THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

www.bloomfieldct.gov

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.

FROM SENIOR CENTER STAFF
We are continuing to proceed cautiously as we reinstate in-person programming and events. To that end, we are pleased to offer the convenience and flexibility that the use of hybrid (both Zoom and in-person) allow.

And a friendly reminder: if you have not yet had your vaccination, it is not too late. They are now easier than ever to get, and many locations no longer require appointments. There is no charge.

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-Friday.

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. We currently plan to meet in person once again on June 2. Please call the Senior Center to register.

“WELCOME TO SUMMER” BREAK
We will not hold classes June 1-June 4 (except for TJQMBB, which will take place as scheduled on Friday, June 4). Enjoy the Memorial Day break.

MEN'S BREAKFAST
We are currently planning to hold a men’s breakfast outdoors on the patio, at 9:30 am on Friday, June 18. Please make your reservation by June 11. This will be a served meal, not a buffet. Sorry, but space is limited and we cannot accommodate drop-ins. PRICE: $5.00 due at signup.

PRE-JUNETEENTH CELEBRATION
Join us at 11:30 am on Thurs., June 17, for a pre-Juneteenth party with entertainment, along with a brief history of why June 19 is such an important date. There will be a served lunch (not a buffet): fried chicken, mac’n’cheese, blackeyed peas and peach cobbler. PRICE: $5.00 due at signup. Reservation deadline June 14. Sorry, but space is limited and we cannot accommodate drop-ins.

AND/OR PAINT PARTY
We also have a Juneteenth-themed paint party planned for 1:15 pm on June 17. We will provide prepackaged snacks and art supplies, along with step-by-step instructions for creating your own personal work of art! No experience is necessary. Space is limited and advance registration is required. PRICE: $15.00 due at signup.

CT STATEWIDE VIRTUAL SENIOR CENTER
CT Healthy Living Collective, with support from AARP-CT and Connecticut Association of Senior Center Personnel will present the virtual program “Juneteenth: Freedom Day” from 1:00-2:30 pm on Friday, June 25. Contact the senior center for more info.

CELEBRATE BLOOMFIELD
Thurs., June 24 - Summer Concert Kickoff with 2 bands (at 7:00 & 8:15 pm); Paul & Vinnie’s Food Truck, at 73 Rockwell Avenue; Fri., June 25 - Family Night on the Town Hall Green; Sat., June 26 - Craft Pop-up Shop; food and entertainment; Sat., June 26 - Mayor's Ball from 6:00-10:00 pm, Wintonbury Hills Golf Course (tickets $55.00); Sun., June 27 - Bicycle Tour

CELEBRATE BLOOMFIELD PAINT NIGHT PARTY
We are partnering with Leisure Services for a paint night party under the stars from 5:30-8:30 pm on Thursday, June 24. We provide prepackaged snacks and art supplies, and artist Harold Blanchard will give you step-by-step instructions for creating your own personal work of art. No experience necessary. Space is limited, and advance registration is required. PRICE: $15.00 due at signup.

Please see page 7 for info on upcoming trips!
This program is postponed until further notice.

**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

**ADA PARATRANSIT**
The Greater Hartford Transit District provides ADA Paratransit service in the Greater Hartford area in compliance with the Americans with Disabilities Act of 1990 (ADA). The ADA Paratransit charge is $3.50 for each one-way trip, and the exact amount must be paid in cash or by prepaid ticket. A discounted 10-ride ticket book is available for $28.00 and may be purchased in any of the following ways: (1) Online for home delivery using a credit card: go to www.cttransit.com. (2) At the CTTRANSIT kiosk at State House Square in Hartford. (3) At a Stop & Shop Supermarket courtesy desk. (4) By mail: call 860-380-2006 to request an order form. All riders must wear masks and maintain social distancing. The District is continually sanitizing and following stringent cleaning standards to help ensure the safety of its travelers. The District provides ADA paratransit service in the Hartford region seven days a week during the same hours the fixed route bus operates. For more information call 860-247-5329; for ADA ride reservations call 860-724-5340.

**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.

**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!

**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.

**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 (and your name will be entered into a drawing). You can also find us on Instagram at TheBloomfieldSeniorCenter.

**IDA’S SHOPPE**
Ida’s Shoppe is currently scheduled to reopen in September. Thanks to our volunteers Violet Baccari, Dorothy Chamerda, Sadie Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

**Mini-Bus Phone Number: 860-243-8364**
To make a reservation, please call Mon.-Fri., 8:30 a.m. – 3:45 p.m.

**TOWN-OBSERVED HOLIDAY**
Monday, July 5
(please plan accordingly)

We will resume transportation to Farmington for UCONN medical appointments starting **Friday, July 2**. Pickup in Bloomfield will be at 11:00 am, with the return at 2:30 pm.

Pickup in Bloomfield for Hartford medical appointments is at 9:00 am, with the return at 12:00 noon (Mondays, Tuesdays, Wednesdays, and Fridays).

Pickup in Bloomfield for West Hartford medical appointments is at 11:00 am, with the return at 2:30 pm (Wednesdays and Fridays).

We are currently planning to resume Lunch Bunch (to locations with outdoor seating) and Mall trips in July.

We are happy to take your reservation between 8:30 am and 3:45 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. If you cannot keep your reservation, please call the office as soon as possible to cancel so that we do not make an unnecessary stop and we can accommodate someone who is on the wait list. Last in-town pickup of the day is at 3:45 p.m. Please be on time for both your from home and return trips.

Safety measures that are currently in place include the requirement that everyone who boards the bus must wear a face mask at all times. If you do not have a face covering, you will need to reschedule your trip for another day. Drivers are unable to help with laundry or dry cleaning. If you appear to be unwell, your driver may ask you not to board the bus.

Please call us if you have any questions or suggestions, as we work to keep 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.

**Shopping at Walmart (East Windsor)**

- Thursdays, June 10 & 17, July 8 & 15, at 11:00 am (maximum of 12 passengers per trip)
- Riders may choose either day each month, but not both

**Department of Motor Vehicles - Enfield**

- Thursday, June 3 & July 22, at 9:00 am

**Social Security Administration**

- Thursday, June 24 & July 29, at 9:00 am

**Hebrew Health Care**

- to be announced

*These locations require appointments; no walk-ins

**PLEASE NOTE:** **THESE TRIPS ARE OPEN TO BLOOMFIELD “SENIORS” ONLY**

**Grocery Shopping: Geisslers, Stop & Shop, Fresh Market**

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

*No grocery shopping on FoodShare days.

**WORDWISE**

Macaron (mä kär n); noun. A small round meringue-like cake or cookie made with egg whites, sugar, and powdered almonds, consisting of two halves with a creamy filling.

**TOWN-OBSERVED HOLIDAY**
Monday, July 5
(please plan accordingly)
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.

WALK YOUR WAY TO HEALTH
The Meigs Point Nature in Clinton is our first stop in Middlesex County. Live animal habitats, snake presentations, hands-on exhibits, guided safari walks and canoe trips are just a few of the things to see and do. The 950-acre Stewart B. McKinney National Wildlife Refuge in neighboring Westbrook is a bird lover’s paradise where you catch a glimpse of the endangered roseate tern. No trip to Old Saybrook would be complete without a visit to The Katharine Hepburn Cultural Arts Center, housed in the former town hall which is on the National Register of Historic Places. We’ll rest a bit in Essex while we take the 2½-hour (12-mile) steam train and riverboat trip into the heart of the Connecticut River Valley. As we get back to walking, we’ll visit the Deep River Public Library (built in 1881 as a private residence) where we can look for signs that it really is haunted! It’s well worth a stop in Killingworth to visit A Place Called Hope, a rehab and education center for birds of prey, where injured, orphaned or ill birds are healed and then returned to the wild whenever possible. We will take our time wandering through Chester, filled with shops owned by local artists and crafters, and then have lunch or dinner in one of the many independently owned restaurants. Or, if you are daring enough, how about an open cockpit biplane ride? After all that excitement, we’ll take time to relax and de-stress in Durham’s Soulshine Himalayan Salt Cavern before heading to Middlefield. Over the years, Lyman Orchard has become a frequent destination for fresh, pick-your-own fruit, as well as deli-style foods and mouthwatering desserts. We’ll work off all those calories when we reach Middlefield and check out the Brownstone Exploration & Discovery Park. The 11 zip lines, inflatable water park, wakeboarding, cliff-jumping, and rope swing will have us exhausted by the end of the day.

Walk the Bloomfield Senior Center’s modified, self-guided, indoor path on your own Monday-Friday, between 9:00 am & 4:00 pm (11.2 times around the large loop, or 20 times around the small loop equals 1 mile.) Walking around the outside of 330 Park Avenue is another option (3 times around equals 1 mile). Be sure to bring your own reusable water bottles. Or walk through your own neighborhood! Call us to log your miles as we continue our mission to visit every town in our state. And if you should happen to actually visit any of the attractions we visit virtually, please let us know.

The MOBLE FOODSHARE will be at the Senior Center from 12:45-1:15 pm, on Tues., June 1, 15 & 29. This program is for adults who are in need. 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.

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 love life and live it to the fullest as a productive, successful individual. Facilitator: Ruby Goodman-Claytor M.Ed. Suspended until further notice.

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.

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
We are pleased to announce that the billiards room is once again open. Please call the Senior Center to reserve your space.

DID YOU KNOW?
Electric car charging stations are located at town hall and at 330 Park Avenue. As demand for the use of these stations continues to increase, we ask that you please be considerate and move your vehicle as soon as it is fully-charged. Fee: $2.00 per hour fee.

Wii BOWLING NEWS
The Wii room is now open on Tuesdays and Thursdays for players to practice. Please call to reserve your spot.

FAITH MCEMAHON 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.

MIRALYN 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.

Remembering Debby Berson’s Love of the Music Makers
Andi Labinger
Barbara Reisner
In memory of Cathy Morris
Eva DeBow

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. Call 1-800-662-HELP (4357) or TTY: 1-800-487-4889.
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. 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 to make a reservation, 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.

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.

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.

ENERGY ASSISTANCE
Assists low and middle income eligible households pay their heating and utility bills. Call Bloomfield Social & Youth Services (860-242-1895) for more information.

FUNERAL REIMBURSEMENTS FOR COVID-19
If you lost a loved one due to COVID-19 and paid funeral costs, you may be eligible for financial assistance through the Federal Emergency Management Agency. FEMA will pay up to $7,000 for funeral expenses incurred after January 20, 2020. Call the Funeral Assistance Helpline 1-844-684-6333 (TTY: 800-462-7585) between 9:00 am and 9:00 pm., Mon.-Fri. or visit https://bit.ly/3dcPocA.

FOOT CARE CLINIC
We did not have any new information at press-time. Please call the Senior Center for updates.

FACE MASKS
The Senior Services Department has a limited number of fabric face masks available for Bloomfield residents over the age of 60. If you need a mask, please call to make arrangements to pick one up.

SAVE THE DATE
We are planning to present our 14th Annual Senior Expo on Tuesday, September 21. See upcoming newsletters and email blasts for more info.

JUST A CHAT
Would you be interested in staying connected with a once-a-week chat via Zoom or telephone? Let us know.

BINGO AT THE SENIOR CENTER
Bingo is back at the Senior Center at 1:30 pm on Wednesdays. Disposable cards are $1.00 per 3-pack. Please bring exact change, and a pen/pencil to mark your cards. No daubers/markers. Space is limited and reservations are required. Bloomfield residents only. No drop-ins. Call 860-243-8361 to register.

LAUGH LINES

TECHIE TIME REMOTELY
Got questions about your electronic devices? Need help with your cell phone? Question about your tablet? We may be able to help with a Zoom call or Face Time. Please call the Senior Center for more info.

NEWS YOU CAN USE
Both the CT Dept. of Motor Vehicles and Hartford Social Security Administration currently require that all visitors have appointments. However, most social security issues can be handled by visiting their website: https://www.ssa.gov or calling 1-877-619-2851. Many DMV transactions (including renewal of registrations, licenses and ID cards) may be handled online or at AAA offices. Visit portal.ct.gov/DMV or call 860-263-5700 Monday-Friday, 8:00 am - 4:00 pm (best day to call is Wednesday).

CLEAN UP, CLEAN OUT, GET ORGANIZED!
Bloomfield’s Haz-Waste Collection Day will be Sat., Sept. 25, from 8:00 am to 1:00 pm at the Public Works garage, 21 Southwood Drive. Questions? Call 860-278-3809.
Bloomfield’s Conservation Energy & Environment Committee (CEEC) currently plans to hold a free shred day for Bloomfield residents (no businesses) from 9:00 am - 12:00 on Sat., Oct 2.
Green Monster e-Cycling in West Hartford accepts and recycles a range of electronic devices: “practically anything operated by a cord or battery.” Call 860-231-1426 or visit greenmonsterrecycling.com for more info.

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.
INSTRUCTIONAL PROGRAMS

♦ New registration required at the beginning of each series of classes.
♦ Proof of address required
♦ In-person class size is limited.

We are pleased to announce that the waiver for program fees has been extended through the summer. Fees for classes will resume in September.

Advance registration is required for Zoom classes
You may wish to consult your doctor before doing these exercises. In performing any fitness exercises, you are doing them at your own risk.

GOING ON NOW OR COMING SOON

AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm.

TAIJI QUAN: MOVING FOR BETTER BALANCE - Mondays & Fridays, 1:30-2:30 pm. This 24-week (48 session), research-based falls prevention exercise program is designed to improve strength, balance and mobility, and prevent falls. Current series runs through October 22.

BE FIT & HAVE FUN - Tuesdays OR Thursdays, 9:30-10:30 am. The 4 types of exercise important to staying healthy & independent are strength, balance, endurance & stretching. Exercise both days with Marcey Hickey via Zoom* or choose which in-house day fits your schedule. Bring your own hand weights/canes. Next 6-week in-house series (one day per week)* starts June 22 or 24. New registration is required.

CHAIR YOGA - Tuesdays, 10:45-11:45 am. Have fun while you move your body with this gentle flowing chair yoga practice! Mindful movements to work out the stiffness, followed by fun flows and breath work will give you a well-rounded workout. All levels are welcome. You will need a chair with no arms, a yoga strap (or belt or necklace), and one block (or small stool). You might also like to have a blanket or bolster. Exercise remotely via Zoom or in person.* INSTR: Lisa Gaumond. Next 6-week series begins June 29. New registration is required.

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. Please call each week to reserve your space.

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.

MULTI-MEDIA DRAWING/EXPLORATION - Tuesdays, 1:30-3:00 pm. Students may choose from a variety of media: color pencil, pen & ink, water color. Meet in person or via Zoom. INSTR: Dolores Howard. Next 6-week series begins Sept. 14. FEE: $20.00 res/$30.00 non-res. Registration is required.

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. Optional equipment: 2-3# weights, a medicine ball and resistance bands. Exercise remotely via Zoom. This class is presented in collaboration with Bloomfield Public Library. INSTR: Jeff Shealey. Next 8-week series begins July 14. NO FEE. New registration is required.

ZOOM BOOK CLUB, Wednesdays, 2:00-3:00 pm. Join us for an informal, stimulating conversation as we discuss what we like (or dislike) about our current selection. We are presently reading The Hate U Give. Group meets from 2:00-3:00 pm on the 2nd and 4th Wednesday of each month (June 9 & 23). NO FEE.

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. Meet in person or via Zoom. INSTR: Irma Clemons.

ENERGY PRACTICE - Thursdays, 10:45 - 11:45 am. 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. Exercise remotely via Zoom or in person.* INSTR: Marcey Hickey. Next 6-week series begins June 24. As a courtesy to the rest of the class, please arrive on time.

ON HOLD FOR THE MOMENT

PIANO LESSONS - Mondays. INSTR: Elizabeth Raphael. FEE: $20.00 per ½-hour private session.

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.

AQUA FIT - Mondays, 3:30-4:15 pm. At Duncaster. 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. Note: we must have at least 2 participants for this class. We hope to resume this program in September.

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. We hope to resume this program in September.

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. We hope to resume this program in September.

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. We hope to resume this program in September.

FIBER ARTS/QUILTING - Fridays, 9:30-11:30 am. Create a variety of projects from fabric, including quits (with or without patterns). INSTR: Barbara West-Jarvis.

LINE DANCING - Fridays, 1:00 - 2:30 pm. For both beginners and advanced. Learn such basics as vines, box-steps, cha-chas. Become comfortable with favorite party dances, Latin rhythms, and Country-Western hits. Partners not necessary.

AARP SMART DRIVER. AARP has extended the suspension of in-person classes and programs at least through Sept. 1. However, AARP Driver Safety is offering virtual Smart Driver courses in CT via Zoom on the following Wednesdays: June 16 (12:00-4:15 pm); July 21 (9:30 am-1:45 pm); Aug. 25 (12:30-4:45 pm); and Sept. 29 (12:30-4:45 pm). On-camera participation is required. Send your name, mailing address, phone number and AARP membership number (if applicable) to bbleveille@gmail.com. Payment info will be provided prior to class and workbooks will be mailed to you. FEE: $20.00/members; $25.00/nonmembers. Class size is limited.
AARP SMART DRIVER ONLINE is also available. Go to www.aarpsafetys.org and use the promotion code DRIVINGSKILLS to receive a 25% discount. The price for the on-line course (before discount) is $21.95 for AARP members, and $27.95 for non-members.

CLASSES “FROM A DISTANCE”
You may take 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.

AGING MASTERY® PROGRAM STARTER KIT
Do you want to learn more about AMP? Or are you a grad who is looking for a “refresher”? Then the Aging Mastery® Starter Kit is just the thing for you! Your kit includes a playbook that you can use to build your own personal plan for aging well; a deck of activity cards to guide you on your journey to healthy aging, a note pad to record your weekly goals, and exercise and tai chi cd’s. Work at your own pace; we will answer your questions and provide guidance, if you choose. Call the Senior Center to reserve your free kit while supplies last.

AGING MASTERY® PROGRAM (the “original”)
Save the date: The next in-person, 10-session Aging Mastery Program is scheduled to begin on Monday Sept. 27. (No class Nov. 22) Each interactive session will run from 10:30 am-12:00 noon. Textbook/resource guide offers a wealth of information and is yours to keep. Guest speakers, tips for “aging gracefully,” treats and surprises; graduation celebration on Dec. 13. PRICE: $10.00.

LIVE WELL WITH CHRONIC CONDITIONS AT-HOME WORKSHOP. Participate in 45-minute weekly group phone calls with a trained group leader and 4-6 other students. Topics include exercise; healthy eating; action planning; and communications/decision-making skills. A study kit (Living a Healthy Life Book, instruction booklet, and exercise/relaxation CD’s) will be sent directly to you. Advance registration is required. Call the Senior Center for start date and time. Please let us know if you are interested in a Spanish language class.

WELL CONNECTED
Well Connected is a free phone and/or online program offering a wide variety of activities, educational programs, conversation and support groups to adults over the age of 60 in the comfort of their own homes. Join a book club or TED Talk, learn a language, play a game, take an armchair tour of a museum or visit a foreign country from your favorite armchair. Don’t like computers? Then participate by telephone (toll-free). Well Connected is a Covia community service for seniors. Visit covia.org/services/well-connected or call 877-797-7299 for more information and a complete program catalog.

THE FRIENDSHIP LINE
Want to hear a pleasant, cheerful voice? You can be part of a friendly conversation by calling 1-800-971-0016 any day between 10:00 am and midnight! Call in daily to chat about what’s on your mind or for emotional support. The Institute on Aging’s toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, adults living with disabilities, and caregivers. But it is not only for people in crisis; it is also for folks who simply want to chat.

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. Please note, we do not share our email subscribers list; however, from time to time we may send you special notices from other town sources.

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

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 on 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 15 selection is “The Cowboy Way.” Woody Harrelson and Kiefer Sutherland bring the wide open plains to the crowded city in this rip roarin’ action-comedy. A missing girl has them saddled up for big trouble as they set out to find her within the badlands of New York City. (PG-13) Please call at least one day in advance to register.

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.

VIRTUAL HELP, VIRTUALLY!
Senior Planet: https://seniorplanet.org/. This site offers a wide variety of programming from instructions on ways to connect virtually (such as All Things Zoom) to exercise classes and book clubs. Select Upcoming Events on the home page to see the list of current classes.

GetSetUp: https://www.getsetup.io/. This site offers classes on a variety of topics including Internet essentials. Both of the above sites offer both free and nominal fee-based programming.

COVID-19 ALERTS & UPDATES
The Town of Bloomfield has partnered with the State of Connecticut to participate in the COVID-19 Alerts & Updates System, which will be used to send updates via phone, email and text. By opting in, you will receive COVID-19 messages from your community and the State of Connecticut, including updates about public health safety and outbreaks; vaccination updates and opportunities; and testing opportunities. It only takes a minute: Text COVID1CT to 888-777 or sign up at ct.gov/covidupdates. Stay informed, stay safe.

WHERE IN THE WORLD ARE WE?
Test your knowledge of world geography and identifying popular or not-so-well-known landmarks as we take a virtual tour across the seven major continents. Play along and you may be eligible for a prize.

1. America’s “Official World War II Museum” is located in what city?
   a. New York City
   b. Chicago
   c. St. Louis
   d. New Orleans

2. La Sagrada Familia Baslica has been under construction for 135 years. Where is it located?
   a. Buenos Aires
   b. Madrid
   c. Barcelona
   d. Rome

3. This grandiorite stele dating back to 1996 BC is credited with helping experts learn to read Egyptian hieroglyphs. What is it, and where is it located?
   a. The Rosetta Stone
   b. The Sphinx
   c. The Pyramids
   d. The Colosseum

4. The smallest country in the world has fewer than 1000 residents. What is it?
YALE STUDIES- MEMORY LOSS

If you are at least 60 years old, married or in a committed relationship, and live with a partner who has early-stage dementia, you may be eligible to participate in a study geared toward lowering daily stress and supporting you in your relationship. Involves three short phone visits and completion of a brief survey. Compensation up to $200 per couple.

If you are at least 18 years old and have a parent at least 55 years old, you both may be eligible to participate in a free and confidential study to understand your experience coping with dementia. Involves one 2-hour interview session and one 2-hour interactive session with you and your parent completing tasks together now and again after one year. May be done over the phone, by mail, or on the computer. Compensation of up to $600 for completing all sessions.

To learn more, contact Kathleen Williams (203) 641-5373 or email kathleen.williams@yale.edu.

ESTUDIOS YALE - PÉRDIDA DE MEMORIA

Si está casado(a) o en una relación estable, tiene 60 años o más y vive con una pareja que se encuentra en un estado temprano de demencia, entonces, usted puede ser elegible para participar en un estudio orientado a reducir el estrés diario y apoyarlo (a) a usted en la relación con su pareja. La participación involucra tres citas telefónicas breves. Durante cada cita telefónica, le enseñaremos una técnica para reducir el estrés y le pediremos a usted y a su pareja que completen una encuesta breve por teléfono o por correo. La compensación es de hasta $200 por pareja.

Si tiene al menos 18 años y tiene un padre que tiene al menos 60 años y perdida de memoria, usted y su padre pueden ser elegibles para participar en un estudio gratuito y confidencial para comprender su experiencia y sobrevenir la pérdida de memoria juntos. Su participación y la de su hijo/a consistirá de dos sesiones de dos horas cada una. En la primera sesión, usted y su hijo/a serán entrevistados por un/a asistente, mientras que en la segunda, realizarán diferentes actividades en conjunto. Luego de un año, estas dos sesiones se realizarán nuevamente. Su participación en este estudio puede realizarse por teléfono, correo, o en la computadora. Compensación de hasta $600 por completar todas las sesiones y estacionamiento gratuito.

Para obtener más información o saber si es elegible para participar, comunícate con Kathleen Williams al (203) 641-5373 o envíele un correo electrónico a kathleen.williams@yale.edu.

BRAIN GAMES

1. I am used to bat with, yet I never get a hit. I am near a ball, yet I am never thrown. What am I?
2. I’m never there when you need me; for me you’ll have to wait; I’ll provide a wealth of knowledge, but always just too late. What am I?
3. What English word retains the same pronunciation, even after you take away four of its five letters?

(Everyone learns Wi-Fi Initiative)

The Town of Bloomfield, the State of CT, and the CT Education Network (CEN) have partnered to provide free public outdoor internet at strategic locations in Bloomfield. Public outdoor spaces at the Town Hall, Prosser Library, Human Services Facility and McMahon Wintonbury Library now have free high speed outdoor WiFi available. Users just have to connect to the CTPublicWiFi network, accept a disclaimer, and they can surf the internet for free.

TOWN OF BLOOMFIELD E-ALERTS

Keep up-to-date with email notifications from the Town of Bloomfield. To register, visit www.bloomfield.gov. Go to the Information Center on the home page and click on “Sign up for E-alerts.” Provide your email address and then select the types of alerts you would like to receive.

TRIVIA: YOU NEVER KNOW WHEN YOU’LL NEED IT!

* Octothorpe is the technical name for the hashtag, or pound sign. * The lollipopp was invented in New Haven, Connecticut, in 1908 by George Smith. * Approximately 700 grapes go into one bottle of wine.

BLOOMFIELD SUMMER CONCERT SERIES

This year’s weekly summer concert series will kick off at 7:00 pm on July 1. Leisure Services invites you to come to 73 Rockwell Avenue (directly behind the Blue Hills Fire District) on Thursday evenings for live entertainment. Call Leisure Services at 860-243-2923 for more info. Transportation is available for mini-bus riders if there is enough interest.

TRIPS

MYSTIC VILLAGE (Sunday, June 6). Ride the mini-bus to Mystic Village where you can browse the shops, have a bite to eat, or simple take a stroll. Bloomfield residents Age 55+ only. Times t/b/a.

CLINTON CROSSING (Saturday, June 12). Ride the mini-bus to Clinton Crossing, where you can browse through the more than 70 shops and stores. Bloomfield residents age 55+ only. Times t/b/a.

ATKINS FARM (Saturday, July 10). Ride the mini-bus to Amherst, MA, to shop for fresh produce, deli or baker items, or indulge in an ice cream cone! Bloomfield residents age 55+ only. Times t/b/a.


BIG E: Bloomfield Senior Services is pleased to announce mini-bus transportation to this year’s Big E! The trip on Fri., Sept. 17 (opening day) is open to Bloomfield residents over age 55. Trips on Sat., Sept. 25, and Sun., Oct. 3, are open to residents of all ages, including children under the age of 4 (children under the age of 18 must be accompanied by an adult). Purchase your own admission tickets in advance or at the gate upon arrival at the fair. Register at Bloomfield Senior Services for your seat on the bus. Proof of residency is required. Departure and return times t/b/a.

YARD GOATS BASEBALL, HARTFORD, WED., AUG. 18. Covered seating overlooking the 1st base line for the game against NH Fisher Cats; YG Club access to food, air conditioning. All food on your own. Mini-bus. L.V. Sr. Ctr. 5:15 pm; approx. return 10:30 pm (depending on when game ends). PRICE: $20.00.

FOXWOODS/MOHEGAN SUN OVERNIGHT, MON. OCT. 25/TUE., OCT. 26. Travel to Foxwoods via mini-bus for an overnight stay; leave for Mohegan Sun on Tuesday morning. Foxwoods bonus package is $10 slot $15 food. Times t/b/a.

PRICE: $75/person DO; $130 SO; $60/person TO

Answers to Brain Games
1. Your eyelashes
2. Hindsight
3. Queue