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**

As of press time, things are looking good here at the Senior Center, and we continue to cautiously make plans for gradually reinstating our in-person programs and activities. We are waiting for the tent to be installed on the patio so that we can provide outdoor programming. We are excited about offering our exercise classes both virtually and in-person starting this month. This flexibility will allow those who would like to remain at home to do so, while those who are comfortable with coming to the senior center will have that option. We are also excited about resuming our trips. Right now, we are making plans to visit this year’s Big E on opening day! As we have said so many times in the past, all programs and events are subject to change, depending on conditions at the time. We will continue to follow federal, state and local guidelines: (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) If you are not feeling well (even “just a sniffle”), we ask that you please stay at home. (4) Advance registration is necessary for any and all programs or events so that we can ensure social distancing guidelines.

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 May 5. Please call the Senior Center to register.

**WOMEN’S BREAKFAST**

We are currently planning to hold a women’s breakfast outdoors on the patio at 9:30 am on Friday, May 7. Please make your reservation by April 30. This will be a served meal, not a buffet. Sorry, but because of social distancing requirements, space is limited and we cannot accommodate drop-ins. PRICE $5.00 during signup.

---

**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 because of social distancing requirements, space is limited and we cannot accommodate drop-ins. PRICE: $5.00 due at signup.

**CT STATEWIDE VIRTUAL SENIOR CENTER**

Save the dates for these upcoming virtual programs brought to you by CT Healthy Living Collective with support from AARP Connecticut. Call the Senior Center for more info.

- Celebrate Older Americans Month May 21
- Juneteenth: Freedom Day June 25

**YALE UNIVERSITY MEMORY PROGRAMS**

Does your Mom or Dad have memory loss? Does your partner have early stage dementia? Yale University is looking for volunteers for two upcoming programs. Please see page 7 for more information.

**UNIVERSIDAD de YALE PROGRAMA de MEMORIA**

¿Sufre tu Mamá o Papá de pérdida de memoria? ¿Se encuentra tu pareja en una etapa temprana de demencia? . Favor de ver la página 7 para más información.

---

**UniteCT**

Have you been financially impacted by COVID-19? UniteCT is a rental assistance program supporting CT residents who earn up to 80% of the HUD Area Median Income and their landlords. You may qualify for the opportunity to receive missed electric outstanding payments, missed rent or future rent payments. To learn more and see if you qualify, visit www.bit.ly/UniteCT. The UniteCT mobile bus will be at the Human Services Center from 10:00 am - 3:00 pm on Tuesday, May 4.

**COVID-19 VACCINE CLINIC AT THE SENIOR CENTER**

The West Hartford-Bloomfield Health District will present a COVID-19 vaccine clinic at the Alvin & Beatrice Wood Human Services Building on Monday, May 3, from 9:00 am - 12:00 noon. No appointments necessary.

---

**TRIP TIME!**

We are currently planning a trip to The Big E on opening day, Friday, Sept. 17. See page 7 for more info . . .
This program is postponed until further notice.

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 TTTRANSIT 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 time slots the fixed route buses operate. 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 arrives 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 will remain closed until further notice. Thanks to our volunteers Violet Bacciari, Dorothy Chamerda, Sadie Huylghe, 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, May 31
(Please plan accordingly)

Pickup in Bloomfield for Hartford medical appointments is at 9:00 am, with the return at 12:00 noon (Mondays, Tuesdays, Wednesdays, and Fridays). Starting Wednesday, May 5, pick up in Bloomfield for West Hartford medical appointments will be at 11:00 am, and the return will be at 2:30 pm (Wednesdays and Fridays). Mall and Lunch Bunch are still on hold for the moment.

The 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, the bus will have to leave without you, and you will need to call the office to reschedule your trip for another day. Social distancing seating is being observed. 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. These safety measures have an impact on our reservations.

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.

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.

UCONN Dairy Bar
Thursday, May 27, at 11:00 am
Shopping at Walmart
Thursday, June 10, and Thursday, June 17, at 11:00 am
maximum of 12 passengers; riders may choose either day, but not both

Weekend Excursions
Mystic Village on Sunday, June 6
Clinton Crossing on Saturday, June 12

Department of Motor Vehicles - Enfield
Thursday, May 13, at 9:00 am
Thursday, June 3, at 9:00 am

Social Security Administration
Thursday, May 20, at 9:00 am
Thursday, June 24, at 9:00 am

Hebrew Health Care
to be announced

PLEASE NOTE: THESE TRIPS ARE OPEN TO BLOOMFIELD RESIDENTS 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
MOBILE FOODSHARE
FoodShare will be at the Senior Center from 12:45-1:15 pm, on Tues., May 4 & 18. 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, and everyone must wear masks/face coverings. Call the senior center on food share day for further instructions. No smoking, please.

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.

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. Suspended until further notice.

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 for up to 3 players at a time. Please call the Senior Center to reserve your space.

LUNCH BUNCH - VIRTUALLY
Are you interested in “virtual victuals” via Zoom? We will get together once a month and share conversation as we dine in our own homes, apart-together. See who has the tastiest looking lunch, or the best “I remember” meal; that grilled cheese, or the peanut butter sandwich with the crusts cut off. It’s not about the food, it’s the conversation. Or the conversation about the food. Let us know if you would like to participate!

WALK YOUR WAY TO HEALTH
We continue our journey through Connecticut with a stop at the Eli Whitney Museum & Workshop in Hamden where visitors are encouraged to learn through experimentation. In Prospect we will get some practice in at the Prospect Golf driving range and mini-golf course before following in the footsteps of pro golfer Billy Burke. Born in neighboring Naugatuck, he frequently played at the 9-hole Hop Brook municipal course. After all that exercise, we’ll relax and unwind with dinner by the fireplace at the New Harvest Restaurant in tiny Beacon Falls. In nearby Bethany, we’ll browse Whitlock’s Book Barn’s nearly 50,000 books, including some first editions. Cartographers can lose themselves among the thousands of maps for sale. As we walk through Woodbridge and the Alice Newton Street Memorial Park, we’ll follow one of the oldest Indian trails in Connecticut. With all there is to see and do in New Haven, we could get lost for days as we try to see everything this coastal city has to offer. Six of the city’s top attractions are Yale: the University itself, the University Art Gallery, the Center for British Art, the Peabody Museum of Natural History, the Sterling Memorial Library, and the Leitner Family Observatory & Planetarium.

SENIOR SERVICES Cyndi Eastman, Acting Director

LAWS OF CONNECTICUT! We continue our journey through Connecticut with a stop at the Eli Whitney Museum & Workshop in Hamden where visitors are encouraged to learn through experimentation. In Prospect we will get some practice in at the Prospect Golf driving range and mini-golf course before following in the footsteps of pro golfer Billy Burke. Born in neighboring Naugatuck, he frequently played at the 9-hole Hop Brook municipal course. After all that exercise, we’ll relax and unwind with dinner by the fireplace at the New Harvest Restaurant in tiny Beacon Falls. In nearby Bethany, we’ll browse Whitlock’s Book Barn’s nearly 50,000 books, including some first editions. Cartographers can lose themselves among the thousands of maps for sale. As we walk through Woodbridge and the Alice Newton Street Memorial Park, we’ll follow one of the oldest Indian trails in Connecticut. With all there is to see and do in New Haven, we could get lost for days as we try to see everything this coastal city has to offer. Six of the city’s top attractions are Yale: the University itself, the University Art Gallery, the Center for British Art, the Peabody Museum of Natural History, the Sterling Memorial Library, and the Leitner Family Observatory & Planetarium.

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

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. Just a reminder: a $2.00 per hour fee went into effect on January 1.

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. Call 1-800-662-HELP (4357), (also known as the Treatment Referral Routing Service) 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, 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 to make a reservation, and then bring in your books, magazines, or other reading materials.

**CANCER CARE 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.

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

**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.

**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.

**WORDWISE**
Lagniappe (lan’yap); noun. Something given as a bonus or extra gift. Something given or obtained gratuitously or by way of good measure: the waiter added a cup of lobster bisque as a lagniappe to the meal.

**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.

**REMINDER**
Just a quick reminder that face masks/coverings must be worn at all times when you are inside the Senior Center. Please do not pull down the mask when you are speaking. Your nose, mouth, and chin should stay covered at all times. Thank you.

**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 each. Please bring exact change, and a pen/pencil to mark your cards. No daubers/markers. Because of social distancing guidelines, space is limited and reservations are required. Bloomfield residents only. No drop-ins. Call 860-243-8361 to register.

**LAUGH LINES**
* My friend writes songs about sewing machines. He’s a Singer songwriter. Or so it seems. * I stayed up all night trying to figure out where the sun was. Then it dawned on me. * Do they allow loud laughing in Hawaii? Or just a low ha? *

**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.

**EVERYONE LEARNS WIFI 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.

**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 fees have been waived for our May classes.

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. Rhythmic aerobic exercise combined with stretching & strength training routines. Exercise remotely via Zoom or in person.* INSTR: Jeff Shealey. Next series 8-week series begins May 3. New registration is required.

TAI JI 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. BF&HF Restart is designed to gradually get you back on track with your exercise program. Exercise both days with Beth Hugh 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 May 4 or May 6. Up to 15 participants per class. 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 necktie), 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 May 4. 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. Are you interested in meeting via Zoom? Please let us know.

MULTI-MEDIA DRAWING/EXPLORATION via ZOOM Tuesdays, 1:30-3:00. Students may choose from a variety of media: color pencil, pen & ink, water color. Work independently for the last 30 minutes of each session. INSTR: Dolores Howard. Next 6-week series begins May 13. NO FEE. 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 May 5. 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 100-Year-Old-Man Who Climbed out of the Window and Disappeared. Group meets from 2:00-3:00 pm on the 2nd and 4th Wednesday of each month.

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. The group will meet in person beginning May.

ENERGY PRACTICE - Thursdays, 11:15 am - 12:15 pm. 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: Beth Hugh. Next 6-week series begins May 6. 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. 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. Note: we must have at least 2 participants for this class. Pool is closed until further notice. We hope to resume this program in September.

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. 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.

AARP SMART DRIVER - Thursdays, AARP has extended the suspension of in-person classes and programs at least through Sept. 1, 2021. However, AARP SMART DRIVER ONLINE is 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.

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.
people are housebound! especially during these days of COVID-19 when so many people in crisis; it is also for folks who simply want to chat, living with disabilities, and caregivers. But it is not only for line in the country for people aged 60 years and older, adults what’s on your mind or for emotional support. The Institute on Connected is a Covia community service for seniors. Visit covia.org/services/well-connected or call 877-797-7299 for language, play a game, take an armchair tour of a museum or a wide variety of activities, educational programs, conversation (860-242-1895).

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 residents; ($20.00 non-residents). Aging Mastery® a program of the National Council on Aging, is coordinated in Connecticut by Connecticut Community Care, and sponsored in part by the Connecticut Community Foundation

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.

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

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 Cobia 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, especially during these days of COVID-19 when so many people are housebound!

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.

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 May 18 selection is “Knives Out.” The death of crime novelist Harlan Thomby is mysterious, and everyone in the wildly dysfunctional family is a suspect. Now, Detective Benoit Blanc must sift through a web of lies and red herrings to uncover the truth in this suspenseful, twist-filled whodunit. Stars Daniel Craig, Chris Evans and Jamie Lee Curtis. (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 variety of topics including Internet essentials. Both of the above sites offer both free and nominal fee-based programming.

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.

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 COVIDCT to 888-777 or sign up at ct.gov/covidupdates. Stay informed, stay safe.

TRIVIA: YOU NEVER KNOW WHEN YOU’LL NEED IT!
*Lady Gaga’s real name is Stefani Joanne Angelina Germanotta. * During World War II the Declaration of Independence, the Constitution, and the Bill of Rights were stored at Fort Knox. * The tiny piece at the end of a shoelace is called an aglet.
**YALE STUDIES- MEMORY LOSS**

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 sobrellevar 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 $60 por completar todas las sesiones y estacionamiento gratis.**

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

---

**WHERE IN THE WORLD ARE WE?**

How good are you at world geography and identifying popular or not-so-well-known landmarks? Test your knowledge over the coming months as we take a virtual tour across the seven major continents. Play along and you may be eligible for a prize.

1. Where in the world would you go to visit Waitomo Village, home of the famous glow worm caves and site of filming for Lord of the Rings?
2. Virunga National Park is home to one-third of the world’s endangered mountain gorilla population, and it has the only facility for orphaned mountain gorillas. Where is the park located?
3. This island’s most famous food is Babi Guling, a dish made of suckling pig, rubbed with herbs and spices, and then slowly spit-roasted for several hours.
4. This group of tiny islands located in the Indian Ocean is considered one of the best snorkeling/diving locations in the world.
5. Star Wars IX and Game of Thrones were both filmed in Dubrovnik, which is located in what country on the Adriatic Sea?

---

**YALE STUDIES- MEMORY LOSS**

If you are at least 60 years old and 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 telephone 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.

---

**CELL PHONE SAVVY**

How often do you check your cell phone voice mail? Or your land line, if you have one? Did you know that there is a limit to how many messages you may have stored (the amount varies from service to service)? If your voice mail box is full, callers may receive the message “the person you are trying to call has a mailbox that is full. Goodbye.” Or the caller may receive the message “enter your remote password to access your messages” and their only option is to hang up. (Callers may also hear these messages if you have call waiting and are talking on your phone when they try to reach you.) Don’t miss important calls! Checking voice messages regularly (and deleting the ones you do not need) is a good habit to get into.

Answers to Brain Games

1. Sunglasses (they sit on the bridge of your nose).
2. The moon.
3. “I” am day; “she” is night.
4. A joke.

---

**ANSWER KEY**

1. Adriatic Sea?
   - Croatia
2. Virunga National Park is home to one-third of the world’s endangered mountain gorilla population, and it has the only facility for orphaned mountain gorillas. Where is the park located?
   - Congo
3. This island’s most famous food is Babi Guling, a dish made of suckling pig, rubbed with herbs and spices, and then slowly spit-roasted for several hours.
   - Lombok, Indonesia
4. This group of tiny islands located in the Indian Ocean is considered one of the best snorkeling/diving locations in the world.
   - Maldives
5. Star Wars IX and Game of Thrones were both filmed in Dubrovnik, which is located in what country on the Adriatic Sea?
   - Croatia

---

**MEMORIAL DAY**

Celebrate Memorial Day (Monday, May 31) in Bloomfield:
10:00 am - Mountain View Service; 11:30 am - Parade; 12:00 noon - Ceremony at Town Hall Green. Contact Leisure Services at 860-243-2923 for more info.

---

**2021 BIG E TRIPS**

Bloomfield Senior Services is pleased to announce mini-bus transportation service 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 over the age of 4 (children under the age of 18 must be accompanied by an adult). Purchase your own admission tickets 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.

---

**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 awesome live entertainment. Call Leisure Services at 860-243-2923 for more info.

---

**BRAIN GAMES**

1. I am a protector. I sit on a bridge. One person can see right through me, while others wonder what I hide. What am I?
3. I break, she falls. Who am I, and who is she?
4. I can be cracked, I can be made. I can be told, I can be played. What am I?

(answers at the bottom of the page)