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

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

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

CAREGIVER & BEREAVEMENT SUPPORT GROUPS
If you are a caregiver or are coping with the loss of a loved one, we invite you to join us at 1:30 pm on the first Wednesday of each month at the Senior Center. Assuming responsibility for the care of a family member with health or memory problems often begins with the challenge of learning our way through the healthcare system. Sadly, but not infrequently, it progresses to learning about the grief process. One way of coping is by talking and sharing with others who have had similar experiences. Facilitators are Social Worker Lucille Morisse, & Librarian Mara Whitman. Next meeting is on March 4. Registration is not necessary.

“WHERE WE LIVE - TICKS IN CONNECTICUT”
Please see page 6 for more information on this program coming up April 1.

BLOOMFIELD CITIZENS’ ACADEMY
The 2020 Bloomfield Citizens’ Academy will begin on Thursday, April 16. Space is limited; call either (860) 243-8361 or (860) 769-3504 to register or for more info. (Please note change in day/ date from last newsletter.)

SAVE THE DATE
Our annual Mother’s Day program will take place on Monday, May 4. Includes luncheon buffet at the Simsbury Inn. PRICE: $35.00. Payment due with registration. Limited space available.

MARCH MEN’S BREAKFAST!
The next men’s breakfast will be held at 9:30 am on Friday, March 27. PRICE: $5.00. Please sign up by March 20.

THE AGING MASTERY PROGRAM® IN CT
The next 10-session program will begin on Mon., March 16. Each interactive session will run from 10:30 am-12:00 noon. Textbook/resource guide is yours to keep and offers a wealth of information. Guest speakers, tips for aging well, treats and surprises; graduation celebration. PRICE: $10.00. Space is limited. The Aging Mastery Program is a program of the National Council on Aging and is funded in CT by the Anthem Foundation, coordinated by CCC, and sponsored in part by the CT Community Foundation.

ST. PATRICK’S DAY LUNCHEON
Join us at 12:00 noon on Tues., Mar. 17, for a St. Patrick’s Day luncheon. Corned beef & all the fixings! Anyone who is not a regular café diner will need to complete a Form 5, PRICE: $2.50 donation (over age 60); $9.89 (under age 60). Reservation deadline Mar. 12 or when all tickets are sold, whichever comes first. Entertainment sponsored by the Windsor Caring Connection.

AARP TAX AIDE
AARP offers FREE tax preparation for low-to-moderate-income taxpayers; special attention to those age 60 and over. Wednesdays through Apr. 15. 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.

MEDICINE & MORE!
Our University of St. Joseph student nurses have some great programs coming up at 10:45 on Tuesday & Thursday mornings:
Apr. 7: Learn to make curried Caribbean chicken and riced cauliflower stir fry.
Mar. 26: Blood Pressure Basics; Do you know the signs and symptoms of high blood pressure? What about treatment? Come to this program and find out.

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 Tues., Apr. 14, at Bloomfield Town Hall. Hors d’oeuvres. Free transportation for Bloomfield “seniors.” Call the Senior Center to register.
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**Notes:**
- **Monday, March 1:** Senior Comm. Cafe
- **Tuesday, March 2:** Senior Comm. Cafe
- **Wednesday, March 3:** Senior Comm. Cafe
- **Thursday, March 4:** Senior Comm. Cafe
- **Friday, March 5:** Senior Comm. Cafe

**Additional Information: **
- Daylight saving time begins at 2:00 AM on Sunday, March 8.
- Turn your clock ahead 1 hour!
The Bloomfield Senior Services Dept. is a Tuesday, Wednesday, and Friday CRT elderly nutrition site. Suggested contribution or donation is $2.50. You must be at least 60 years old. If you are under the age of 60 you may have a meal at the Community Café for $9.89. This covers the cost of your meal and is not considered a donation. Lunch foods may not be taken home from this site. **RESERVATIONS ARE REQUIRED. Please call 860-243-8361 AT LEAST 24 hours in advance. We must place our orders by noon the day before a meal is scheduled to be served.**

**HATS OFF** to our Senior Café Volunteers: Betty Battles, Lucy Bodner, Peg Hacia, & Carolyn Love for the fine job they do.

**NUTRITION SITES by Reservation Only!** Bloomfield Sr. Services, 330 Park Ave. 860-243-8361 T/W/F Federation Homes, 156 Wintonbury Ave. 860 243-2535 M-F

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**THE LUNCH BUNCH**

**Thurs., March 12 - “99” Restaurant (Enfield)**

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 ime.) 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.

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**WAY TO GO CT**

Transportation resources for North Central CT. For info, call 860-667-6207, ext. 17.

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**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.

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**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!

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**BINGO**

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

****PLEASE NOTE****

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

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

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

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

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

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

* DAY TRIPS - NEW *

*MOHEGAN SUN CASINO, SUN., MAR. 8, Mini-Bus. Lv. Sr. Ctr. 10:00 am. Please be in bus lobby at 6:30 pm and on board the bus ready to leave promptly at 6:45. PRICE: $25.00.

*TRAVELERS CHORALE CONCERT, BUSHNELL, THURS., MAY 7. The Travelers Chorale, the oldest company-affiliated choral group in America, will perform with special guests The Bristol Chorale and the Manchester Symphony Orchestra. Mini-bus. Lv. Sr. Ctr. 6:45 pm. Approx. rtn. time to Sr. Ctr. 9:45 p.m. PRICE: $1.00. (Please bring a non-perishable food item donation that evening).

*THE SPA @ NORWICH INN, THURS., MAY 14. In addition to a Swedish massage* your day includes a group aquatics class; use of relaxation & steam rooms, sauna, whirlpool, exercise pool, fitness center; lunch at Kensington’s; afternoon tea/scones. *Other treatments available at additional cost. Lv. Sr. Ctr. 7:15 am; Rtn. approx. 6:00 pm. Mini-bus. PRICE: $200.00. Reservation deadline May 5.

*NEWPORT PLAYHOUSE & CABARET, THURSDAY, MAY 21. After a delicious buffet lunch, you’ll take a short stroll from the dining room to the intimate theater to see “Sex Please, We’re Sixty.” Elderly, silver-tongued neighbor Bud “the Stud” Davis, believes that the mostly women guests return to the Rose Cottage Bed & Breakfast every year after to spend time with him in romantic liaisons. Another neighbor, retired chemist Henry, has developed “Venusia,” a pill intended to increase the libido of men. The fun begins when Viagara gets mixed up with Venusia (which has most unusual side effects on men). Following the play, you’ll return to your table to find that the dining room has been transformed into a delightful Cabaret. Shared Coach Bus. Departure/rtn. times t/b/a. PRICE $130.00.

*OVERNIGHT TRIPS - NEW *

*NATIONAL MUSEUM OF AFRICAN AMERICAN HISTORY & CULTURAL CENTER, THURS., MAY 28-SAT., MAY 30. Includes round trip coach bus; driver gratuity; 2 nights at Downtown Courtyard by Marriott in Silver Springs, MD; 2 breakfasts (all other meals on your own); informal illumination bus tour of Washington; admissions to the museum. You will have 2 days to explore the museum on your own before we head home. Lv. Sr. Ctr. 5:30 am. Rtn. t/b/a. PRICE: $475 per person, DO; $525 per person, SO; $425 per person triple or quad. 50% due with reservation; balance due by May 1. Insurance not available for this trip. NO REFUNDS after final payment date.

*CAPE COD & PLYMOUTH 400 COMMEMORATION, TUES.-FRL, SEPT. 8-11. Travel by bus to Cape Cod. Visit Sandwich, Martha’s Vineyard, Nantucket, Plymouth. Includes 3 nights at the Cape Codder Resort & Spa in Hyannis; 3 breakfasts; 1 dinner; ferry transportation; applicable taxes; portage. PRICE: $600 per person, DO; $650 per person, SO; $550 per person triple. 50% due with reservation; balance due by Aug. 4. Insurance not available for this trip. NO REFUNDS after final payment date.

MORE DAY TRIPS

MGM CASINO SPRINGFIELD, MON., MARCH 2. Coach bus. Lv. Sr. Ctr. 11:15 am. Please be in the bus lobby at 3:45 pm and on board the bus ready to leave promptly at 4:00 pm. PRICE: $15.00.

WOMEN’S AMERICAN ATHLETIC CONFERENCE BASKETBALL TOURNAMENT, SUN., MARCH 8. If all goes according to plan, UCONN will play in a semi-final tournament game at Mohegan Sun Arena. This will be their last tournament in the AAC. Can they leave as the only NCAA basketball team to have never lost a game in conference play? Includes food voucher, casino bonus and game ticket. Must be over 21. Mini-bus. Lv. Sr. Ctr. 10:00 am; depart from casino at 6:45 pm. PRICE: $40.00.

BUSHNELL TOUR, HARTFORD, THURS., MARCH 12. See what happens on the other side of the curtain and what it takes to stage a performance during a “behind the scenes” look at this beautiful theater. The tour lasts about 90 minutes and includes standing and walking. Lunch on your own. Mini-bus. Lv. Sr. Ctr. 9:45 am. Rtn to Sr. center t/b/a. PRICE: $5.00.

“ALL SHOOK UP,” WESTCHESTER BROADWAY DINNER THEATER, THURSDAY, APRIL 2. After lunch at the theater (choose entrée upon arrival), enjoy a matinee performance of “All Shook Up.” Set to the hits of Elvis Presley, the King of Rock and Roll, this musical will have you dancing in your Blue Suede Shoes. Inspired by Shakespeare’s Twelfth Night, the music is all Elvis, and the result is hilarious and enchanting 1950s fun. You’ll be rocking in your seat to tunes like Heartbreak Hotel, Hound Dog, and Devil in Disguise! Mini bus. Lv. Sr. Ctr. at 7:30 am. Approx. rtn. time to Sr. Ctr. 6:30 pm. PRICE: $65.00.

ENCORE BOSTON HARBOR CASINO, MON., APRIL 6. Mini-bus transportation to Worcester, MA, where you will board the Encore bus that will take you to the casino. (Total one-way travel time is approximately 2½ hours.) No bonus package; no refunds. Lv. Sr. Ctr. 7:00 am; Lv. casino 4:30 pm. PRICE: $14.00

MOHEGAN SUN CASINO, MON., MAY 4. 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.

MORE OVERNIGHT TRIPS

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

THE VOTES ARE IN . . . . . . and the winner is a Mediterranean cruise. We have already started planning for fall 2021. See April newsletter for more information.
**MOBILE FOODSHARE**
FoodShare will be at the Senior Center from 12:45-1:15 pm, on Tues., March 10 & 24. This program is for adults who are in need. Numbers are disbursed beginning at 9:30 a.m. Bring your own heavy-duty bags or a wheeled cart, as many of the items may be heavy. (You must be present during the 30-minute distribution time to receive commodities.) Please park in marked spaces only! No smoking, please.

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

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

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

**EVENINGS AT THE SENIOR CENTER**
Check in with the Evening Supervisor to participate in these Free Programs:

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<th>Self-guided walking</th>
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**MOVIES**
Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The March 17 feature is “The Lion King (2019).” Simba and the cast are back in a computer-animated remake of the original Disney musical. As heir to the throne, Prince Simba knows he will someday rule the kingdom. However King Mufasa's evil brother Scar has other plans. After Mufasa’s untimely death, Simba is exiled, putting the fate of the kingdom in question. Now Simba must learn what it truly means to be brave and responsible. No need for reservations. Prior to the afternoon movie, you can enjoy lunch at the Community Café. Please call at least one day in advance (prior to 12:00 noon) to order lunch.

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

**STOP, SIT, & MAKE THE PIECES FIT**
Relax. Exercise your mind. Spend some time at the jigsaw table outside the Great Room and help put together the featured puzzle.

**HOPE FOR HAITI**
Our Fiber Arts Class regularly sends care packages to Haiti via the Haitian Health Foundation-Sewing for Mothers & Babies Project. Wish list includes cotton fabric, ribbons, infant socks. Stop in at the Senior Center office for a complete list.

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

**YELLOW DOT PROGRAM**
Yellow Dot packages (a “file of life” for your auto) are available in the Senior Center. It takes only a few moments to fill out the paperwork. Bring your driver’s license. There is no charge to participate. Sponsored by Bloomfield TRIAD.

**RED HAT SOCIETY**
The Red Hot Hones will meet at 1:00 on Friday, March 20.

**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**
More fun facts we’ve learned as we continue on to South Africa: It was the first country in the world to succeed in turning coal into oil. More than 2000 shipwrecks lie under the waters off the coastline, and some of the oldest and most diverse dinosaur fossils were discovered here. Walk the self-guided, indoor path on your own Monday-Friday, between 8:00 am & 7:30 pm. Keep logging those laps! New walkers always welcome.

**Wii BOWLING NEWS**
The team continues to practice regularly and compete with Touchpoints and the Bloomfield Center for Nursing & Rehab, and they played in a tournament in Bristol last month. Stop by and see what Virtual Bowling is all about. No experience necessary; we will train you.

**FAITH McMAHON MEMORIAL SCHOLARSHIP FUND**
In Memory of Ilan Dexler

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

**Marilyn Michaelson Senior Center of Bloomfield - Donations and Memorial Fund**
This Donations and Memorial Fund is used to assist individuals who are unable to afford the entire cost of instructional classes, as well as to enhance the operation of the Senior Center.

**Technology Loan Program (ATLP)**
ATLP is a low-interest financial loan to help individuals with disabilities or their family members purchase assistive technology devices and services needed to enhance independence and/or functioning in the community, education and/or employment. Loan amounts range from $500-$30,000, with repayment from 1-10 years. Call 860-424-5619 or visit www.CTTechAct.com/loan or for more info.

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

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

**SENIOR FITNESS DAY**
Mark your calendars . . . May 27 is Senior Fitness Day. See upcoming newsletters for details.
PUBLIC HEALTH NURSE APPOINTMENTS
A West Hartford/Bloomfield public health nurse is at the Senior Center for blood pressure screenings, to test blood sugar levels, or answer general health questions from 9:00-11:30 am on Tuesdays. This service is free. We suggest that you call before coming in to make sure a nurse will be here.

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

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

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

“READER” AVAILABLE
We have a Clear View Reader/Magnifier available for anyone who would like to use it. It is a very user-friendly device, and we would be happy to show you how it works. Call us or stop in to see if the room and reader are available, and then bring in your books, magazines, or other reading materials.

CANCercare of CONNECTICUT
CancerCare provides free counseling, education, financial assistance & support to anyone affected by cancer; patients, family, friends, the bereaved. They can assist with child care, home care, transportation costs, pain/comfort medications & medical supplies and equipment. Visit www.cancercare.org or call 1-800-813-4673 to speak to an oncology social worker.

FREE LEGAL HELP FOR SENIOR CITIZENS
The Senior Law Program at Greater Hartford Legal Aid offers free legal aid for those over the age of 60 who qualify. They will assist with Powers of Attorney & living wills, but do not handle probate. For more info, call 860-541-5000. Low-income seniors may also get free legal information, advice and referral by calling Statewide Legal Aid at 860-344-0380. For consumer problems or debt collection, call 1-800-296-1467.

PRESCRIPTION DISCOUNT CARDS
The Town of Bloomfield is pleased to share with you a free prescription discount card program in partnership with the CT Conference of Municipalities & ProAct, Inc. If you already have coverage, you may use this card for prescriptions not covered by your plan. It can also be used for pets. Cards are available at Senior Services or Social & Youth Services.

POSTCARDS & BUMPER STICKERS FOR SALE
The Town of Bloomfield has postcards depicting 6 different landmarks for sale, including The Drummer Boy statue, Town Hall, and Filley Park & Pond. “BLOOM” bumper stickers are also available. They may be purchased either at Town Hall or at the Senior Center.

FOOT CARE CLINIC
The next Pedi-Care foot clinic will be held here at the Senior Center on Monday March 23. PRICE: $29.00, payable by cash or check. Call the Senior Center to schedule your appointment. WAIT LIST.

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

STATE MEDICAID (TITLE 19)/ADULT SAGA
Social & Youth Services can assist Seniors & Disabled Adults with filing for Medicaid (Title 19) or State Administered General Assistance benefits, and Redetermination Applications for those receiving State medical, financial or food stamp benefits. You can reach a Social Worker at 860-242-1895.

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!

LOW VISION SUPPORT GROUP
The low vision support group will meet at 10:30 am on Fri., March 20.

WORDWISE
Xenial (Zee-ni-al); adjective. Used to describe a friendly relationship between two parties; i.e., a hospitable host and his or her guests or, diplomatically, between two countries.

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

LAUGH LINES
I wanted to take pictures of the fog this morning… But I mist my chance. I guess I could dew it tomorrow! *

NOTARY SERVICE
For your convenience, we have a notary public in the Senior Center office. Please note: documents must be signed in the presence of the notary. Do not sign them beforehand. Photo identification is required. Also, we cannot notarize wills. Call 860-243-8361 to make an appointment to see Marie.

DID YOU KNOW?
Electric car charging stations are located at town hall and at 330 Park Avenue.

There is a recycle container located at the Leisure Services entrance to 330 Park Avenue where you may drop off small items such as CFL bulbs, ink cartridges and batteries.

Old clothing/shoes drop boxes are located at town hall and at 330 Park Avenue.

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

WHERE WE LIVE - TICKS IN CONNECTICUT
As part of the Wintonbury Land Trust lecture series, Dr. Kirby C. Stafford, III will present a program about ticks at 6:00 pm on Wednesday, April 1, in the Great Room of the Human Services Building. This free program is open to adults over the age of 18. Please call Senior Services or Leisure Services to register.

MATTER OF BALANCE (MOB)
This evidence-based program is designed to help older adults manage concerns about falls and increase physical activity. This 7-session class will take place Tues. & Wed. March 3, 4, 10, 11, 24, 25, & 31 (10:00-12:00). Call the West Hartford Bloomfield Health District (860-561-7916) to register. Pre-registration is required.
INSTRUCTIONAL PROGRAMS

*New registration required at the beginning of each series of classes.
* Payment is due with registration. * Proof of address required
* Please make checks payable to the “Town of Bloomfield”

PIANO LESSONS - Mondays. INSTR: Elizabeth Raphael. FEE: $20.00 per ½-hour private session (must be paid in advance).

AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm. Rhythmic aerobic exercise combined with stretching & strength training routines. Next 8-week series starts April 3. INSTR: Jeff Shealey. FEE: $35.00 res/$45.00 non-res. Bring your mat.

PAINTING - Weds., 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 22 or 23. INSTR: Jean Mazo. FEE: $60.00 res/$120.00 non-res.

MOVE TO IMPROVE YOUR BALANCE - Mondays, 1:30-2:30 pm. Balance in all things improves with happy and positive action! It improves when you move, and that increases strength and flexibility. Class includes both seated and standing exercise programs during which you will relax, stretch, and practice resistance exercise and standing movement. Bring an exercise band. Next 6-week series starts March 16. INSTR: Beth Hugh. FEE: $20.00 res/$30.00 non-res.

MULTI-MEDIA DRAWING & EXPLORATION - Mon., 1:30-3:30 pm. Students may choose from a variety of media: color pencil, pen & ink, water color and other materials. Work independently for the last 30 minutes of each session. Next 6-week series starts March 30. INSTR: Dolores Howard. FEE: $20.00 res/$30.00 non-res.

AQUA FIT - Mondays, 3:30 - 4:15 pm. At Duncaster. Aquatic aerobic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. Next 6-week series starts April 13. FEE: $30.00 res/$40.00 non-res. Please note: we must have at least 2 participants for this class.

BE FIT & HAVE FUN – Tuesdays & Thursdays, 9:30-10:30 am. The 4 types of exercise important to staying healthy & independent are strength, balance, endurance & stretching. Bring your own hand weights. Next 6-week series starts March 17. INSTR: Beth Hugh. FEE: $30.00 res/$40.00 non-res. Advance registration is required for this class. Bloomfield residents have first priority.

CHAIR YOGA - Tuesdays, 10:45-11:45 am. This calming, energizing exercise for all fitness levels. We will explore and enhance a greater range of movement while protecting the lower back and joints by easing into yoga postures using a chair for support. Next 6-week series starts March 31. INSTR: Lisa Gaumond. FEE: $20.00 res/$30.00 non-res.

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

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

BLOOMFIELD MUSIC MAKERS - Wednesdays, 9:30-11:30 am. This is a performing group who volunteer their time to entertain. If you are musical, or want to sing with a group, come join Bloomfield’s own musical Goodwill Ambassadors. DIRECTOR: Fern Cohen.

DUPLICATE BRIDGE - Wednesdays, 9:30 am-12:30 pm. You don’t need to know duplicate, just have a fundamental knowledge. Any experience level. Partners/refreshments provided. INSTR: Phil Olschefski. FEE: $5.00 per week.

CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm. Designed to strengthen core & abdominal muscles, which results in improving your entire body, making routine, daily tasks easier. And we have added a new twist--a cardio feature to further enhance your workout! You will need 2-3# weights, a medicine ball and resistance bands. Next 8-week series starts March 4. 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: Irmã Clemons. NO FEE.

TAI CHI - Thursdays, 11:00 am - 12:00 noon. Slow, easy-to-learn movements combined with breathing and concentration result in increased flexibility, better balance, and an enhanced immune system. Must be able to stand unassisted for 1 hour. Wear comfortable clothing, flat-bottomed shoes or sneakers. Next 6-week series starts Mar. 26. INSTR: Beth Hugh. FEE: $20.00 res/$30.00 non-res. As a courtesy of the rest of the class, please arrive on time.

AQUATIC EXERCISE - Thursdays, 1:30 - 2:15 pm. A low impact walking-in-water class at Duncaster focusing on muscle strength and flexibility. Includes 45 minutes of instruction followed by an additional 15 minutes to relax in the therapy spa pool. Next 6-week series starts April 16. INSTR: John Hoadley. FEE: $30.00 res/$40.00 non-res.

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

Thurs., April 23 - 12:00 pm - 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 Mar. 6. 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.

*LINE DANCING -Fridays, 1:00 - 2:30 pm. For both beginners and advanced line dancers. Learn such basics as vines, box-steps, cha-chas. Become comfortable with favorite party dances, Latin rhythms, and Country-Western hits. Partners not necessary. Next 8-week series starts March 6. INSTR: Ken Finley. FEE: $25.00 res/$35.00 non-res.

WOULD YOU LIKE TO LEARN TO SEW? Please let us know if you are interested in taking an introductory sewing class.

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