A MESSAGE FROM SENIOR CENTER STAFF

Over the past several weeks we have been gradually resuming programming and activities here at the senior center. Please be reminded that in order to keep everyone as safe as possible, we follow federal, state and local guidelines pertaining to COVID-19. Again, some of the safety measures that are now in place include: (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. We look forward to seeing all of you as soon as it is safe to do so.

Because of the limitation on the number of participants for any event, programming is open to Bloomfield residents only, unless otherwise noted.

WELCOME, FUTURE NURSES

Students from the University of St. Joseph School of Nursing are here at the Senior Center on Tuesdays and Thursdays this fall. UCONN nursing students will be here on Wednesdays and Fridays. They will do blood pressure screenings and glucose checks and are planning some great informational programs to help you stay healthy. Walk with a nurse on Tuesdays through Fridays (either indoors or outside) at 9:30, 10:30 or 11:30 am.

WELCOME, VASHON

We asked Vashon, who is interning at the senior center for some fast facts about herself. She shared with us that she is a junior at University of St. Joseph, and a unique, outgoing, happy, easy-going, mom who has worked in health care for 13 years. She has a good sense of humor and loves shopping and fashion.

THANKSGIVING TURKEY REGISTRATION

We hope to receive turkeys from Food Share again this year. Drive-up applications will be available starting Wed., Oct. 7. We can take 150 applications at this time. You must register at the Senior Center. Bloomfield residents only. No applications prior to 9:30 am on Oct. 7.

MEN’S BREAKFAST

The next men’s breakfast is scheduled for 9:30 am on Friday, Oct. 30. Please make your reservation by Oct. 23. This will be a served meal, not a buffet. Sorry, but because of social distancing requirements, space is limited and we cannot accept drop-ins.

WOMEN’S BREAKFAST

We are planning a women’s breakfast for Friday, Oct. 23. Please make your reservation by Oct. 16. This will be a served meal, not a buffet. Sorry, but because of social distancing requirements, space is limited and we cannot accept drop-ins.

FREE SHRED DAY/ELECTRONICS RECYCLING

Bloomfield’s Conservation Energy & Environment Committee (CEEC) will hold a free shred day for Bloomfield residents (no businesses, please) at Town Hall on Sat. Oct. 3, from 9:00 am-1:00 pm (or when the truck is full). Confidential documents only (no recyclable paper) and no more than 3 grocery bag sized containers per vehicle. Got old electronics? You may drop off tv sets, printers, phones, CDs, hard drives, etc., at the same time (no light bulbs, refrigerators or dehumidifiers). Single-use plastic bags will also be accepted. Please place items in your car’s trunk or pickup truck bed to ensure social distancing while volunteers observing COVID-19 safety precautions remove items from your car. Please bring a non-perishable food item for donation to the Bloomfield Food Bank.

ELECTION NEWS

The 2020 presidential election will take place on Tuesday, Nov. 3. Because the Human Services Building is a polling site, there will be no FoodShare distribution or other programs that day. Please note, if you plan to vote by absentee ballot, your ballot must be received by the town clerk no later than 8:00 pm on Nov. 3. Sending it by US Mail does not guarantee that it will be received in time to be counted. There is a safe, secure drop box at the Park Avenue entrance to Town Hall, and voters are encouraged to drop off their ballots. Ballots may be dropped off any time before 8:00 pm on Nov. 3.

FALL FLU CLINICS

See page 7 for information about upcoming flu clinics presented by the West Hartford-Bloomfield Health District.
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. Communities served include Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Kensington, Manchester, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Vernon, West Hartford, Wethersfield, Windsor, & Windsor Locks. For 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.

DAYLIGHT SAVING TIME
Daylight saving time ends on Sunday, Nov. 1. Don’t forget to set your clocks back one hour.
**MOBILE FOODSHARE**
FoodShare will be at the Senior Center from 12:45-1:15 pm, on Tues., Oct. 6 & 20. 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 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.

**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.

**MOVIES**
Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The Oct. 20 feature is “I Still Believe,” the true-life story of Christian music star Jeremy Camp and his journey of love and loss that looks to prove there is always hope. (PG). Please call at least one day in advance to register.

**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**
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.

**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**
The next town on our walk is Salisbury, located in the northwest corner of our state. Well worth a look is the Scoville Memorial Library, which dates back to 1771, when Richard Smith brought 200 books from London after 39 citizens contributed the funds needed to pay for them. As we turn south, the residents of the Sharon Audubon Center call out to us to stop and visit the birds, reptiles and arthropods who call the sanctuary home. Next stop is Cornwall, where we will stop at the historical society located in what was once a barn, building in 1885. Arriving in Kent, we will visit The Connecticut Antique Machinery Association, a museum dedicated to the preservation, restoration and demonstration of antique machinery. Angevine Farm is in nearby Warren, where we can find holiday treasures in the Christmas Barn Gift Shop and the Wreath Factory. We could spend days at The White Memorial Conservation Center in Litchfield, hiking or horseback riding through the 40 miles of trails, fishing and kayaking on the ponds, camping, cross-country skiing, and more. We’ll learn about taxidermy at the nature museum when we stop to pick up our scavenger hunt directions!

Walk the Senior Center’s modified, self-guided, indoor path on your own Monday-Friday, between 9:00 am & 4:00 pm, or, walk with our student nurses Tuesday through Friday at 9:30, 10:30 or 11:30 am. 20 times around 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! 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. And if you should happen to actually visit any of the attractions we visit virtually, please let us know.

**Wii BOWLING NEWS**
The team is excitedly waiting to get back into their routine of regular practices and competitions. In the meantime, players may now practice on Tuesdays or Thursdays in groups of no more than 5 at any one time. Call the Senior Center to make your reservation. Sorry, no drop-ins.

**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.

**LAUGH LINES**
* Shout out to the people asking what the opposite of in is. * Just finished making my first bookcase. I’m very proud of my shelf. *

**IDA’S SHOPPE**
Ida’s Shoppe will remain closed until further notice. Thanks to our volunteers Violet Bacciari, Dorothy Chamera, Sadie Huyghue, Millie Malone & Annie Nolen who help keep the Shoppe running smoothly.

**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.

Old clothing/shoes drop boxes are located at town hall and at 330 Park Avenue.
**RENTER’S REBATE**
Filing Date: April 1 - October 1, 2020

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@uscac.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 or stop in to see if the room and reader are available, and then bring in your books, magazines, or other reading materials.

**CANCERCare of CONNECTICUT**

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

**FREE LEGAL HELP FOR SENIOR CITIZENS**

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

**PRESCRIPTION DISCOUNT CARDS**

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

**POSTCARDS & BUMPER STICKERS FOR SALE**

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

**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**

Embroider Months (noun). The final four months of the calendar year (Sept. to Dec.), especially considered together as a period of heightened or intense activity. Occasionally in singular, as ember month: any one of these months.

**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 and mouth should stay covered at all times. Thank you.

**COVID-19 TESTING**

As of press time, The Town of Bloomfield did not have any COVID-19 testing programs scheduled. However, testing is available at the Urgent Care Center of Connecticut, 699 Cottage Grove Road. No appointments are necessary, and referrals are not required; however, they recommend that you call ahead to make sure test kits are still available (860-242-0034).

**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.

**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.

**INTERGENERATIONAL PROGRAMMING**

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

Classes will be held outdoors until further notice.

Space is limited for in-house classes and advance registration is required; no drop-ins. Bloomfield residents only until further notice.

GOING ON NOW OR COMING SOON

MULTI-MEDIA DRAWING & EXPLORATION- Mondays, 1:30-3:30. 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. NO FEE. Up to 10 participants. Class is outdoors.

AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm. Rhythmic aerobic exercise combined with stretching & strength training routines. Exercise remotely with Jeff Shealey via Zoom. Class will begin again on October 5 ongoing until further notice. New participants please call the Senior Center to register. NO FEE.

BE FIT & HAVE FUN - Tuesdays OR Thursdays, 9:30-10:30 am. This 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. NO FEE. Next 6-week in-house series (one day per week) starts Oct. 6. OR Oct. 8. Up to 10 participants per class. WAIT LIST

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. NO FEE. Next 6-week series starts Oct. 6. Up to 10 participants.

KNITTING/CROCHETING - Tuesdays, 11:00 am - 12:30 pm. Bring your project and all your own supplies with you to class. INSTR: Margaret Cumane. NO FEE. Please call to reserve your space. Up to 7 people with social distancing.

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. Exercise remotely with instructor Jeff Shealey via Zoom. This class is presented in collaboration with Bloomfield Public Library. NO FEE. By advance registration. Next 4-week series begins Oct. 14.

QIGONG - 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. INSTR: Beth Hugh. NO FEE. As a courtesy to the rest of the class, please arrive on time. Up to 10 participants.

LIVE WELL WITH CHRONIC CONDITIONS AT-HOME WORKSHOP FOR MEN. This upcoming series is a "guys only" program. Participate in 45-minute weekly group phone calls with a trained Live Well leader and 4-6 other students. Topics include exercise; healthy eating; emotions, communications & decision-making skills; working with healthcare providers; and action planning. A Live Well kit (instruction booklet, Living a Healthy Life Book, and exercise/relaxation CD’s) will be sent directly to you. Advance registration is required. Next series will begin Friday, Oct. 9. Call the Senior Center for time and more info.

CLASSES "FROM A DISTANCE"

ON HOLD FOR THE MOMENT

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

PAINTING - Weds., 1:30 - 4:30 pm OR Thurs., 9:00 am - 12:00. Develop your artistic self. Are you a beginner? Learn how to bring out the artist in you. Intermediate and advanced students? Learn new techniques as you continue on your creative journey. Course includes painting (water, acrylic, oil) & collage. 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.

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.

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.

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 until further notice.

AARP SMART DRIVER ONLINE is available. Go to www.aarpdriversafety.org and use the promotion code DRIVINGSKILLS for a 25% discount.

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. Would you like to do a virtual book club? Please let us know.

LINE DANCING -Fridays, 11:00 am - 1:00 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. INSTR: Ken Finley. FEE: $25.00 res/$35.00 non-res.

You can take chair yoga with our own Lisa Gaumond on Facebook (type YogaWithLisaCT in the search engine). Or type NCOAg4life 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.

AGING MASTERY® PROGRAM (the “original”)
Would you be interested in taking the “original,” 10-week Aging Mastery Program virtually? If there is enough interest, we will try to make arrangements to hold the sessions using technology such as Zoom. This AMP is a more structured, in-depth program than the Starter Kit, with each class 90 minutes long. If conditions allow, would you be interested in taking the in-person, 10-week Aging Mastery Program at the Senior Center? This would be a somewhat modified version, in that class size would be limited to approximately 6 participants and some of the guest speaker presentations would be by videotape. Aging Mastery® a program of the National Council on Aging, is coordinated in Connecticut by Connecticut Community Care, Inc. and sponsored in part by the Connecticut Community Foundation.

DOROT UNIVERSITY WITHOUT WALLS
DOROT’s University Without Walls (UWW) program offers hundreds of classes, appealing to a wide range of interests—all available over the telephone. Participants from across the country can choose from ever-changing topics and such perennial favorites as Museum Talks, Literature and Arts, In the News, Understanding Your Rights, Jewish Interests, and Health & Wellness. Support groups enable older adults to connect with peers over common experiences such as vision loss, aging as an LGBT community member, caregiving and coping with the loss of a loved one. Class sizes are limited to encourage discussion. Advance registration is necessary. Call 877-819-9147 or visit dorotusa.org for more information.

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

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.

NEWS YOU CAN USE: AVOIDING COVID-19 SCAMS
Unfortunately, there are scams for just about everything, and that includes COVID-19. Here are some tips to help you from being taken in by frauds. * Learn how to tell the difference between a real contact tracer and a scammer. Legitimate tracers need health information, and will never ask for money or for personal financial information. * Don’t respond to texts, emails or calls about government checks. They might be trying to get you to pay fee to receive a stimulus payment. Or they might try to convince you to give them your Social Security number, bank account, or government benefits debit card account number. The IRS already has the information they need in order to issue your check. * Ignore offers for vaccinations and home test kits. Scammers are selling products to treat or prevent COVID-19 without any proof that they work. * Be wary of ads for test kits. Most of the test kits being advertised have not been approved by the FDA, and aren’t necessarily accurate. If you want to be tested, ask your health care provider for information. * Hang up on robocalls. Scammers use illegal robocalls to pitch everything from low-priced health insurance to work-at-home schemes. * Watch out for emails that claim to be from the CDC or WHO. While logos and addresses may appear to be legitimate, in email scammers, the messages are frequently filled with misspelled words and grammatical errors. Rather than clicking on links, use sites like coronavirus.gov or usa.gov/coronavirus to find the latest information.

FOOT CARE CLINIC
We hope to resume the Pedi-Care foot clinic on Oct. 26.

PRICE: $29.00, payable by cash or check. Call the Senior Center to schedule your appointment. Please note, this is subject to cancellation, depending on conditions at the time.

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 currently scheduled for Oct 7, but we ask that you please call ahead to confirm.

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.

ENERGY ASSISTANCE:
This program assists low and middle income eligible households pay their heating & utility bills. For more information, please call Bloomfield Social & Youth Services at 860-242-1895.

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.
NEWS YOU CAN USE: ELECTION 2020
For the November 3, 2020 election, all voters may vote by Absentee Ballot if they choose to do so because of COVID-19. You do not need to actually have the illness in order to vote Absentee. If you choose to vote by absentee ballot, you must complete an application, even if you filled one out for the August primary. Make sure you check the reason why you are requesting an Absentee Ballot (for example, COVID-19), then sign it, date it, and return it to the Bloomfield Town Clerk immediately (or use the secure drop box in the town hall parking lot). If you choose to send your ballot by US mail instead of dropping it off, do not wait until the last minute, but send it right away. All ballots must be received by 8:00 pm on Nov. 3 in order to be counted. Please note: you are not required to vote absentee; you may choose to go to your safe polling location on Election Day to cast your vote in person. It is your choice. Polls will be open from 6 am to 8 pm. Feel free to email the town clerk at clerks@bloomfieldct.org or call 860-769-3507 if you have any questions.

“LIFE IS BETTER IN MOTION”
Wednesday, October 28, is National Senior Health & Fitness Day. Help us celebrate by taking a walk during the week of October 26-30, either at the Senior Center or wherever you feel comfortable. Then give us a call to check in and let us know you walked. Your distance does not matter, and you only need to call once. Everyone who joins in will get a prize. (Pick-up for prizes will be the following week.)

BINGO
Wednesdays at 1:30 pm. 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. Maximum 12 participants. Call 860-243-8361 to register. New registration required each week.

FLU CLINIC
The West Hartford-Bloomfield Health District will hold two flu clinics at the Alvin & Beatrice Wood Human Services Center, 330 Park Avenue, in October:
Tues., Oct. 6, from 10:00 am-12:00 noon. Pre-registration required. Go to www.westhartfordct.gov/town-departments/health-district. If you need assistance registering or for more information, please call 860-561-7900. Masks must be worn.
Thurs., Oct 22, from 4:30-6:30 pm. This is open to anyone age 4 and over. Bring your insurance card for CT Care, Anthem, Aetna, Cigna, Medicare Part B or HUSKY United HC/Oxford. Cost without insurance is $30.00, and payable by cash or check only; sorry, no credit cards. No appointments necessary. Masks must be worn; please bring your own pen. For more info, please call 860-561-7900.

AARP TAX AIDE
While the income tax program will not resume this year, AARP Foundation Tax-Aide may still be able to help. For more info about how they can connect you with a volunteer to assist you by telephone or direct you to software so you can prepare and file your own tax returns at no cost, please visit www.aarp.org/money/taxes/aarp_taxaide/. You may also get information about other free tax filing options at the IRS website https://www.irs.gov/ or by calling 2-1-1.

BLOOMFIELD SENIOR CENTER “BINGO AT HOME”
The drawing for the September “bingo at home” will take place on Tuesday, October 6, so there is still time to submit your winning lines. You may enter up to 3 times (different row each time, please). Call 860-243-8361 to submit your name and provide the information for the lines you completed. Good luck! Check upcoming newsletters for more “bingo at home” opportunities.

MEDICARE OPEN ENROLLMENT:
October 15-December 7, 2020
Are you paying more than you can afford for your health insurance? Are you unsure of what your insurance options are? Bloomfield residents may contact Bloomfield Social & Youth Services at 860-242-1895 to schedule an appointment to review your coverage options.

AT HOME SCAVENGER HUNT
How many of these items do you have at home—on the kitchen counter, in the garage, the basement, or the back of a closet?
*stereo/record player
* cassette player
* VCR
* transistor radio
* Walkman
* iPod
* black & white tv
* hand mixer
* egg beater
* analog (non-digital) clock
* wall phone
* coffee percolator
* ice cube trays.
If you have least 6, call us with your list or email mbendzans@bloomfieldct.org and we will enter your name for a drawing to be held on Nov. 5.

COMING SOON . . . WHERE IN THE WORLD ARE WE?
How good are you at world geography and identifying popular or not-so-well-known landmarks? You will be able to test your knowledge as we take a visual tour across the seven major continents. Play and you may be eligible for a monthly prize. See November newsletter for details.