of the year but we seem to hear of it more frequently during the warm summer months when people lose bodily fluids to perspiration & exertion. Some of the symptoms are a dry or sticky mouth, low or no urine production, failure to produce tears & sunken eyes. However, it is not uncommon for someone to become dehydrated without even knowing it. The only effective treatment is replacement of lost fluids and, in moderate to severe cases, hospitalization and intravenous fluid treatment may be necessary. There are, however, some simple “dos” and “don’ts” to help you avoid dehydration. Do drink liquids throughout the day; don’t wait until you feel thirsty. Don’t try to “catch up” by drinking excessive amounts of liquids at one time. Have a cup of low-fat soup as an afternoon snack. Sip liquids between bites when you are eating. (This may also help with appetite control!) Drink a full glass of water if you need to take a pill. Have a glass of water before you exercise or go outside to garden or walk, especially on a hot day. Don’t drink a lot of beverages with a high sugar content, such as sports drinks or carbonated sodas. Remember, water is a good way to add fluids to your daily routine without adding calories.

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, **July 17 & 31**, from 11:30 a.m. - 12:30 pm. Seabury Care Now will be here on Wed., **July 13**, from 9:00-10:00 am.

SUBSTANCE ABUSE RECOVERY SUPPORT

Free substance abuse recovery support telephone conference at 10:00 am on the 3rd Wednesday of each month. Dial 1-866-867-4772 & enter 123456. Call the Outreach Coordinator at 860-714-3702 with questions.

CRIS INTERNET RADIO

 CRIS, the radio reading service for people with print disabilities, broadcasts over 70 publications a month, including the Hartford Courant, NY Times, Time Magazine & Sports Illustrated. The broadcasts can be heard on a CRIS Internet radio and is available at the Senior Center.

“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.

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.

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 860-541-5003. 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.

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.

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.**

RENTER’S REBATE

Seniors ages 65 and older, or disabled adults ages 18-64. Maximum income: Single - \$35,300; Married - \$43,000. Filing Period: April 1 - October 1, 2018. For more info, please call Social & Youth Services (860-242-1895).

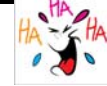
OPERATION FUEL WATER ASSISTANCE PROGRAM

If you are struggling to pay your MDC bill or are at risk of shut-off, you may qualify for assistance. Maximum income: one-person household - \$42,958.11; two-person household - \$56,175.99. For more info, please call Social & Youth Services (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.

LAUGH LINES



I asked a Frenchman if he played video games. He said Wii! * What’s the difference between a hippo and a zippo? One is really heavy and the other is a little lighter! * Time flies like an arrow. Fruit flies like a banana!

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.

WI-FI AT THE SENIOR CENTER

Public Wi-Fi is now available throughout the building at 330 Park Avenue.

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).** Resumes Sept. 10.

AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm. Rhythmic aerobic exercise combined with stretching & strength training routines. Next 8-week series starts **July 23.** INSTR: Jeff Shealey. **FEE: \$35.00 res/\$45.00 non-res.** Bring your mat.

PAINTING - Mon., 1:30 - 4:30 pm OR Thurs., 9:00 am - 12:00. Develop your artistic self. Are you a beginner? Learn how to bring out the artist in you. Intermediate and advanced students? Learn new techniques as you continue on your creative journey. Course includes painting (water, acrylic, oil) & collage. Next 10-week series starts **July 9** or **July 12.** INSTR: Jean Mazo. **FEE: \$60.00 res/\$120.00 non-res.**

KEEP YOUR LIFE IN BALANCE - Mondays, 1:30-2:30 pm. Move more, fall less. Learn how to take steps improve your balance and help prevent slips and falls. Next 6-week series starts **Aug. 13.** INSTR: Beth Hugh. **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. Starts **Sept. 10.** **FEE: \$30.00 res/ \$40.00 non-res.**

BE FIT & HAVE FUN – Tuesdays & Thursdays, 9:30-10:30 am. The 4 types of exercise important to staying healthy & independent are strength, balance, endurance & stretching. Bring your own hand weights. Next 6-week series starts **July 12.** INSTR: Beth Hugh. **FEE: \$30.00 res/\$40.00 non-res.** **Advance registration is required for this class. Bloomfield residents have first priority.**

MULTI-MEDIA DRAWING & EXPLORATION - Tues., 9:30-11:30 am. Students may choose from a variety of media: color pencil, pen & ink, water color and other materials. Work independently for the last 30 minutes of each session. Next 6-week series starts **Sept. 11.** INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

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. Next 6-week series starts **July 31.** **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 **Aug. 21.** 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 - 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 **Sept. 13.** 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 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. Next 8-week series starts **Aug. 1.** 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. Ongoing. **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 **Aug. 16.** 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., July 26 **12:00 - 4:00 pm**
Thurs., August 23 **9:00 am - 1:00 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 **Sept. 14.** 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.

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.

SUMMER BREAK



Please mark your calendar. Classes will not meet the week of July 4 (July 2 - 6).

Hassle Free Living



There's no place like

FEDERATION HOMES

Affordable living for older adults 62+ and
Individuals with Disabilities

Visit us at www.federationhomes.org

156 Wintonbury Ave. Bloomfield

(860) 243-2535



Federation Homes, Inc. is sponsored by the Jewish Federation of Greater Hartford with funds provided by the Department of Housing and Urban Development.



QUALITY FOODS

860-242-4444

40 TUNXIS AVE

BLOOMFIELD CT 06002

BLOOMFIELD@GEISSLERS.COM