



THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

Accredited by 
National Institute of
Senior Centers
since 2004

Come Bloom with Us



<http://bloomfieldct.gov>

June 2020

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

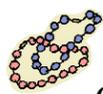
The Mission of the Marilyn Michaelson Senior Center of Bloomfield, Connecticut, is to serve as a welcoming focal point for the delivery of services to older adults and their caregivers by responding to their diverse needs and interests in a manner that will enhance their dignity, support their independence,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

Governor Lamont has said in his reopening plan “If you are over the age of 65, or are medically compromised, it is still recommended by the CDC that you stay at home during the first and second phases of reopening.”

A MESSAGE FROM SENIOR CENTER STAFF

We are working closely with town staff, the West Hartford-Bloomfield Health District and senior centers across the state as we look forward to reopening the Senior Center. First and foremost is the safety and well-being of everyone who comes here. With that in mind, *some* of the measures we are implementing are: (1) Everyone entering the building and/or using the minibus must wear a mask. (2) Social distancing must be followed (a space of 6’ between yourself and anyone else). (3) Advance registration will be necessary for any and all programs or events so that we can ensure social distancing guidelines. (4) If you are not feeling well (even “just a sniffle”), please stay at home. We are all in this together, and if we all look after ourselves and each other, we will all come through it together! We also encourage you to check the town website <http://bloomfieldct.gov> for information to keep up to date with other town services and links to resources such as the Health District and the CDC. If you have questions or concerns, or just want to say hello, please feel free to call us at 860-243-8361 any time between 9:00 am and 5:00 pm Monday through Friday. We look forward to seeing all of you as soon as it is safe to do so.

IDA’S SHOPPE

 Ida’s Shoppe will remain closed until further notice. Thanks to our volunteers Violet Baccari, Dorothy Chamerda, Sadie Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

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 **July 1**.

FOOT CARE CLINIC

The next Pedi-Care foot clinic will be held here at the Senior Center on **Monday June 22. PRICE: \$29.00**, payable by cash or check. Call the Senior Center to schedule your appointment. **WAIT LIST**. Please note, this is subject to cancellation, depending on current conditions.

MEN’S BREAKFAST

The monthly men’s breakfast program will take place when it is safe to do so.

WOMEN’S BREAKFAST

The women’s breakfast will take place when it is safe to do so.

AARP TAX AIDE

AARP has not yet determined when their national Tax Aide program will resume. Once they do so, every effort will be made to accommodate anyone who had a previously scheduled appointment. If you did not already have an appointment, we will be happy to put you on a wait list. Please note that any decisions to extend the filing deadline are made by the IRS, not the tax aide program. Visit the IRS website <https://www.irs.gov/> for info about other free tax filing options.

LOOK FOR US ON SOCIAL MEDIA!

Find us on Facebook at The Bloomfield Senior Center. “Like” us so that we will show up on your news feed. You can also find us on Instagram at TheBloomfieldSeniorCenter.

AGING MASTERY® PROGRAM AT HOME

Do you want to learn more about AMP? Or are you a grad who wants a “refresher”? Then the Aging Mastery® Starter Kit is just the thing for you! And there are several ways you can participate by using the kit (1) to build your plan for aging well; (2) to help NCOA evaluate its effectiveness by completing pre- and post-surveys (and earn a \$15 gift card); (3) combined with a virtual book club; or, (4) along with attending virtual classes. Call the Senior Center for more info.

BINGO 3 WAYS

We cannot have traditional bingo just yet, but we have come up with some other fun ways to play. **DRIVE-IN BINGO** and **DIAL-IN BINGO** start **June 17**. Call the Senior Center after June 15 for details. **BINGO AT HOME**: Complete all the activities in a row on the card in this newsletter and then call or email us to let us know what you have done. You can earn up to 3 tickets for a drawing to be held on June 30.

CONGRATULATIONS, AIMEE

Aimee Krauss, RS MPH, is the new director of the West Hartford-Bloomfield Health District, where she had been serving in an interim capacity for the last several months. Congratulations!

SENIOR COMMUNITY CAFE



TUESDAYS/WEDNESDAYS/FRIDAYS

We will resume the CRT lunch program when it is safe to do so. Please see the July newsletter for more information.

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

NUTMEG SENIOR RIDES, INC.

Nutmeg Senior Rides, Inc., provides portal to portal ride service 365 days a year. Call 860-758-7833 for application and rates.

WAY TO GO CT

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

SEATBELT SAFETY

All of our vehicles are equipped with seatbelts. Please be sure to fasten your seatbelt whenever you are riding with us and keep it fastened until the bus comes to a complete stop at your destination. If you need assistance, please ask your driver.

EMERGENCY INFORMATION

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

FYI

Connecticut's presidential primary (both parties) has once again been rescheduled. It will now take place on Tuesday, **Aug. 11**, along with primaries for other federal, state, and local offices.



GRANDPARENTS DAY CELEBRATION

We are partnering with Leisure Services on a very special event for grandparents and their grandchildren (over the age of 5, please) on Sat., **Sept. 12**. It will be a fun day of creativity, starting at 9:00 am with a paint party, then time for other crafts and activities and, finally, a design-your-own ice cream sundae! Program will end at 12:00 noon. **PRICE: \$10.00 for 1st adult and child; \$5.00 for each additional person.** Check the August newsletter for registration information.

Mini-Bus Phone Number: 860-243-8364

To make a reservation, please call
Mon.-Fri., 8:00 a.m. – 3:45 p.m.



TOWN-OBSERVED HOLIDAY
Friday, July 3

As of press time, our plan is to resume mini-bus service on a limited basis starting Monday, **June 8**, and travel will be in town only until further notice. Transportation for out-of-town medical appointments, mall trips, the lunch bunch, and other rides will resume at a later date when it is safe to do so.

Some new safety measures will be in place when the service does begin again. For example, everyone who boards the bus must wear a face mask at all times; social distance seating will be used; drivers will not be able to help with laundry or dry cleaning; and if you appear to be unwell, your driver may ask you not to board the bus.

These safety measures will also have an impact on our reservations. We will take your reservation between 9:00 am and 3:00 pm the day before you would like to be picked up (call on Friday for a Monday trip). However, please note that we reserve the right to cancel any reservations, depending on conditions and the number of reservations for a particular day. Rides to medical appointments will always have top priority. If you find you cannot keep your reservation, please call the office as soon as possible to cancel so that we do not make an unnecessary stop to pick you up and we can accommodate someone who is on the wait list.

Last in-town pickup of the day is at 3:30 p.m.

Please be on time for your pickup, both from home and your return trip.

Please call us if you have any questions or suggestions, as we try to make our service safe for everyone! We are all currently experiencing challenging times but, working together, we can accomplish what we need to do. Thank you for your understanding.

Department of Motor Vehicles - Enfield

to be announced

Social Security Administration

to be announced

Hebrew Health Care

to be announced

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	

GOOD NEWS YOU CAN USE

Because of the disruption to the mini-bus service caused by COVID-19, annual subscriptions for all currently registered riders will be extended by three months. You do not have to do anything; we will take care of automatically extending the date for you. When your payment becomes due, we will send you the paperwork to renew your subscription, just as we have always done.

MOBILE FOODSHARE

 FoodShare will be at the Senior Center from **12:45-1:15 pm, on Tues., June 2, 16, & 23.** This program is for adults who are in need. During this time of social distancing, participants are requested to stay in their cars while they are waiting their turn. Call the senior center on food share day for further instructions. No smoking, please.

FOOD KITCHEN

The Community Food Kitchen is located at the Bloomfield Congregational Church, 10 Wintonbury Ave. Hot meals to go every Saturday from 11:30 am -12:45 pm. First come, first served. Call 860242-0776 for more info.

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.

CENSUS 2020

The more of us who fill out the Census, the more money our neighborhoods will get from the government for healthcare, schools and housing over the next 10 years. Have you completed yours? Together, we can ensure that our community receives the resources it needs. 2020census.gov.



NEWS YOU CAN USE

Problem with eyeglasses fogging up under your face mask? Try washing your lenses with soapy water, shake off the excess moisture, and then let them air-dry. Or try placing a folded tissue between your mouth and the mask. The tissue will absorb the warm, moist air, preventing it from reaching your glasses. Also, make sure the top of your mask is tight and the bottom looser, to help direct your exhaled breath away from your eyes.

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. Facilitator: Ruby Goodman-Claytor, M.Ed.

WOULD YOU LIKE TO BE A PEN PAL?

Did you ever have a pen pal? Do you remember how much fun it was, writing letters and waiting to get answers back? Would you like to try again? We are collaborating with Social & Youth Services to start an intergenerational pen pal club. You and your pal will decide what topics to write about and whether you want to keep in touch by snail (delivered by post office) mail or by email. Let us know if you are interested.

MOVIES



Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The **June 17** feature is the Lion King. Please call at least one day in advance to register.

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.

BLOOMFIELD CITIZENS' ACADEMY

The 2020 Bloomfield Citizens' Academy has been postponed. We will let you know as soon as a new start date is selected.

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).

BILLIARDS



Because of the social distancing rules currently in effect, advance reservations are now necessary to use our pool room. Please call the office to reserve your table.

WALK YOUR WAY TO HEALTH

Back by popular demand: our virtual walks. We are often so fascinated by other places that we overlook the great things to see and do right here in Connecticut's 169 towns. So we are going to wander through the nutmeg state, starting in our own back yard with a visit to Latimer Hill Cemetery, which is older than the town of Bloomfield itself! Did you know cemeteries are often referred to as outdoor museums? Observe social distancing as you walk the Senior Center's modified, self-guided, indoor path on your own Monday-Friday, between 9:00 am & 4:00 pm. Or walk around the outside of 330 Park Avenue. Be sure to bring your own reusable water bottles. Or walk through your own neighborhood (watch out for bears!). Regardless of where you walk, please be sure to observe all social distancing guidelines. Call us to log your miles as we try to visit every town in our state.

Wii BOWLING NEWS

The team is excitedly waiting to get back into their routine of regular practices and competitions. In the meantime,  players may practice on Tuesdays or Thursdays in groups of no more than 5. Call the Senior Center to make your reservation.

FAITH McMAHON MEMORIAL SCHOLARSHIP FUND

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

MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD - DONATIONS AND MEMORIAL FUND

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

TECHNOLOGY LOAN PROGRAM (ATLP)

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

RENTER'S REBATE

Bloomfield Social & Youth Services is now accepting applications for the Renters' Rebate Program. You may qualify if you are a renter age 65 or older or if you are under the age of 65 and disabled. Maximum gross income for a single person is \$37,000; and \$45,100 for a couple. Contact Social & Youth Services at (860) 242-1895 for additional information.

LIFELINE LOW INCOME DISCOUNTS

Lifeline is a federal program that provides monthly telephone or internet discounts to eligible low-income consumers. You may qualify if you participate in programs such as Medicaid, Supplemental Nutrition Assistance Program (SNAP), the Veterans Pension, or Federal Public Housing, or if your household income is below 135% of the federal poverty guidelines. For more information, call 1-800-234-9473 or visit LifelineSupport@usac.org.

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.

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.

INTERGENERATIONAL PROGRAMMING

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

POSTCARDS & BUMPER STICKERS FOR SALE



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

HEATING & UTILITY ASSISTANCE

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

STATE MEDICAID (TITLE 19)/ADULT SAGA

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

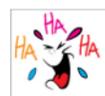
WORDWISE

Bottle Episode (noun): an inexpensively produced episode of a television series that is typically confined to one setting. The term started with Star Trek, where cast and crew referred to episodes contained entirely within the ship as "ship-in-a-bottle episodes."

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



* To ride a horse or not to ride a horse. That is equestrian. * The Spanish king has been quarantined on his private jet. This means that the reign in Spain will stay mainly on the plane. *

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.

WHERE WE LIVE: REPTILES & AMPHIBIANS FROM AROUND THE WORLD

As part of the Wintonbury Land Trust lecture series, Adam Harris will take us on an hour-long adventure showcasing more than a dozen species of reptiles and Wed., **July 1**, at 6:00 pm. This free program is open to adults over the age of 18. Please call Leisure Services to register.

NEWS YOU CAN USE - COVID-19 SCAMS

It seems as though there are scams targeting everything, and COVID-19 is no exception. The Federal Trade Commission has several tips to help guard against getting scammed: (1) Ignore online offers for vaccinations. There are no products proven to treat or prevent COVID-19 at this time. (2) Be wary of ads for test kits; most are not FDA-approved and aren't necessarily accurate. (3) Hang up on robocalls. Scammers use them to pitch everything from low-priced health insurance to work-at-home schemes to getting help with stimulus payments. (4) Watch for emails claiming to be from the CDC or WHO. And don't click on links from sources you don't know. Instead, visit sites such as coronavirus.gov or usa.gov/coronavirus.

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"*

Please note: When classes resume, we will pick up where we left off in each series. That is, any classes missed due to the closing of the building will be added on to the end of that series. Interested in joining a class for the first time? Give us a call or stop in to get the next series start date.

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. INSTR: Jeff Shealey. **FEE: \$35.00 res/\$45.00 non-res.** Bring your mat.

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

MOVE TO IMPROVE YOUR BALANCE - Mondays, 1:30-2:30 pm. Balance in all things improves with happy and positive action! It improves when you move, and that increases strength and flexibility. Class includes both seated and standing exercise periods during which you will relax, stretch, and practice resistance exercise and standing movement. Bring an exercise band. 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. INSTR: Dolores Howard. **FEE: \$20.00 res/\$30.00 non-res.**

AQUA FIT - Mondays, 3:30 - 4:15 pm. At Duncaster. Aerobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. **FEE: \$30.00 res/\$40.00 non-res.** Please note: we must have at least 2 participants for this class. Pool is closed for the summer.

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. INSTR: Beth Hugh. **FEE: \$30.00 res/\$40.00 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. **FEE: \$20.00 res/ \$30.00 non-res.**

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

MAH JONGG - Tuesdays, 1:00 pm. **NO FEE.** However, a score card is required and is available from the National Mah Jongg League, Inc., 250 West 57th Street, New York, NY 10107 for \$8 Membership fee.

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. INSTR: Jeff Shealey. **FEE \$30.00 res/\$40.00 non. res.**

REMINISCENCE . . . A LIFE'S JOURNEY - Thursdays, 10:45-11:45 am. Discover the art of remembering, not where you left your keys, but those people or events that have been part of *your* unique life's journey. This is a time to think, to share and talk about your story and to record it for yourself or loved ones, if you choose. INSTR: Irma Clemons. **NO FEE.**

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

AQUATIC EXERCISE - Thursdays, 1:30 - 2:15 pm. A low impact walking-in-water class at Duncaster focusing on muscle strength and flexibility. Includes 45 minutes of instruction followed by an additional 15 minutes to relax in the therapy spa pool. INSTR: John Hoadley. **FEE: \$30.00 res/ \$40.00 non-res.** Pool is closed for the summer.

AARP SMART DRIVER - Thursdays. AARP has suspended the classroom program until further notice. However, AARP SMART DRIVER ONLINE is available. If it is time for you to take the smart driver class, consider taking it online. AARP is currently offering a special 25% discount. Go to www.aarpdriversafety.org and use the promotion code DRIVINGSKILLS.

FIBER ARTS/QUILTING - Fridays, 9:30-11:30 am. Create a variety of projects from fabric, including quilts (with or without patterns) & converting sweatshirts. 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. Group meets the 2nd and 4th Friday of each month.

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. INSTR: Ken Finley. **FEE: \$25.00 res/\$35.00 non-res.**

CLASSES "FROM A DISTANCE"

You can take chair yoga with our own Lisa Gaumond on Facebook (type YogaWithLisaCT in the search engine). Or type NCOAgo4life into the Youtube search engine and choose from a variety of exercise videos designed for seniors.

LIVE WELL WITH CHRONIC CONDITIONS AT- HOME WORKSHOP

The North Central Area on Aging is now offering an at-home version of the popular Live Well with Chronic Conditions workshop and the only technology required is your telephone! When you register, you will receive an instruction booklet and a Living a Healthy Life Book, along with exercise and relaxation CD's. The program includes participation in six 45-minute weekly group phone calls with a trained Live Well leader. Please call the Senior Center for more info. There is no fee for this program.
