THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

www.bloomfieldct.gov

June 2022

Technological Institute of Senior Centers
since 2004

Telephone 860-243-8361
330 Park Avenue, Bloomfield, CT 06002

Yvette Huyghue-Pannell…Director
Luz Cora-Small…….Senior Services Operations Manager

All programs and events in this newsletter are sponsored by the Senior Services Department and are open to all Bloomfield residents over the age of 55.

Drop-in Monday to Friday 9 a.m. to 5 p.m.

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

FROM SENIOR CENTER STAFF
As of press time, COVID-19 cases have once again been on the rise in CT and the West Hartford-Bloomfield Health District is again recommending mask wearing in public indoor settings. 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.

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, June 14, 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 June 1. 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.

KICK OFF THE SUMMER WITH CUPCAKES
We are partnering with Stonebrook Village at Windsor Locks and National Healthcare Associates, Inc., to bring a Cupcake Truck to the Senior Center! Sign up and get your ticket. Then come to the Senior Center parking lot on Tuesday, June 21 between 1:00 and 2:00 pm, present your ticket, and receive 2 complimentary cupcakes. Supplies are limited. You must present a ticket to receive your cupcakes.

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. Every week? Once a month? Twice a month? Please let us know if you can help.

FATHER’S DAY MEN’S BREAKFAST
Our annual Father’s Day men’s breakfast will be held at 9:30 am on Friday, June 17. Kimberly Hall will prepare made-to-order omelets! PRICE: $5.00 due at signup. Reservation deadline is June 10. Bloomfield residents only. Because space is limited, we are unable to accommodate drop-ins.

SATURDAYS AT THE SENIOR CENTER
The senior center is now open on Saturdays through the end of June from 10:00 am-2:00 pm. Drop in to play billiards, walk, knit or crochet, or play cards with friends. Additionally, on the “Second Saturday” (June 11) you can enjoy a continental breakfast, a complimentary movie at 10:30 or bingo at 11:00! Transportation is available for mini-bus riders.

MULTI-MEDIA DRAWING ART SHOW
You are cordially invited to an Exhibit for the Multi-Media Drawing Class (Instructor: Dolores Howard) from 10:30 am - 1:00 pm on Saturday, June 11, at the Senior Center. Call the Senior Center to register.

PRE-JUNETEENTH CELEBRATION
Our 2nd Annual Pre-Juneteenth Commemoration will take place at 11:30 am on Thursday, June 16. Entertainment, served lunch (not a buffet). PRICE: $10.00 due at signup. Reservation deadline June 13. Unfortunately, space is limited and we cannot accommodate drop-ins.

and/or PAINT PARTY
We also have a Juneteenth-themed paint party planned for 1:15 pm on June 16. We will provide prepackaged snacks and art supplies, along with step-by-step instructions for creating your own personal work of art! No experience is necessary. Space is limited and advance registration is required. PRICE: $15.00 due at signup.

MULTI-MEDIA DRAWING WORKSHOP
Join Dolores Howard for a Saturday morning workshop on June 18 (from 10:30 am-1:00 pm). PRICE: $5.00 per session. Advance registration is required. Unfortunately, we cannot accommodate drop-ins.

WOMEN’S BREAKFAST
We will present a women’s breakfast, at 9:30 am on Thurs., June 23. Please make your reservation by June 16. This will be a served meal, not a buffet. Bloomfield residents only. Because space is limited, we are unable to accommodate drop-ins. PRICE: $5.00 due at signup.
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**Notes:**
- **SAT., June 4, 11, 18 25**
  - Saturdays at the Senior Center
- **SAT., June 11**
  - 2nd Saturday at the Senior Center
- **SAT., June 18 - Multi-media Dwg Workshop**
- **SAT., June 25**
  - Clinton Crossing Shops
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 Café 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 860-243-8361 no later than 11:00 am the day before.
Bloomfield Sr. Services, 330 Park Ave. 860-243-8361 T/W/F
Federation Homes, 156 Wintonbury Ave. 860 243-2535 M-F

ADA PARATRANsit
The Greater Hartford Transit District (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 Dec. 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 860-667-6027, 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

FOXWOODS CASINO, THURS., JUNE 2. Lv. Sr. Ctr. at 9:00 am. Depart from the casino at 3:00 pm. Arrive at Sr. Ctr. approx. 4:00 pm. Bloomfield residents age 55+ only. No casino package. Mini-bus. PRICE: $5.00.


“HAMILTON,” THE BUSHNELL, THURS., JUNE 23. Rear orchestra seats. Mini-bus. Lv. Sr. Ctr. at 12:00 noon for 1:00 pm matinee. PRICE: $140.00 (no refunds) Wait List

*CLINTON SHOPPING OUTLETS, SAT., JUNE 25. Mini-bus transportation. Bloomfield residents age 55+ only. Times t/b/a. Reservations for this trip open June 1.

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.

MARTHA’S VINEYARD, THURS., JULY 21 (rain or shine.) Mini-bus to Woods Hole, MA, to board the Steamship Authority ferry to “The Vineyard,” where the day is yours to explore the island. Children are welcome (no infants or car seats). Payment due with reservations. No refunds. Lv. Sr. Ctr. 5:00 am. No at-home pickups. Est. rtn. to Sr. Ctr. 8:30 pm. PRICE: $45.00.

*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. Reservations for this trip open June 1.

BLOCK ISLAND, THURS., AUG. 18 (rain or shine). Enjoy a 1½ hour cruise from New London to Old Harbor, Block Island, where you will have the day on your own. All food on your own. Children are welcome (no infants or car seats). Mini-Bus to New London. Lvs. Sr. Ctr. 6:30 am. No at-home pickups. Est. rtn. to the Sr. Ctr. 8:00 pm. PRICE: $45.00.

*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. Lvs. Sr. Ctr. 8:30 a.m. Approx. rtn. to Ctr. 5:00 p.m. PRICE: $40.00. Sign up after June 1. 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 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. Lvs. 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., June 14 & 28. 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.

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.

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, 1 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 860-243-3621 for more info.

WALK YOUR WAY TO HEALTH
A trek through Berlin is not complete without a stop at Safari (Miniature) Golf, where players are surrounded by life-size jungle animals, cascading waterfalls and streams. Next, we will visit the Barnes Museum in Southington. It was constructed in 1836 for entrepreneur Amon Bradley, once known as the “richest man in Southington,” and bequeathed to the town by his grandson Bradley Barnes. Who doesn’t love a merry-go-round? The Carousel Museum and Museum of Fire History in neighboring Bristol provides an overview of the evolution of the carousel, along with hands-on opportunities to pull fire alarms and set off sirens.

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).
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.

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.

MOVIES
Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The June 21 feature is “Lady of the Manor.” Past and Present collide in this funny buddy comedy when stoner-slacker Hannah is hired to portray Lady Wadsworth, a Southern belle who died in 1875, in a tour at Wadsworth Manor. Hannah figures she can fake it—until the ghost of lady Wadsworth appears. (Rated R) Please call at least one day in advance to register. This film will also be shown on Sat, June 11, at 10:30 am.

STATE MEDICAID (TITLE 19)/ADULT SAGA
Social & Youth Services can assist Seniors & Disabled Adults with filing for Medicaid (Title 19) or State Administered General Assistance benefits, and Redetermination Applications for those receiving State medical, financial or food stamp benefits. You can reach a Social Worker at 860-242-1895.

HOPE FOR HAITI
Our Fiber Arts Class regularly sends care packages to Haiti via the Haitian Health Foundation-Sewing for Mothers & Babies Project. Wish list includes cotton fabric, ribbons, infant socks. Stop in at the Senior Center office for a complete list.

NEWS YOU CAN USE
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.

NEWSLETTERS BY EMAIL
Did you know we deliver newsletters electronically? Call us or stop in the Senior Center office to give us your email address and we’ll be happy to add you to our distribution list. Please note, we do not share our email subscribers list; however, from time to time we may send you special notices from other town sources.

LAUGH LINES
* They warned me not to lean over that tower in Paris. Eiffel. *
* Someone has been stealing wheels from police cars. The cops are working tirelessly to catch him. *

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.

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.

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 June 23. To register, please click on Register Here for MSC Programs.
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

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 June 20. 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: Lisa Gaumond. Next 6-week series begins June 21. 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 one block (or small stool). You might also like to have a blanket or bolster. Exercise remotely via Zoom or in person. INSTR: Marcey Hickey. Next 6-week starts June 10. FEE: $30.00 res/$40.00 non-res.

KNOTTING/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.

MULTI-MEDIA DRAWING/EXPLORATION - Tuesdays, 1:30-3:00 pm. 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 lb weights, medicine ball, resistance bands. Exercise in person or remotely via Zoom. INSTR: Jeff Shealey. Next 8-week series begins June 22. 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. Our current selection is Lilac Girls by Martha Hall Kelly.

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 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 June 9. INSTR: John Hoadley. 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 June 10. 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.

ON HOLD FOR THE MOMENT

AQUA FIT - Mondays, 3:30-4:15 pm. At Duncaster. Aerobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. FEE: $35.00 res/$45.00 non-res.

TECHIE TIME
Got questions about your electronic devices? Need help with your cell phone? Question about your tablet? Michael may be able to help you with that! Call the Senior Center to schedule your one-on-one appointment.

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.

AARP SMART DRIVER VIRTUAL CLASSES
Live, virtual courses in Connecticut: June 9 (12:30 pm), June 20 (9:30 am). Sign up at http://aarp.event.com/DSVirtual. Please note: A camera is necessary for the virtual course in order to certify your attendance. FEE: $20.00 for AARP members; $25.00 for nonmembers.

THE LUNCH BUNCH
Thurs., June 9 - Sophia’s Restaurant (East Windsor) 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.
**DISPOSABLE UNDERGARMENTS**
The Senior Services Disposable Undergarments Bank will open on June 1. 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 e-mail 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 e-mail addresses with anyone.

**MEDICARE 101**
What is Medicare? What is the difference between Medicare and Medicare Advantage? Get the answers to these questions and more during the virtual program “Medicare 101” at 2:00 pm on Thursday, June 30. Presented by Bloomfield Public Library and Bloomfield Senior Services. Register at bplct.org “Event Calendar.”

**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.

**“BATTLE OF THE BADGES” BLOOD DRIVE**
Bloomfield Police, Fire and EMS Departments, are on a mission to help save lives by collecting blood for hospital patients in need during the Battle of the Badges Blood Drive. This is a friendly competition to see who can recruit the most eligible blood donors to join them in this lifesaving effort. The community is encouraged give blood on Wed., June 29 from 8:30 am to 5:00 pm at Bloomfield Center Fire Department 18 Wintonbury Ave. Visit redcrossblood.org or call 1-800-733-2767 and use Sponsor Code: Bloomfield911.

**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.

**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.bloomfieldctr.org.
Senior Services
Town of Bloomfield
PO Box 337
Bloomfield, CT 06002

or current resident

x