Governor Lamont has said in his reopening plan “If you are over the age of 65, or are medically compromised, it is still recommended by the CDC that you stay at home during the 1st and 2nd phases of reopening.” At press time, we were in in the midst of Phase 2, with Phase 3 postponed until further notice.

A MESSAGE FROM SENIOR CENTER STAFF
At press time, Connecticut was once again near the top of the list of states that has flattened the curve and shown positive results in controlling COVID-19. But as we all know, we are living in unprecedented times when conditions change without warning. With that in mind, any programming listed in the newsletter is subject to change as circumstances may warrant.

With everyone’s safety and well-being in mind, we follow federal, state and local guidelines. 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.

DAYTIME PAINT PARTY
We are having an outdoor paint party from 10:30 am-12:30 pm on Thurs., Sept. 24. We will provide prepackaged refreshments and the art supplies; artist/instructor Karen Wright will explain what to do, and you will take home your own personal work of art. No experience necessary. Because of social distancing, advance registration is required. Sorry, no walk-ins. PRICE: $15.00 due at signup. Bloomfield residents only.

WHAT’S GREEN AND FILLED WITH FROZEN TREATS?
A mini-bus ice cream truck! Join us on Tues., Sept. 15, as we hand out ice cream treats in the Senior Center parking lot from 1:30-2:30 pm. You don’t need to leave your car, but please wear your masks. One treat per guest. Age 55+. Transportation is available for mini-bus passengers. Bloomfield residents only.

MEN’S BREAKFAST
The next men’s breakfast is scheduled for 9:30 am on Friday, Sept. 25. Please make your reservation by Sept. 18. 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. PRICE: $5.00.

13th ANNUAL SENIOR EXPO
Some things change, and others remain the same. September is still National Senior Center Month. Senior centers are still your place to connect, or to make a connection. This year’s theme is Senior Centers: Delivering Vital Connections, and we are planning to celebrate on Tuesday, Sept. 29, by continuing our tradition of hosting a Senior Expo. But this 13th annual event will be a little different (okay, a whole lot different), in that it will be a drive-through. Stop by between 10:00 am and 12:00 noon and we’ll give you a “grab’n’go” bag. Thanks to Foxwoods Resort Casino, AARP, Safe Driver Program, The Caring Connection, Duncaster, Dutch Point Credit Union, the Adult Learning Program, Way To Go CT, and Brookdale West Hartford, who have already told us they will help fill the bags. We expect to hear from others as the event draws near. Some of our friends and community neighbors will be here to wave and say hello (from a distance) as you pass by. If you are a min-bus rider and would like a ride, please let us know. While it may not be business as usual, we are still here to connect with you!

GRANDPARENTS DAY CELEBRATION
We are partnering with Leisure Services on a very special event for grandparents and their grandchildren (over the age of 5, please) on Sat., Sept. 12. It will be a fun morning of creativity, starting at 9:00 am with a paint party, then time for other crafts and activities and, finally, a personalized ice cream sundae! You pick the ingredients and we will assemble them for you to enjoy! Program will end at 12:00 noon. PRICE: $10.00 for 1st adult with a child; $5.00 for each additional person. Limited space available, as we will observe social distancing guidelines.
The Bloomfield Senior Services Dept. is a **Tuesday, Wednesday, and Friday** CRT elderly nutrition site. Suggested contribution or donation is **$2.50**. You must be at least 60 years old. If you are under the age of 60 you may have a meal at the Community Café for **$9.89**. This covers the cost of your meal and is not considered a donation. Lunch foods may not be taken home from this site. **Reservations are required.** Please call 860-243-8361 **AT LEAST** 24 hours in advance. We must place our orders **by noon** the day before a meal is scheduled to be served.

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

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

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

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

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

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

**“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.)

**FALL FLU CLINICS**
The West Hartford-Bloomfield Health District has two fall flu clinics planned in Bloomfield: **Sat., Sept. 26** - a drive-through at Bloomfield Public Works, 21 Southwood Road; and **Tues., Oct. 6** - indoors at the Alvin & Beatrice Wood Human Services Center, 330 Park Ave. Both clinics will take place from 10:00-12:00 noon. Masks must be worn. Pre-registration is required. Go to **www.westhartfordct.gov/town-departments/health-district.** If you need assistance registering, please call the Senior Center. For additional information, please call 860-561-7000.

**STAND UP AND BE COUNTED**
Time is running out. Don’t forget to complete your 2020 Census!

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**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, September 7**

**GOOD NEWS YOU CAN USE**
We will provide mini-bus transportation to the Windsor Farmer’s Market at 3:00 pm on Thurs., **Sept. 24.** Reservation deadline is **Sept. 22** at noon. Space is limited. This trip is for registered riders.

We are pleased to announce that the mini-bus service is once again providing service to Hartford for medical appointments. The mini-bus will pick up passengers in Bloomfield at approximately 9:00 am, with a return from Hartford at approximately 12:00 noon. Transportation for other out-of-town medical appointments, mall trips, the lunch bunch, and other rides will resume at a later date when it is safe to do so.

We are also accepting requests for second stops once again.

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; social distance seating is being observed; drivers will not be able to help with laundry or dry cleaning; and if you appear to be unwell, your driver may ask you not to board the bus. These safety measures 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 find you cannot keep your reservation, please call the office as soon as possible to cancel so that we do not make an unnecessary stop to pick you up and we can accommodate someone who is on the wait list. Last in-town pickup of the day is at 3:30 p.m.

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

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

**Department of Motor Vehicles - Enfield**

to be announced

**Social Security Administration**
to be announced

**Hebrew Health Care**
to be announced

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

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**BINGO**

Wednesdays at 9:30 am. 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.)
**MOBILE FOODSHARE**
FoodShare will be at the Senior Center from 12:45-1:15 pm, on Tues., Sept. 8 & 22. 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 Relohoth Church. Participants must meet income guidelines. For more info, call (860) 242-8335.

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

**CENSUS 2020**
Have you been counted? Together, we can ensure that our community receives the resources it needs. And it is easy to do. You can respond by mail; by phone (844-330-2020 for English, 844-468-2020 for Spanish), or online at 2020census.gov.

**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 **September 15 feature** is *The Call of the Wild,* John Thornton leaves his life behind to go out into the wild only to save a dog (Buck) who has experienced a life of hardship. The two become friends and Thornton continues to help Buck recover. When a conflict between the socialized world and the wild emerges, Buck has to choose whether or not he wants to stay with Thornton or continue his journey as a wild animal. By finding a family in each other, Thornton and Buck become connected and learn about what it means to exist in a complicated world. Starring Harrison Ford. Please call at least one day in advance to register. 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.

**WALK YOUR WAY TO HEALTH**
Today we are in Torrington at the 55,000 square foot New Brunswick Indoor Flea Market, where dealers from all over New England sell their treasures on weekends. Then we’ll visit the Warner Theatre, the largest performing arts center in northwest Connecticut. Built by Warner Brothers Studios in 1931, it has been described as “Connecticut’s Most Beautiful Theatre.” Next stop is Action Wildlife in Goshen, where we can drive through the 18 acre safari area before visiting the petting zoo and the museum and gift shop. Moving on to Norfolk, we have to choose between traveling the twisting mountain road or hiking the rugged trail to the top of Haystack Mountain State Park to look at the spectacular views. After all that exercise, we’ll spend that night at the Blackberry River Inn Bed & Breakfast, located in the southern Berkshires. Afternoon tea is served in the library, and their spectacular breakfast is worth the trip! In the morning, we will travel to the Great Falls in Canaan. This is the highest volume waterfall in the state, although much of it volume is diverted immediately upstream during most of the year for hydro-electric power generation. Right next door, North Canaan is home to the Beckley Furnace Industrial Monument, a 12- acre state park preserving a 19th-century iron-making blast furnace. Listed on the National Register of Historic Places. We’ll continue our hike to Lion’s Head in Salisbury, with some of the greatest views in western Connecticut.

Walk the Senior Center’s modified, self-guided, indoor path (front of the building only, from Senior Services to Leisure Services and through the lounge area) on your own Monday-Friday, between 9:00 am & 4:00 pm. 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 McMHAON 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**
With Thanks to Senior Services for Its Ongoing Support to the Needs of Our Community

The Bloomfield Lions Club

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**
**FREE LEGAL HELP FOR SENIOR CITIZENS**

The Senior Law Program at Greater Hartford Legal Aid offers free legal help to those over the age of 60 who qualify. They handle probate, powers of attorney, living wills, and do not assist with estate planning. Low-income seniors may qualify for free legal services. They can be reached at 860-541-5000.

**SUBSTANCE ABUSE RECOVERY SUPPORT**

The Substance Abuse & Mental Health Services Administration (SAMHSA) offers a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English, Spanish, and other languages) for individuals and families facing mental health and/or substance use disorders. Call 1-800-662-HELP (4357) to speak with a treating professional.

**COVID-19 TESTING**

As of press time, the Town of Bloomfield did not have any COVID-19 testing programs scheduled for September. However, testing is available at the Urgent Care Center of Connecticut, 699 Cottage Grove Road. Appointments are necessary, and referrals are not required. Individuals can call to make sure test kits are still available (860) 824-8085.

**ELECTIONS NEWS YOU CAN USE**

The State of Connecticut will mail every eligible voter a ballot application for the upcoming presidential election on Nov. 3. All elections are available (860) 560-5800 to schedule your appointment for COVID-19 testing programs scheduled for September. However, testing is available at the Urgent Care Center of Connecticut, 699 Cottage Grove Road. Appointments are necessary, and referrals are not required. Individuals can call to make sure test kits are still available (860) 824-8085.

**REMINDER**

Just a quick reminder that face masks/coverings must be worn at all times when you are in 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.

**PHARMACIST**

We have a Clear View Reader available for anyone with print disabilities. This automated line-reader can be used in a month, including the Hartford Courant, NY Times, Time Magazine & Sports Illustrated. The broadcasts can be watched and listened to on your PC, television, or any digital player. You can reach a Social Worker at 860-242-1895.

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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”

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

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 with Jeff Shealey via Zoom. Next 6-week series starts Oct. 5. NO FEE. By advance registration.

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 Sept. 29. By advance registration. Up to 6 participants.

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 to reserve your space. Up to 7 people at a time 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 6-week series begins Sept. 2.

LIVE WELL WITH CHRONIC CONDITIONS AT-HOME WORKSHOP. 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. Next 6-week series starts Sept. 29. NO FEE. By advance registration. Next 6-week series begins Sept. 29.

ON HOLD FOR THE MOMENT

PIANO LESSONS - Mondays. INSTR: Elizabeth Raphael. FEE: $20.00 per 1/2-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 Mayo. FEE: $60.00 res/$120.00 non-res.

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

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

BE FIT & HAVE FUN – Tuesdays & Thursdays, 9:30-10:30 am. The 4 types of exercise important to staying healthy & independent are strength, balance, endurance & stretching. Bring your own hand weights. INSTR: Beth Hugh. FEE: $30.00 res/$40.00 non-res.

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 Olchesfski. 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.

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

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

AARP SMART DRIVER - Thursdays. AARP has suspended the classroom program at least through Dec. 31. However, 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.

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

CLASSES “FROM A DISTANCE”

You can take chair yoga with our own Lisa Gaumond on Facebook (type YogaWithLisaCT in the search engine). Or type NCOAg4life into the Youtube search engine and choose from a variety of exercise videos designed for seniors.

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.
AGING MASTERY® PROGRAM STARTER KIT
Do you want to learn more about AMP? Or are you a grad who wants a “refresher”? Then the Aging Mastery® Starter Kit is just the thing for you! 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.

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 days of COVID-19 when so many people are housebound!

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.

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.CTechAct.com/loan or 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.

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.

NEWS YOU CAN USE: DANGEROUS HAND SANITIZERS UPDATE The U.S. Food & and Drug Administration (FDA) has noted a sharp increase in hand sanitizers that are labeled to contain ethanol (also known as ethyl alcohol) but that have tested positive for methanol contamination. Methanol, or wood alcohol, is a substance that can be toxic when absorbed through the skin or ingested and can be life-threatening when ingested. FDA Commissioner Dr. Stephen Hahn issued the statement, “Unfortunately, there are some companies taking advantage of the increased usage of hand sanitizer during the coronavirus pandemic and putting lives at risk by selling products with dangerous and unacceptable ingredients. Consumers and health care providers should not use methanol-containing hand sanitizers.” New products added to the list includes Blumen products, Klar and Danver Instant Hand Sanitizer (labeled with Greenbrier International), Modesa Instant Hand Sanitizer Moisturizers and Vitamin E, Hello Kitty by Sanrio Hand Sanitizer, and Assured Aloe.

The FDA also warns consumers to be aware of hand sanitizers that are sold or offered for sale with false and misleading, unproven claims that they can prevent the spread of viruses such as COVID-19, including claims that they can provide prolonged protection (e.g., for up to 24-hours). Also, products that are fraudulently marketed as “FDA-approved.” There are no hand sanitizers approved by FDA. For more information, please visit the FDA website www.fda.gov.

FOOT CARE CLINIC We hope to resume the Pedi-Care foot clinic on Mon., Sept. 28. 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 Sept. 5, but we ask that you please call ahead to confirm.

STAND UP AND BE COUNTED Be a good example! Fill out your Census form.
**A MESSAGE FROM THE WEST HARTFORD-BLOOMFIELD HEALTH DISTRICT**

The West Hartford-Bloomfield Health District wants you to know that we are doing everything we can to protect residents of our two towns and would like to share some information with you. The virus that causes COVID-19 is thought to spread mainly from person to person. People are thought to be most contagious when they are symptomatic (the sickest). Symptoms include fever/chills; cough; shortness of breath/difficulty breathing; fatigue; muscle or body aches; headache; new loss of taste or smell; sore throat; congestion or runny nose; nausea, vomiting or diarrhea. If you develop any of these symptoms, please stay away from others and notify your physician--especially if you are in a high-risk category. Your doctor can tell you where you can get tested for COVID-19. If you become ill, it is extremely important that you remain home and away from others in the home for at least 10 days, including 3 consecutive days of being fever-free without needing fever reducing medicine. If you need help with groceries or obtaining medications, please call the West Hartford-Bloomfield Health District (860-561-7900). Please keep in mind that while this virus may be circulating in our communities for some time; it is vitally important to keep up with preventive health steps like maintaining vaccinations (including seasonal influenza) The health district will hold flu clinics to provide seasonal influenza vaccinations. Please see the Health District website www.westhartfordct.gov/town-departments/health-district for updates and info on upcoming flu clinic dates.

**MORE ABOUT THE 2020 CENSUS**

**House calls:** If you have not yet completed your census, a census worker will come to your home sometime before October 31 to take your information. **How will I know if the person who comes to my door is not a scammer?** Ask to see and a copy of the letter the bureau sent you. But you can avoid having a census taker come to your home if you do it yourself. 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).

**BLOOMFIELD CONCERTS ON THE GREEN**

Thursday evening concerts on the green are taking place at 73 Rockwell Avenue directly behind the Blue Hills Fire District.

- **Sept. 3** Personal Touch (old school style R&B)
- **Sept. 10** Mass-Conn-Fusion (?-piece show band and vocalists)

Social distancing circles are being used, and everyone is asked to please stay within your circle. No events will be held indoors; in case of rain, concert will be canceled. Call Leisure Services 860-243-2923 for more information. Mini-bus service will be available if there is enough interest. Call 860-243-8364 for reservations.

**NEWS YOU CAN USE**

If you lost food purchased with food stamps during the recent power outage caused by Tropical Storm Isaias and you receive SNAP benefits from the State of Connecticut, the State Department of Social Services may be able to replace stamps that were used for “food lost due to a disaster OR household misfortune.” You may access benefit and application information at www.connect.ct.gov and www.ct.gov/dss/apply, or by calling 1-855-6-CONNECT for benefit and application information. The deadline to apply for these benefits is September 3, 2020. Questions or concerns: call 866-974-7627 (End Hunger CT! SNAP Call Center).

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**BLOOMFIELD SENIOR CENTER “BINGO AT HOME”**

**How to play:**
Complete all of the activities in a row vertically, horizontally or diagonally. (No 4 corners).

Let us know when you have a BINGO and we will enter a ticket with your name on it into our raffle! (Call 860-243-8361 or email mbendzans@bloomfieldct.org). In order to have a valid BINGO, you will need to tell us which row you completed, along with your answers for each block.

You may enter up to 3 times (different row each time, please). Drawing will take place on Tuesday, October 6.