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.

COVID VACCINE CLINICS

The West Hartford-Bloomfield Health District will present a Pfizer and Moderna COVID-19 booster shot clinic at the Senior Center from 11:00 am - 12:30 pm on Tuesday, Aug. 2. No appointment necessary. Vaccines are also available at their 580 Cottage Grove Road office on Thursdays between 9:00 and 11:00 am by appointment only for anyone age 12 or older. Their phone number is 860-561-7900.

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. It often helps to talk and share with others who have had similar experiences. Facilitators are Social Worker Lucille Morisse & Librarian Mara Whitman. Next meeting is on August 3. Please call the Senior Center to register.

IDA’S SHOPPE

Ida’s Shoppe is open from 10:30 am-1:00 pm on Tuesdays and Wednesdays. Thanks to our volunteers Violet Baccari, Nancy Brown, Millie Malone and Shirley Stengel, who help keep the Shoppe running smoothly.

WOULD YOU LIKE TO BE A BINGO CALLER?

We are looking for Wednesday afternoon volunteer bingo callers. No experience? No problem. We’ll train you. Once a month? Twice a month? Please let us know if you can help.

A MATTER OF BALANCE

Have you ever taken a fall? Do you ever think about falling? Do you restrict your activities because you are afraid you may fall? Then this 8-session class may be just what you are looking for! Gain new confidence as you learn techniques to reduce the risk of falls and increase your activity levels. Class will meet from 10:30 am - 12:30 pm on Mondays and Fridays from Aug. 29 - Sept. 26. Register at the senior center.

WOMEN’S BREAKFAST

We will present a women’s breakfast, at 9:30 am on Fri., Aug 12. Please make your reservation by Aug. 5. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

MEN’S BREAKFAST

We will present a men’s breakfast, at 9:30 am on Friday, Aug. 19. Please make your reservation by Aug. 12. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

15th ANNUAL SENIOR EXPO

It is our hope that after two years, we will once again be able to hold our traditional senior expo in person on Tuesday, September 20. Plan to stop by and see what’s happening at Your Senior Center: The Place to Be. See Sept. newsletter for more info.

THE AGING MASTERY PROGRAM® IN CT

The next 10-class program will begin on Mon., Oct. 3. Each interactive session will run from 10:30 am-12:00 noon. Textbook/resource guide is yours to keep and offers a wealth of information. Guest speakers, tips for “aging gracefully,” treats and surprises; graduation ceremony. PRICE: $10.00. Space is limited. The Aging Mastery Program® is a program of the National Council on Aging and is coordinated by the Connecticut Healthy Living Collective.

LOADS OF LOVE LAUNDRY

Free laundry washing services at My Laundry Company, 709 Park Avenue, for Bloomfield residents over age 60 on Tuesday, August 16, from 9:00 am - 2:00 pm. Call 860-576-8630 to schedule your time. Mini-bus service is available; please call 860-243-8364 to arrange for a ride.

PUBLIC HEALTH NURSE WELLNESS SCREENINGS

A West Hartford/Bloomfield public health nurse is at the Senior Center from 11:00 am - 12:00 noon on Tuesdays. Services covered include blood pressure, temperature, blood sugar and weight checks. This service is free and open to Bloomfield adults age 18+. Call the Senior Center to schedule your appointment.

SENIOR RESOURCES PANEL DISCUSSION

Please join us at 4:30 pm on Wed., Sept. 28, for a discussion about resources for seniors and their families with State Representative Bobby Gibson, CT Department of Aging & Disability Services Commissioner Amy Porter, AARP, and Bloomfield Commission on Aging members. Call the senior center or email mbendzans@bloomfieldct.org by Sept. 23 to register.
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### STATEWIDE SENIOR OUTING
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### COSTELLO'S CLAM SHACK
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### West Granby Garlic Farm
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The Bloomfield Senior Services Dept. is a Tues., Wed., and Fri. CRT elderly nutrition site. Suggested donation is $3.00. You must be at least 60 years old. If you are under the age of 60 you may have a meal at the Community Cafe for $10.36. This covers the cost of your meal and is not considered a donation. Reservations are required. All participants must complete a new Form 5. Lunch foods may not be taken home.

**Nutrition Sites by Reservation Only!**

Please call no later than 11:00 am the day before.

Bloomfield Senior 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 (GHTD) provides ADA paratransit service in the Greater Hartford area in compliance with the Americans with Disabilities Act. **Transportation for passengers who are registered with GHTD may ride free through Nov. 30.** The regular 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 a Stop & Shop Supermarket courtesy desk. (3) By mail: call 860-380-2006 to request an order form. All riders must wear masks and maintain social distancing. The District is continually sanitizing and following stringent cleaning standards to help ensure the safety of its travelers. The District provides ADA paratransit service in the Hartford region seven days a week during the same hours the fixed route bus operates. For more information call 860-247-5329; for ADA ride reservations call 860-724-5340.

**THE ENCOMPASS PROGRAM**

Enjoy the freedom to travel with no limitations. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 with no restrictions. M7 and the Greater Hartford Transit District have partnered to expand transportation options; this program is low cost, provides unlimited boundaries and is user-friendly. Visit the website: https://encompass.m7ride.com/ or call 860-444-4444 for more information.

**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.
TRIPS

MGM CASINO, SPRINGFIELD, THURS., AUG. 11. Lv. Sr. Ctr. 11:00 am. Depart from casino 4:00 pm; arrive at Sr. Ctr. approx. 5:00 pm. Mini-bus. Bloomfield residents only. Wait List


YARD GOATS BASEBALL, HARTFORD, TUES., AUG. 16. Covered seating overlooking the 1st base line for the game against NH Fisher Cats; VG Club access to food, air conditioning. All food on your own. Mini-bus. Lv. Sr. Ctr. 5:15 pm; return immediately after the game. PRICE: $22.00.

STATEWIDE SENIOR OUTING, HOLIDAY HILL, MON., AUG. 22. Food, swimming, bingo. Limited space. Bloomfield residents age 60+ only. Mini-bus. Please note: no coolers or food containers are allowed on bus or at Holiday Hill. Lv. Sr. Ctr. 8:30 a.m. Approx. rtn. to the Sr. Ctr. 8:00 pm. PRICE: $45.00. No refunds


COSTELLO’S CLAM SHACK, THURS., AUG. 25. Costello’s offers casual outdoor dining by the sea and classic New England fresh & fried seafood. Stairs may be required for seating. All food on your own. Mini-bus. Lv. Sr. Ctr. 6:30 am. No at-home pickups. Est. rtn. to the Sr. Ctr. 5:00 p.m. PRICE: $6.00. Please call the Senior Center for details.

BIG E: Bloomfield Senior Services is pleased to announce mini-bus transportation to this year’s Big E! The trip on Wed., Sept. 21 (CT Day) is open to Bloomfield residents over age 55. Trips on Sat., Sept. 17, and Sun., Oct. 2, 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 in advance or at the gate upon arrival at the fair. Register at Bloomfield Senior Services for your seat on the bus. Proof of residency is required. Lv. 9:30 am. Est. rtn. time to the Sr. Ctr. 6:30 pm; (2:30 pm return available Sept. 21 only).

COMMENITY SUPPLEMENTAL FOOD PROGRAM
Connecticut Food Bank and FoodShare have partnered to present a monthly food box program for individuals over the age of 60. The Commodity Supplemental Food Program (CSFP) is designed to improve the health of low-income individuals over the age of 60 by supplementing their diets with nutritious USDA Foods. CSFP food packages do not provide a complete diet, but are a good source of nutrients that may typically be lacking from an average diet. There is no cost for this program which is in addition to the regularly scheduled FoodShare distributions. Call the Senior Center for more information and to see if you qualify.

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.

BLOOMFIELD FOODBANK
The Bloomfield Food Bank (in the Social & Youth Services Department) is open on Wednesdays from 1:00-3:00 pm and Fridays from 11:00 am-1:00 pm. Bloomfield residents only. ID required. Questions? Call 860-242-1895.

FARMERS MARKET COUPONS
Farmers Market coupons are available for Bloomfield residents age 60 and older, or those under age 60 who are medically eligible. Pick up your $24 voucher booklet in the Social & Youth Services Department. ID required. For more information, call 860-242-1895.

SNAP Benefits (Food Stamps)
Apply online at connect.ct.gov; or, for assistance with your application, call End Hunger CT at 866-974-7627

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 860-242-0776 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.

FOOD PANTRY
A food pantry for Bloomfield area residents is located at New Testament Church, 495 Park Avenue. Call Debra Canada at 860-977-0819 for more info.

WALK YOUR WAY TO HEALTH
Walk the Bloomfield Senior Center’s modified, self-guided, indoor path on your own Monday-Friday, between 9:00 am & 4:00 pm. (11.2 times around the large loop, or 20 times around the small loop equals 1 mile.) Please note, kiddle camps are currently in session, and only the area inside the front of the building is available for walking. The full loop will be available again in September. 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!

MOBILE FOODSHARE
FoodShare will be at the Senior Center from 12:45-1:30 pm, on Tues., Aug. 9 & 23. This program is for adults who are in need. We are using the food market style of walking around the truck to collect your commodities. Numbers are disbursed beginning at 11:30 am at the flagpole entrance. Bring your own heavy-duty bags or a wheeled cart, as many of the items may be heavy. Call the senior center on food share day for further instructions.

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).

Wii BOWLING NEWS
The Wii bowling team practices on Tuesdays and Thursdays at 1:30 pm.
MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD - DONATIONS AND MEMORIAL FUND
This 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.

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.

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.

DID YOU KNOW?
Electric car charging stations are located at town hall and at 330 Park Avenue. Please be considerate and move your vehicle as soon as it is fully-charged, as demand for use is continuing to increase. Fee: $2.00 per hour.

Old clothing/shoes drop boxes are located at town hall and at 330 Park Avenue.

A permanent drug drop box is located at the Bloomfield Police Department, 785 Park Avenue. Drop off old prescriptions, over-the-counter & pet meds, but NOT needles or other “sharps,” thermometers, or hazardous waste.

CRIS INTERNET RADIO
CRIS, the radio reading service for people with print disabilities, broadcasts over 70 publications a month. The broadcasts can be heard on a CRIS Internet radio, and one is available at the Senior Center.

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. “BLOOM” bumper stickers are also available. They may be purchased either at Town Hall or at the Senior Center. PRICE: $1.00 each.

EVERYONE LEARNS WIFI INITIATIVE
The Town of Bloomfield, the State of CT, and the CT Education Network (CEN) have partnered to provide free public internet at strategic locations in Bloomfield. Public outdoor spaces at the Town Hall, Human Services Center (330 Park Ave.), Prosser Library and McMahon Wintonbury Library now have free high speed WiFi available. Just connect to the CTPublicWiFi network, accept a disclaimer, and surf the internet for free.

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

LAUGH LINES
* Why was the baby ant confused? Because all his uncles were ants! * I asked a Frenchman if he played video games. He said Wii!

MOVIES
Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The Aug. 16 feature is The War with Grandpa. When sixth-grader Peter’s recently widowed grandfather (Robert DeNiro) moves in with the family, the boy is forced to give up his most prized possession—his bedroom. Unwilling to let the injustice stand, Peter devises a series of increasingly elaborate pranks to drive out the interloper, but Grandpa Ed won’t go without a fight. Soon, the friendly combatants are engaged in an all-out war with side-splitting consequences (PG) Please call at least one day in advance to register.

STATE MEDICAL ASSISTANCE
Social & Youth Services can assist Seniors & Disabled Adults with filing for 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.

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.

NEWSLETTERS BY EMAIL
Did you know we deliver newsletters electronically? Call us or stop in at 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.

RAINBOW LUNCH HOUR
The Connecticut Moveable Senior Center program includes a Rainbow Lunch Hour at noon on the fourth Thursday of each month. This virtual gathering for members of the LGBT community and allies features an open discussion and time-to-connect format. This month’s program 30 Day Challenges & Bucket Lists will take place on Aug. 25. Please click on Register here for MSC Programs (if you are reading this online; otherwise, please visit https://cthealthyliving.org/events/tgiving/).
**INSTRUCTIONAL PROGRAMS**
- New registration required at the beginning of each series of classes.
- Proof of address required

In-person class sizes are limited.
Advance registration is required for all classes
You may wish to consult your doctor before exercising. In performing any fitness exercises, you are doing them at your own risk.

**AGING MASTERY PROGRAM (AMP) - Mondays, 10:30 am**
In-person, 10-session series of incentive-based health and wellness classes that empower participants to embrace their gift of longevity. Next series begins on Oct. 3. Space is limited.
FEE: $10.00.

**AQUA-CISE - Mondays, 1:30 - 2:15 pm** at Duncaster. Aerobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. 6-week series begins Sept. 12. INSTR: Lucy Eyre. FEE: $35.00 res/$45.00 non-res.

**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. Next series 8-week series begins Aug. 22. INSTR: Jeff Shealey. FEE: $35.00 res/$45.00 non-res.

**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. Exercise remotely via Zoom or in person. Bring your own hand weights/canes. INSTR: Marcey Hickey. Next 6-week starts Aug. 30. FEE: $30.00 res/$40.00 non-res.

**CHAIR YOGA - Tuesdays, 10:45-11:45 am.** Have fun while you move your body with this gentle flowing chair yoga practice. Mindful movements followed by fun flows and breath work provide a well-rounded workout. You will need a yoga strap (or belt or necktie), and a 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 Sept. 13. FEE: $20.00 res/$30.00 non-res.

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

**MULTI-MEDIA DRAWING/EXPLORATION - Tuesdays, 1:30-3:00.** Students may choose from a variety of media: color pencil, pen & ink, water color. INSTR: Dolores Howard. Next 6-week series begins Sept. 13. FEE: $20.00 res/$30.00 non-res.

**BLOOMFIELD MUSIC MAKERS-Wednesdays, 9:30-11:30 am.** This performing group volunteers their time to entertain. If you are musical, or want to sing with a group, come join Bloomfield's own Goodwill Ambassadors. DIRECTOR: Fern Cohen.

**CHAIR PILATES & TONING - Wednesdays, 11:30 am - 12:30 pm.** Designed to strengthen core & abdominal muscles to improve your entire body, making routine, daily tasks easier. Optional equipment: 2-3# weights, medicine ball, resistance bands. Exercise in person or remotely via Zoom. INSTR: Jeff Shealey. Next 8-week series begins Aug. 24. FEE: $30.00 res/$40.00 non-res.

**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. Group meets from 2:00-3:00 pm on the 2nd and 4th Wednesdays of each month. NO FEE.

**REMINISCENCE . . . A LIFE’S JOURNEY - Thursdays, 10:45-11:45 am.** Discover the art of remembering, not where you left your keys, but those people or events that have been part of your unique life’s journey. This is a time to think, to share and talk about your story and to record it for yourself or loved ones, if you choose. Meet via Zoom. INSTR: Irma Clemons.

**ENERGY PRACTICE - Thursdays, 10:45-11:45 am.** Slow, easy-to-learn movements combined with breathing and concentration result in increased flexibility, better balance, and an enhanced immune system. Must be able to stand unassisted for 1 hour. Wear comfortable clothing, flat-bottomed shoes or sneakers. Exercise remotely via Zoom or in person. INSTR: Marcey Hickey. Next 6-week series begins Aug. 11. FEE: $20.00 res/$30.00 non-res. As a courtesy, 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. Next 6-week series begins Sept. 15. INSTR: Penny Lazor. FEE: $35.00 res/$45.00 non-res.

**FIBER ARTS/QUILTING - Fridays, 9:30-11:30 am.** Create a variety of projects from fabric, including quilts (with or without patterns). Next 10-week series begins Sept. 16. INSTR: Barbara West-Jarvis. FEE: $20.00 res/$30.00 non-res.

**WOMAN OF HOPE, LLC - Mondays at 1:30 and Fridays at 10:30 am.** 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.

**AARP SMART DRIVER™ IN PERSON**
AARP will present a safe driver class at the Senior Center from 9:30 am - 1:30 pm on Thurs., Sept. 22. Advance registration is required and space is limited. FEE: $20 AARP members; $25 non-members, payable to instructor.

**AARP SMART DRIVER ONLINE**
Take this class from the comfort of your own home. Go to www.aarpdriversafety.org. FEE: $23.95 for AARP members; $29.95 for nonmembers.

**WEDNESDAY WEEKLY CARD PARTY**
Bring your friends, get together and play cards between 9:30 am and 12:00 noon. Bridge, Setback, Bid Whist…you decide! No instruction provided.

**BILLIARDS**
The billiards room (with its three beautifully refurbished tables, new balls and cues) is open throughout the day! If you would like to play after 4:00 pm in the afternoon, please call the Senior Center to make a reservation.

**LEARN TO PLAY POOL**
Did you ever think about learning to play pool? Or teaching someone who would like to learn? Please let us know if you would like to take lessons, or if you would be willing to volunteer to share your knowledge of the game and teach someone the basics.

**PING-PONG ANYONE?**
Are you interested in playing Ping-Pong? We now have a table (and equipment) in the senior center.

**NEWS YOU CAN USE - VISITING NURSE SCAM**
We understand that a woman identifying herself as a Bloomfield nurse has been visiting homes in Bloomfield. When someone answers the door, she says she is performing wellness checks on elderly residents and asks if she can come into the home. Please be advised that the West Hartford-Bloomfield Health District nurses do not make unannounced house calls. Be safe; don’t let anyone you do not know into your home. Do not answer any questions from someone you do not know. If anyone comes to your home claiming to be a Bloomfield nurse, please call the Police Department non-emergency line (860-242-5501) to report it.
DISPOSABLE UNDERGARMENTS
The Senior Services Disposable Undergarments Bank is now open. Bloomfield residents may receive one package per month, based on availability. Please call the Senior Center for more information.

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 for more info.

ENERGY ASSISTANCE
Need help paying or lowering the cost of your heating and utility bills? Call Bloomfield Social & Youth Services (860-242-1895) or more information.

MORTGAGE ASSISTANCE
Having difficulty paying your mortgage as a result of COVID-19 or other financial hardship? Are you delinquent in your rent or mortgage payments and at the risk of foreclosure? You may be eligible for help through MyHomeCT, a program funded by the Homeowner Assistance Fund. Certain non-mortgage expenses may also qualify. Contact Bloomfield Social & Youth Services for more information (860-242-1895).

LIFELINE LOW INCOME DISCOUNTS
The Lifeline federal program provides monthly phone or internet discounts to eligible low-income consumers. You may qualify if you participate in programs such as Medicaid, SNAP, the Veterans Pension, or Federal Public Housing, or your household income is below 135% of the federal poverty guidelines. For more information, visit LifelineSupport@usac.org or call 1-800-234-9473.

SUBSTANCE ABUSE RECOVERY SUPPORT
The Substance Abuse & Mental Health Services Administration (SAMHSA) National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Call 1-800-662-HELP (4357) or TTY: 1-800-487-4889.

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 860-541-5062 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.

ELDER JUSTICE HOTLINE
Have you been the victim of fraud? Received a message demanding immediate payment and aren’t sure if it’s legitimate? Have you or your loved one been the victim of abuse or neglect? Do you need help accessing benefits or assistance? Issues affecting older adults can range from age-based discrimination in the workplace to elder abuse, neglect, fraud, and exploitation. The Elder Justice Hotline (860-808-5555) staff can connect you to agencies who are available to assist you.

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.

DO YOU HAVE E-MAIL?
If we do not already have your email address on file with us, please consider sharing it as another means of contacting you. We will add your name to our electronic newsletter distribution list only if you choose to have us do so. You can be assured that we do not share email addresses with anyone.

STOP, SIT, & MAKE THE PIECES FIT
Relax. Exercise your mind. Puzzles are back! Spend some time at the jigsaw table outside the Great Room and help put together the featured puzzle.

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.

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 sites offer free/reasonable fee-based programming.

SUMMER FUN AT THE OLD FARM SCHOOLHOUSE
The Old Farm School and Gabriel History Center at 151-153 School Street are now open from 10:00-4:00 pm on Sundays through Oct. 9, and from 11:00 am - 3:00 pm on Saturday, June 11. For more information, call 860-243-1531 or visit http://www.bloomfieldchistory.org.

NEWS YOU CAN USE
If you have a Connecticut vehicle registration, driver’s license, or non-driver ID card, you must notify the Department of Motor Vehicles within 48 hours after a change of address. Changes made online are effective once your transaction has been successfully processed. You may obtain a change of address label for your license or ID card from any police department.

BLOOMFIELD SUMMER CONCERT SERIES
All concerts are on the town green and begin at 7:00 pm. For more information, please call Leisure Services (860-243-2923).

- Thurs., Aug. 4 - Goza
- Aug. 11 - Tami
- Aug. 18 - Avenue Groove
- Aug. 25 - Latanya Farrell

Mini-bus transportation is available for residents age 55+. Call Leisure Services (860-243-2923) for more information.

WORDWISE
Acclimatize (ə-ˈklɪm-ət); verb. to adjust or adapt to a new temperature, climate, environment, or situation: to become acclimated.

THE LUNCH BUNCH
Thurs., Aug. 11 - Cheesecake Factory
The “Lunch Bunch” travels to a different restaurant once each month. When you see a restaurant listed that you’d like to visit, call the Senior Center to register. We provide the transportation; lunch is on your own. Arrive at the restaurant approximately 12:00 noon. Bloomfield residents only.