BINGO

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

WOULD YOU LIKE TO BE A BINGO CALLER!

PUBLIC HEALTH NURSE WELLNESS SCREENINGS

A West Hartford/Bloomfield public health nurse is at the Senior Center from 10:30 am - 1:00 pm on Tuesdays. Services covered include blood pressure, temperature, blood sugar and weight checks. This service is free and open to Bloomfield adults age 18+. Please call the Senior Center to schedule your appointment.

COVID VACCINE CLINICS

The West Hartford-Bloomfield Health District will present COVID-19 booster shot clinics at the Senior Center from 11:00 am - 12:30 pm on Tuesdays, July 12 & Aug. 2. 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 July 6. 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 who help keep the Shoppe running smoothly.

WOMEN’S BREAKFAST

We will present a women’s breakfast, at 9:30 am on Fri., July 22. Please make your reservation by July 15. This will be a served meal, not a buffet. Bloomfield residents 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, July 29. Please make your reservation by July 22. This will be a served meal, not a buffet. Bloomfield residents only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

During public health screening you will be asked questions about your health and may be offered blood pressure, temperature, blood sugar and weight checks.

When:        July 19 and August 16 (Tuesdays)
Time:        9:00 am - 2:00 pm (last load to wash is at 2:30 pm)
Where:       My Laundry Company, 709 Park Avenue.
Call:        860-576-8630 to schedule your time
Fine Print:  *One kitchen-size (13 gallon) trash bag or equivalent
*No heavy bedding *A volunteer will “feed” the machines, provide soap, and assist with loading and unloading the machines, if necessary
*One hour will be allowed for washing and drying *Bloomfield residents over age 60 only *Residents in need of transportation who are not registered mini-bus riders must obtain a temporary registration
*Temporary riders must call (860-243-8364) to schedule their rides.

THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

The Mission of the Marilyn Michaelson Senior Center of Bloomfield, Connecticut, is to serve as a welcoming focal point for the delivery of services to older adults and their caregivers by responding to their diverse needs and interests in a manner that will enhance their dignity, support their independence, health and general well-being, and encourage their involvement in the Senior Center and Community.

FROM SENIOR CENTER STAFF

Mask wearing is once again a matter of choice, and everyone should do what is comfortable for them. Decisions are based on many factors, including current test numbers and recommendations by the West Hartford-Bloomfield Health District and the Center for Disease Control. Please also observe social distancing guidelines and be considerate of everyone’s personal space. If you have questions or concerns, or just want to say hello, please feel free to call us any time between 9:00 am and 5:00 pm Monday-Friday.

MEDICAL CLINIC

Our Medical Clinic offers free and low-cost health services to Bloomfield residents over age 60. For more information, call the Senior Center at 860-561-7900.

PPE PRODUCTION & DISTRIBUTION

With the recent news of the potential for a COVID-19 resurgence, we are continuing to produce masks, and they are available for Bloomfield residents. Please call the Senior Center to schedule an appointment.

COVID-19 BOOSTER SHOTS

The West Hartford-Bloomfield Health District will present COVID-19 booster shot clinics at the Senior Center from 11:00 am - 12:30 pm on Tuesdays, July 12 & Aug. 2. 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.

July 2022

Bloomfield CT

Yvette Huyghue-Pannell….Director
Amy-Beth Sirard …..Senior Services Coordinator
Luz Cora-Small……..Senior Services Operations Manager
Marie Bendzans………Administrative Assistant I
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We are happy to take your reservation weekdays between 8:30 am and 3:45 pm for trips up to one week in advance.

TOWN-OBSERVED HOLIDAY
MONDAY, JULY 4
Please plan accordingly

MINI-BUS INFORMATION
Pickup in Bloomfield for Hartford medical appointments is at 9:00 am or 1:00 pm, with the return at 12:00 noon or 3:00 pm (Mondays, Tuesdays, Wednesdays, and Fridays).
Pickup in Bloomfield for West Hartford medical appointments is at 11:00 am, with the return at 2:30 pm (Wednesdays and Fridays).
Pickup in Bloomfield for Farmington UCONN medical appointments is at 11:00 am, with the return at 2:30 pm (Fridays).
Please note that we reserve the right to cancel any reservations, depending on conditions and the number of reservations for a particular day. If you cannot keep your reservation, please call the office as soon as possible to cancel so that we do not make an unnecessary stop and we can accommodate someone who is on the wait list. Last in-town pickup of the day is at 3:45 p.m. Please be on time for both your home and return trips.
Safety measures that are currently in place include the requirement that everyone who boards the bus must wear a face mask at all times. Drivers are unable to help with laundry or dry cleaning. If you appear to be unwell, your driver may ask you not to board the bus.

MONDAY MALL TRIPS
July 11 Walmart (East Windsor)
July 18 Farmington Valley Mall
July 25 Walmart (Berlin Turnpike), Footprints, Stew Leonard’s

THURSDAY SHOPPING
July 21 Big Y, Whole Foods, Crown Market 1:00 pm

Department of Motor Vehicles - Enfield
DMV is currently open by appointment only
Social Security Administration
Thurs., July 28, at 9:00 am
Hebrew Health Care
to be announced

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

Grocery Shopping: Geisslers, Stop & Shop, Fresh Market
Mondays 9:00 am These are
Tuesdays 1:00 pm the ONLY
Wednesdays 9:00 am times available
Thursdays 1:00 pm for grocery
Fridays 9:00 am shopping

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!

BINGO AT THE SENIOR CENTER
Join us for Bingo every Wednesday at 1:30 p.m. in the Great Room. Adults only; no children, please. $1 per card. Please bring exact change.
**TRIPS**

Full payment for all trips is required at the time of signup (unless otherwise noted). Bloomfield residents receive a 2-week priority registration for all trips (unless otherwise noted). There is a 2-week cancellation policy for all day trips unless otherwise noted. Overnight trips are nonrefundable without the additional purchase of cancellation insurance when available.

We appreciate separate checks for each trip. Checks for trips should be made payable to the “Town of Bloomfield.”

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**ATKINS MARKET, AMHERST, MA, FRI., JULY 8**  
Lv. Sr. Ctr. 11:00 am; depart Atkins 1:45 pm. Mini-bus. Bloomfield residents age 55+ only.

**STORMVILLE (NY) FLEA MARKET, SAT., JULY 9**  
Mini-bus. Bloomfield residents age 55+ only. Lv. Sr. Ctr. 8:00 am; lv. NY 1:00 pm.

**MOHEGAN SUN CASINO, THURS., JULY 14**  
Lv. Sr. Ctr. at 11:00 am. Depart from the casino at 5:00 pm. Arrive at Sr. Ctr. approx. 6:00 pm. Bloomfield residents age 55+ only. No casino package. Mini-bus. **PRICE: $5.00**. Wait List

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**WRENTHAM (MA) SHOPPING OUTLETS, SUN., JULY 17**  
Mini-bus. Bloomfield residents age 55+ only. Lv. Sr. Ctr. 8:00 am; lv. Wrentham at 2:00 pm. **6’**T

**MARTHA’S VINEYARD, THURS., JULY 21 (rain or shine)**  
Lv. Sr. Ctr. 5:00 pm. No at-home pickups. Est. rtn. to Sr. Ctr 8:30 pm. **PRICE: $45.00**. Wait List

**ABBOTT’S LOBSTER IN THE ROUGH, THURS., JULY 28 (rain or shine)**  
Lv. Sr. Ctr. at 10:00 am. All food on your own. Leave Abbott’s 1:15 pm. Bloomfield residents only. Mini-bus. **PRICE: $5.00**.

**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.

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

**BLOCK ISLAND, THURS., AUG. 18 (rain or shine)**  
All food on your own. Mini-Bus to New London. Lv. Sr. Ctr. 6:30 am. No at-home pickups. Est. rtn. to the Sr. Ctr. 8:00 pm. **PRICE: $45.00**. Wait List

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**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 Ctr. 5:00 p.m. **PRICE: $40.00**. No refunds after August 5.

**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 under the age of 4 (children under the age of 18 must be accompanied by an adult). Purchase your own admission tickets in advance or at the gate upon arrival at the fair. Register at Bloomfield Senior Services for your seat on the bus. Proof of residency is required. Lv. 9:30 am. Est. rtn. time to the Sr. Ctr. 6:30 pm; (2:30 pm return available Sept. 21 only).

**MOBILE FOODSHARE**

FoodShare will be at the Senior Center from 12:45-1:30 pm on Tues., July 12 & 26. 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.

**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.

**COMMODITY 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.

**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**

Next stop is CT’s oldest fish hatchery, located in Burlington, where you can learn about the “Brown Trout ‘Survivor’ Program.” In neighboring Avon, Knit & Pearls sells yarn and other craft supplies and serves as a gathering place for knitters, weavers, and crocheters of all ages and skill levels to come together. Our visit to Farmington will include a stop at Complexity: A Puzzling Adventure to try out their escape rooms. Plainville is home to the Witch’s Dungeon Classic Movie Museum, “a tribute to the actors & effects artists who’ve contributed to the legacy of classic fantasy films.” In New Britain, Avery’s Beverages still uses glass bottles for its sodas. Arrange for a Make Your Own soda party, and you will receive a batch of personalized labeled beverages made especially for you!

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

**Wii BOWLING NEWS**

The Wii bowling team practices on Tuesdays and Thursdays at 1:30 pm.
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).

MARTIN C. McMAHON MEMORIAL SCHOLARSHIP FUND
This fund was established by the Bloomfield Commission on Aging to honor the memory of former Bloomfield mayor Martin C. McMahon. Donations are used to assist Bloomfield “seniors” who wish to enroll in instructional programs but cannot afford the associated fees.

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.

IN APPRECIATION OF THE SENIOR CENTER
Mildred Stevens

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.

Public Outdoor Spaces at the 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.

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.

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.

NEWSLETTERS BY EMAIL
Did you know we deliver newsletters electronically? Call us or stop in at the Senior Center office for a complete list.

CAST AWAY THE EXCESS THROUGH THE HAITIAN HEALTH FOUNDATION-SEWING FOR MOTHERS & BABIES PROJECT
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.

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.

MOVIES
Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The July 19 feature is “Senior Moment.” Retired NASA test pilot Victor (William Shatner) is often seen speeding around Palm Springs in his vintage Porsche convertible with his best friend Sal in tow. When his license is revoked for drag racing and he is forced to take public transportation for the first time, he meets is polar opposite Caroline (Jean Smart) and learns to navigate love and life again. (NR) Please call at least one day in advance to register.

FAITH McMAHON MEMORIAL SCHOLARSHIP 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.

In Appreciation of the Senior Center
Mildred Stevens

FAITH McMAHON MEMORIAL SCHOLARSHIP 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.

LAUGH LINES
* All chemists know that alcohol is always a solution * Is it ignorance or apathy that's destroying the world today? I don't know and don’t really care *

NEWS YOU CAN USE
The Hartford Social Security Office & the CT Dept. of Motor Vehicles currently require that all visitors have appointments. However, most social security issues can be handled by visiting their website: https://www.ssa.gov or by calling 1-877-619-2851. Many DMV transactions (including license, registration and ID card renewals) can also be handled online or by phone. Visit portal.ct.gov/DMV or call 860-263-5700 Monday-Friday, 8:00 am - 4:00 pm (best day to call is Wednesday).

“READER” AVAILABLE
We have a Clear View Reader/Magnifier available for anyone who would like to use it. It is a very user-friendly device, and we would be happy to show you how it works. Call us to make a reservation, and then bring in your books, magazines, or other reading materials.

WILL 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.

WENDY’S WISDOM
* Did you know, that alcohol is always a solution? * Is it ignorance or apathy that’s destroying the world today? I don’t know and don’t really care *

TOWN OF BLOOMFIELD E-ALARMS
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.
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.

AQUAFIT - Mondays, 10:00 - 10:45 at Duncaster. See August newsletter for class details and start date. Aerobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. FEE: $35.00 res/$45.00 non-res.

AGING MASTERY PROGRAM® (AMP) - Mondays, 10:30 am
In-person, 10-series session of incentive-based health and wellness classes that empower participants to embrace their gift of longevity. FEE: $10.00. Space is limited. See August newsletter for next start date.

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: Marcy Hickey. Next 6-week series starts Aug. 30. FEE: $30.00 res/$40.00 non-res.

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.

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. 15. FEE: $35.00 res/$45.00 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. 15. FEE: $35.00 res/$45.00 non-res.

COOKING CLASS - Wednesdays, 11:30 am - 1:30 pm.
Learn to enjoy and love life and live it to the fullest as a woman. Classes are for women who are low-income, vulnerable, and living with chronic conditions. FEE: $35.00 res/$45.00 non-res.

CREATIVE WRITING - Wednesdays, 1:00-3:00 pm.
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: Marcie Hickey. Next 6-week series begins June 23. 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 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.

THE LUNCH BUNCH
Mon, July 11 - Rein’s Deli (Vernon)
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.

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.

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 will take place on July 28. To register, please click on Register Here for MSC Programs (if you are reading this online; otherwise, please visit https://cthealthyliving.org/events/giving/)
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.CTtechact.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 a 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 1:00-4:00 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.bloomfieldcthistory.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).

July 7 MASS-CONN-FUSION
July 14 Shaded Soul
July 21 New England’s Head Over Heels
July 28 West Indian Celebration
August 4 Goza
August 11 Tami
August 18 Avenue Groove
August 25 Latanya Farrell

WORDWISE
Zibib (noun) a colorless alcoholic drink made from raisins.

PING-PONG ANYONE?
Are you interested in playing Ping-Pong? Let us know.
Senior Services
Town of Bloomfield
PO Box 337
Bloomfield, CT 06002

or current resident
x