



THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

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National Institute of
Senior Centers
since 2004



<http://bloomfieldct.gov>

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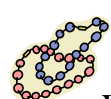
All programs and events in this newsletter are sponsored by the Senior Services Department and are open to all Bloomfield residents over the age of 55.

Drop-in Monday to Friday 9 a.m. to 5 p.m.

BLOOMFIELD SENIOR SERVICES MISSION STATEMENT

The Mission of the Marilyn Michaelson Senior Center of Bloomfield, Connecticut, is to serve as a welcoming focal point for the delivery of services to older adults and their caregivers by responding to their diverse needs and interests in a manner that will enhance their dignity, support their independence, health and general well-being, and encourage their involvement in the Senior Center and Community.

IDA'S SHOPPE

 Founded in 1998 by the Participants Council II, Ida's Shoppe is open Tuesdays from 10:30 am-1:00 pm, and Wednesdays from 10:30 am-4:45 pm. All proceeds are donated to the Senior Center for senior grants, classes & instructional programs, and special projects. Thanks to our volunteers Violet Baccari, Dorothy Chamarda, Sadie Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

MARCH MEN'S BREAKFAST!

The next men's breakfast will take place at 9:30 am on Fri., **March 23**. Tanya Alegre and Karen Thorpe from Atrinity Home Health will present an open discussion on honoring a loved one's memory. Attendees will receive a token to keep the spirit of a loved one bright. **PRICE \$5.00**. Please sign up by March 16.

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 **March 7**. Registration is not necessary.

CONNECTICUT 2017 TAX AIDE

AARP FREE tax counseling for low to moderate income taxpayers, with special attention to those **age 60 and over**. This service is available on **Wednesdays through April 11** (as well as on **Fri., March 23**). **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.

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.


SAVE THE DATE

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


FOOT CARE CLINIC

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

MULTI-MEDIA DRAWING ART SHOW

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

THE 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

ST. PATRICK'S DAY LUNCHEON

Join us at 12:00 noon on **Wed., March 14**, for a St. Patrick's Day celebration prior to bingo. Menu includes Corned Beef & Cabbage, Parslied Potatoes, Sliced Carrots. Anyone who is not a regular café diner will need to complete a Form 5. **PRICE: \$2.50 donation (over age 60); \$7.50 (under age 60)**. Reservation deadline March 8. Wear Green!

THE A-B-C's of PROBATE

Join us at 4:00 pm on Monday, **April 23**, for a very special "Made Easy" program with probate judge David A. Baram. Take advantage of this opportunity to ask questions about a topic that many people don't understand. Bring your family and friends. Light refreshments. Transportation available for Bloomfield residents. Please register at the Senior Center by April 18.

Bloomfield “Mini” Bingo Dates

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

SENIOR COMMUNITY CAFE



TUESDAYS/WEDNESDAYS/FRIDAYS

- 2 Tuna Fish Salad on Multi Grain Roll; Tomato/Lettuce; Potato Wedges
- 6 Chicken Cacciatore; Rotini w/Tomato-Sauce; Brussel Sprouts
- 7 Beef Liver w/Sautéed Onions; Mashed Potato; Garden Blend Vegetable
- 9 Macaroni & Cheese; Peas; Garden Salad
- 13 Beef Chili w/Beans; Oven Baked Potato; Shredded Cheese; Green Beans
- 14 Corned Beef w/Cabbage; Parslied Potato; Sliced Carrots
- 16 Potato-Crumbed Fish; Lyonnaise Potatoes; Red/Green/Purple Cabbage Coleslaw
- 20 Turkey Sloppy Joe on Wheat Bun; Sweet Potato Fries; Capri Blend Veg
- 21 Roast Turkey w/Gravy; Mashed Potatoes; Mixed Vegetables
- 23 Seafood Salad on Multi Grain Bread w/Lettuce; Baked Sweet Potato
- 27 Roast Chicken w/Vegetable Broth; Mashed Potato; Spinach
- 28 Stuffed Pepper w/Shell Pasta; Marinara Sauce; Green/Yellow Beans
- 30 TOWN-OBSERVED HOLIDAY

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., March 8 - Calif. Pizza Kitchen (West Farms)
- Thurs., March 15 - Cheesecake Factory (West Hartford)
- Mon., April 16 - Joey Garlic (Newington)

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.** *Metacomet PTO event.

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)
Friday, March 30



MONDAY MALL TRIPS

- March 5 WalMart - East Windsor
- March 12 Buckland Mall, Evergreen Walk
- March 19 Berlin Turnpike, Footprints. WalMart
- March 26 WestFarms Mall, Trader Joe’s

THURSDAY SHOPPING TRIPS

- March 8 Bishops Corner 9:00 am
- March 15 Aldi, Shop Rite (W. Hartford) 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., Mar. 10 IKEA (New Haven)
- Sun., Mar. 18 Hebron Maple Festival (Hebron)
- Sun., Apr. 15 Submarine Force Museum (Groton)
- Sat. Apr. 28 Daffodil Festival (Meriden)

Department of Motor Vehicle - Enfield

Thurs., March 22, at 9:00 am

Social Security Administration

Thurs., March 29, at 9:00 am

Hebrew Health Care

Thurs., March 8, 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 *

***"ANNIE THE MUSICAL," BLOOMFIELD HIGH SCHOOL, THURS., MARCH 15.** Presented by Bloomfield Public Schools. Performance begins at 7:00 pm. Transportation available for Bloomfield residents if there is enough interest. **PRICE: \$10.00** (for seniors).

***FOXWOODS CASINO, THURS., MAY 3.** Lv. Sr. Ctr. 11:00 am. Please be in the bus lobby at 6:00 pm and on board the bus ready to leave promptly at 6:15 pm. **PRICE: \$25.00.**

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

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

***COINS & CLAWS, FRI., JULY 13.** We'll head to Noank, CT. for lunch at Abbott's Lobster in the Rough, voted one of the best lobster shacks in New England. Dine next to the scenic harbor on a dock where you can watch the boats on the Mystic River. Your entrée options include a choice of steamed lobster or herb roasted chicken, served with all the trimmings. Please select your meal choice at sign up. After lunch, we head to the Mohegan Sun Casino where you will receive a casino package and have time on your own. Shared coach bus. Departure/return times t/b/a. **No refunds after June 13. PRICE \$85.00.**

***WHALE WATCH THURS., BOSTON, JULY 19.** We're heading to Boston for a 3-hour excursion aboard a high-speed whale watching catamaran. The vessel can carry up to 400 passengers at speeds approaching 35 knots (37.5 mph). There are 3 outside decks for optimal viewing, climate-controlled interior cabin space with cushioned seating, tables, state-of-the-art sound/video systems, and a fully stocked galley. We will travel to Stellwagen Bank, (where the heavy concentration of minke, humpback, and finback whales provides the best sighting possibilities) and learn about whales in their natural habitat. A naturalist trained by the New England Aquarium will be on-board to talk with you about all the remarkable marine life. Learn how to identify different species, how scientists keep track of individual animals and much more. Lunch is included. Shared coach bus. Departure/return times t/b/a. **No refunds after June 19. PRICE: \$145.00.**

MORE DAY TRIPS

AAC WOMEN'S BASKETBALL TOURNAMENT SEMI-FINAL GAMES, MOHEGAN SUN ARENA, MONDAY, MARCH 5.

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.**

MOHEGAN SUN CASINO, MON., APRIL 9. Lv. Sr. Ctr. 9:00 am. Please be in the bus lobby at 4:15 pm and on board the bus, ready to leave promptly at 4:30 pm. **PRICE: \$25.00.**

"SISTER ACT," WESTCHESTER BROADWAY THEATRE, NY, THURS., APRIL 19. We will travel to Elmsford, NY for 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 Sister Act, the funniest, funkiest musical around. Shared coach bus. Departure/return times t/b/a. **PRICE: \$122.00.**

"WILL ROGERS FOLLIES," GOODSPEED OPERA HOUSE, WED., APRIL 25. We will start with lunch at The Gelston House (Entrées: Bistro Steak, Parmesan Encrusted Cod, Gelston Chicken, Pasta Primavera, Norwegian Salmon, Sherry Mushroom Chicken. Please choose at sign up), then it's off to Goodspeed for "The Will Rogers Follies," 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.**

"THE LONE STAR LOVE POTION," NEWPORT CABARET & PLAYHOUSE RESTAURANT, THURS., MAY 24. A unique dinner theatre: a great buffet; 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." Following the play, you'll go back to your table to find the dining room has been transformed into a delightful Cabaret. Shared coach bus. Departure/return times t/b/a. **PRICE: \$122.00.** No refunds after April 26.


DEEP SEA FISHING, PLYMOUTH, MA, THURS., JUNE 7. 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.) 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.

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.

Would you like to learn to kayak? If there is enough interest, we will partner with LLBean to put together a program.

FOODSHARE- BLOOMFIELD RESIDENTS ONLY!!

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

MARCH SENIOR CENTER SHOWCASE

Mary Hurdle's china collection is 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 Circle." Mae Holland (Emma Watson) seizes the opportunity of a lifetime when she lands a job with the world's most powerful technology/social media company. Encouraged by the company's founder (Tom Hanks), she joins a groundbreaking experiment that pushes the boundaries of privacy, ethics and personal freedom. Rated PG-13. No need to register. Just come on by at 1:30 pm on **March 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.

WORDWISE

Bibelot (bib'lō') n. A small object whose value lies in its beauty or rarity; a book of unusually small size.

RED HAT SOCIETY

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

LOW VISION SUPPORT GROUP

The Low Vision Support Group will meet at 10:30 am on Friday, **March 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



According to Harvard Health Publishing, walking has a number of surprising benefits. One study has shown that a regular walking routine helps boost our immune function. Participants who walked at least 20 minutes a day had 43% fewer sick days than those who did not. If they did get sick, it was for a shorter time and symptoms were milder. Another pair of studies indicated that a 15 minute walk can curb cravings for chocolate and other sugary snacks. Keep logging those laps! New walkers are always welcome.

WALK YOUR WAY TO HEALTH

Walk the "self-guided, indoor path" at the Senior Center on your own Monday - Friday, between 8:00 am & 7:30 pm.



Wii BOWLING NEWS

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

FAITH McMAHON MEMORIAL SCHOLARSHIP FUND

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

MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD - DONATIONS AND MEMORIAL FUND

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: DAYLIGHT SAVING TIME

Daylight saving time begins on March 11. Get ready to reset your clocks. Resetting electronic devices is generally easier than resetting our own internal (circadian rhythm) clocks. That means that after a time change--particularly when we lose an hour--we may feel out of sorts and unusually tired for a few days as our bodies adjust. Being tired can cause memory issues and decrease productivity, concentration, and general well-being. However, there are advantages to "springing forward," as well. For example, although more accidents occur during the week after the time change, studies have confirmed that the extra evening light over the 8 months of daylight saving time helps to cut the overall number of mishaps. Trying to lose a few pounds? Another study indicates that people burn as much as 10% more calories during daylight saving time because they are outdoors and more active than during those long, dark winter months. Folks with seasonal affective disorder (SAD) often find that their symptoms diminish during the spring and summer months. So, how can you make the time change adjustment a little easier? Try to go to bed half an hour earlier each of the two nights prior to the time change. Set your alarm to wake up a little earlier on Friday and Saturday morning. That might make it easier to get out of bed on Monday morning. Cut out the alcohol or caffeine close to bedtime. Since food tells your body that the day is starting, eat a healthy breakfast. Go for a walk; sunlight in particular helps your body clock to adjust (but don't forget the sunscreen!).

www.timeanddate.com/time/dst/daylight-saving-health.html (2/8/18)

www.webmd.com/sleep-disorders/features/coping-with-time-changes (2/8/18)

www.webmd.com/sleep-disorders/features/how-daylight-saving-time-affects-your-health (2/8/18)

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, **March 13 & 27**, from 11:30 a.m. - 12:30 pm. Seabury Care Now will be here on Wed., **3/14**, from 9:00-10:00 am. Global Horizon Home Care will be here on Wed., **3/21**, from 9:00-11:00 am.

SUBSTANCE ABUSE RECOVERY SUPPORT

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

CRIS INTERNET RADIO



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

NEWSLETTERS BY EMAIL

Did you know we deliver newsletters electronically? Call us or stop in the Senior Center office to give us your email address and we'll be happy to add you to our distribution list.

"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.

LAUGH LINES

Yesterday I accidentally swallowed some food coloring. The doctor says I'm OK, but I feel like I've dyed a little inside. * I wasn't originally going to get a brain transplant, but then I changed my mind.

POSTCARDS & BUMPER STICKERS FOR SALE

The Town of Bloomfield has postcards depicting 6 different landmarks for sale, including The Drummer Boy statue, Town Hall, and Filley Park & Pond. "BLOOM" bumper stickers are also available. They may be purchased either at Town Hall or at the Senior Center. **PRICE: \$1.00 each.**



INSTRUCTIONAL PROGRAMS

**New registration required at the beginning of each series of classes.*

** Payment is due with registration. * Proof of address required*

** Please make checks payable to the "Town of Bloomfield"*

PIANO LESSONS - Mondays, 11:00 am - 1:50 pm. INSTR: Elizabeth Raphael. **FEE: \$20.00 per ½-hour private session (must be paid in advance).**

AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm. Rhythmic aerobic exercise combined with stretching & strength training routines. Next 8-week series starts **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. Next 10-week series starts **April 9** or **Apr. 12.** 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 **March 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. Bring your own hand weights. Next 6-week series starts **March 13.** INSTR: Beth Hugh. **FEE: \$30.00 res/\$40.00 non-res.** **Advance registration is required for this class. Bloomfield residents have first priority.**

MULTI-MEDIA DRAWING & EXPLORATION - Tues., 9:30-11:30 am. Students may choose from a variety of media: color pencil, pen & ink, water color and other materials. Work independently for the last 30 minutes of each session. Next 6-week series starts **April 10.** INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

CHAIR YOGA - Tuesdays, 10:45-11:45 am. This calming, energizing exercise can be practiced by of all fitness levels. We will explore and enhance a greater range of movement while protecting the lower back and joints by easing into yoga postures using a chair for support. INSTR: Lisa Gaumond. 6-week series starts **April 3.** **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 **March 1.** 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 **March 21.** 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 **March 8.** 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., March 22	12:00 - 4:00 pm
Thurs., April 26	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 **Apr. 13.** INSTR: Barbara West-Jarvis. **Fee: \$20.00 residents/ \$30.00 non-res.**

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

WOMAN OF HOPE, LLC - for all women with a desire to overcome life's problems & situations, and for the woman who just needs to talk. Learn to enjoy and love life and live it to the fullest as a productive, successful individual. **Fridays, 10:30-11:30 am.** Facilitator: Ruby Goodman-Claytor, M.Ed.

CALLING ALL COLORING BOOK ARTISTS

Colorists unite! You never know who you might meet when you drop in at 1:30 pm on Mondays and/or 10:00 am on Fridays to add a little--or a lot of--color to your world. Let your inner child out and go wherever your imagination takes you. We supply the designs and the pencils. You decide whether to color inside or outside the lines!

BINGO

Join us for Bingo every Wednesday at 1:30 p.m. in Room 306. Adults only; no children, please. \$1 per card. We cannot make change, so please come with single dollar bills.

REMINISCENCE . . . A LIFE'S JOURNEY

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

MORE OPPORTUNITIES TO STAY FIT!

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