winners will receive gift cards.

Each day that you walk, drawing will be held.

Dedicated team of volunteers.

To whom we assisted, we offer a huge "thank you" to Jeff and his team.

Designed to accommodate as many people as possible in a manner that was safe for everyone.

On behalf of the nearly 300 taxpayers who were assisted, we offer a huge "thank you" to Jeff and his team.

AARP volunteers to offer their valuable service in a manner that was safe for everyone. On behalf of the nearly 300 taxpayers who were assisted, we offer a huge "thank you" to Jeff and his dedicated team of volunteers.

For the 8th annual National Health & Fitness Spring Walk, the Senior Center will be open from 9:00 to 5:00 on Monday, May 23.

Stop in the office and fill out a ticket for each day that you walk. Drawing will be held May 31 for 3 winners.

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, and general well-being, and encourage their involvement in the Senior Center and Community.

FROM SENIOR CENTER STAFF

To mask or not to mask... the decision is yours. Other than while riding on the mini-bus, mask wearing is now a personal choice. Now that social distancing rules are also relaxed, we also request that you please be considerate of your 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 a.m. and 5:00 p.m. Monday-Friday.

COVID VACCINE CLINICS

The West Hartford-Bloomfield Health District will present COVID-19 booster shot clinics at the Senior Center from 10:30 a.m.-12:00 noon on Tues., May 10 & May 17. Both Moderna & Pfizer available. No appointments necessary. Vaccines are also available at their 580 Cottage Grove Road office on Wednesdays and Thursdays 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. If 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 May 4. Please call the Senior Center to register.

IDA'S SHOPPE

Ida's Shoppe is open from 10:30 a.m.-1:00 p.m. on Tuesdays and Wednesdays. Thanks to our volunteers Violet Baccari, Nancy Brown & Millie Malone who help keep the Shoppe running smoothly.

THANK YOU, AARP TAX AIDE VOLUNTEERS

Once again this year, modifications were implemented to allow AARP volunteers to offer their valuable service in a way that was designed to accommodate as many people as possible in a manner that was safe for everyone. On behalf of the nearly 300 taxpayers who were assisted, we offer a huge “thank you” to Jeff and his dedicated team of volunteers.

National Senior Health & Fitness Day Spring Event

It’s time for the 8th annual National Health & Fitness Spring Walk at the Senior Center Monday, May 23 through Friday, May 27. Stop in the office and fill out a ticket for each day that you walk. Drawing will be held May 31 and 3 winners will receive gift cards.

SATURDAYS AT THE SENIOR CENTER

The senior center is now open on Saturdays through June from 10:00 a.m.-2:00 p.m. Drop in to play billiards, walk, knit or crochet, or play cards with friends. Additionally, on the “Second Saturdays” (May 14 & June 11) you can enjoy a continental breakfast, complimentary movie and bingo! 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 a.m. - 1:00 p.m. on Saturday, June 11, at the Senior Center. Call the Senior Center to register.

MULTI-MEDIA DRAWING WORKSHOPS

Join Dolores Howard for Saturday morning workshops on May 21 and/or June 18 (from 10:30 a.m.-1:00 p.m). PRICE: $5.00 per session. Advance registration is required.

8th ANNUAL CASUAL PROM - SPRING FLING!

We are pleased to announce that University High School of Science & Engineering students will be back at the Senior Center from 11:30 a.m.-1:30 p.m. on Thursday, May 26, for another casual prom. Lunch, music, dancing, surprises! Sign up by May 20.

PRE-JUNETEENTH CELEBRATION

Our 2nd Annual Pre-Juneteenth Commemoration will take place at 11:30 a.m on Thursday, June 16. Entertainment, served lunch (not a buffet). PRICE: $10.00 due at signup. Reservation deadline June 13. Sorry, but 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.

MEN'S BREAKFAST

Our next men's breakfast will be at 9:30 am on Friday, May 27. Please make your reservation by May 20. This will be a served meal, not a buffet. Sorry, but space is limited and we cannot accommodate drop-ins. PRICE: $5.00 due at signup.

“HAMILTON” AT THE BUSHNELL

See page 4 for more info about this upcoming spectacular.
**TOWN-observed HOLIDAY**

*Monday, May 30*

Please plan accordingly!

**MINI-BUS INFORMATION**

Pickup in Bloomfield for **Hartford medical appointments** is at 9:00 am, with the return at 12:00 noon (Mondays, Tuesdays, Wednesdays, and Fridays). **Beginning May 2**, we will resume afternoon trips, with pickup at 1:00 and return at 3:00 pm.

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 from 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**

- May 9  Walmart (East Windsor)
- May 16  Bishops Corner, Target, Marshalls
- May 23  Walmart (Flatbush Plaza)

**THURSDAY SHOPPING**

- May 5  Sav-a-Lot (East Hartford) at 9:00 am
- May 12  Windsor Price Chopper at 1:00 pm

**Department of Motor Vehicles - Enfield**

DMV is currently open by appointment only

*Social Security Administration*

Thurs., May 26, 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**

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**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!

**WORDWISE**

Wegotism (We’go tism) (noun) Excessive use of the pronoun we; also called also weism.
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. Reservations open May 2.

**“HAMILTON,” THE BUSHNELL, THURS., JUNE 23. The Tony-award winning musical story of America then, told by America now. Rear Orchestra seats. Mini-bus. Lv. Sr. Ctr. at 12:00 noon for 1:00 pm matinee. PRICE: $140.00 (no refunds after May 31.)

*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. Reservations open May 2.

*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. L.v. Sr. Ctr. 5:00 am. No at-home pickups. Est. rtt. to Sr. Ctr 8:30 pm. PRICE: $45.00. Resident reservations open May 2. All others on May 23.

*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. L.v. Sr. Ctr. 6:30 am. No at-home pickups. Est. rtt. to the Sr. Ctr. 8:00 pm. PRICE: $45.00. No refunds. Resident reservations open May 2. All others on May 23.

MOBILE FOODSHARE
FoodShare will be at the Senior Center from 12:45-1:30 pm, on Tues., May 3, 17, & 31. 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 for blood pressure screenings, to test blood sugar levels, or answer general health questions. This service is free and open to Bloomfield adults age 18+. Please call the Senior Center to schedule your appointment.

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.

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.

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.

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.

THE LUNCH BUNCH
Thurs., May 12 - Outback Steak House (Newington)
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.

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.

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.

WALK YOUR WAY TO HEALTH
As we pass through Columbia, we will hike around the Mono Pond State Park Reserve. Our final stop in Tolland County is the town of Hebron, where we will visit Bastiani’s to pick some of their delicious blueberries. Back in Hartford County, our first stop is The Shops at Marlborough Barn, advertised as “your destination for finding what you didn’t even know you were looking for.” In nearby Glastonbury we’ll take a ride aboard the Hollister III on what is thought to be the oldest continually operating ferry service in the US. When we disembark in Rocky Hill, we will visit the Dinosaur State Park, which contains more than 2,600 individual dinosaur footprints. 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.

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.

MARIYLN MICHAELSON SENIOR CENTER OF BLOOMFIELD - DONATIONS AND MEMORIAL FUND
This Donations and Memorial Fund is used to assist individuals who are unable to afford the entire cost of instructional classes, as well as to enhance the operation of the Senior Center.
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.

Wii BOWLING NEWS

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

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.

“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.

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.

MOVIES

Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The May 17 feature is "Swan Song." A retired hairdresser escapes his small-town nursing home after learning of a former client’s dying wish for him to style her final hairdo. “Swan Song” is a comical, bittersweet journey about rediscovering one’s sparkle, and looking gorgeous while doing so. (NR). Please call at least one day in advance to register. This film will also be shown on Sat., May 14, 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.

WEDNESDAY WEEKLY CARD PARTY - 9:30 am-12:00 pm

Bridge, Setback, Bid Whist…you decide! No instruction provided.

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).

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).

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

* I ordered a chicken and an egg from Amazon. I will let you know. * The truth about fiction is that it’s not true. * What is an I-phone charger called? Apple juice. *

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 outdoor internet at strategic locations in Bloomfield. Public outdoor spaces at the Town Hall, Prosser Library, Human Services Facility and McMahon Wintonbury Library now have free high speed outdoor WiFi available. Users just have to connect to the CTPublicWiFi network, accept a disclaimer, and they can 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, Tell a Story, will take place on May 26. Please either visit www.cthealthyliving.org or email mbendzans@bloomfieldct.org prior to the event to receive the link.

PAINT NIGHT PARTY

From 5:30-8:30 pm on Fri., May 6. Create your own personal work of art. Step-by-step instructions, prepackaged snacks and art supplies provided. No experience necessary. Space is limited, and advance registration is required. PRICE: $15.00 due at signup.
FOLK DANCING - Mondays, 10:30-11:30 am. An hour of music, exercise and fun. No partners required; no experience necessary. Wear comfortable clothing and shoes (no slippery soles). INSTR: Debbie & Dan Feingold. No fee, but registration is required.

NEED A YOGA STRAP (OR BELT OR NECKTIE), AND ONE BLOCK (OR SMALL STOOL). Mindful movements to work out the stiffness, 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: Lisa Gaumond. Next 6-week series begins June 23. FEE: $35.00 res/$45.00 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, a medicine ball and resistance bands. Exercise in person or remotely via Zoom. INSTR: Jeff Shealey. Next 8-week series begins June 20. INSTR: Jeff Shealey. FEE: $35.00 res/$45.00 non-res.

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.

CHAIR YOGA - Tuesdays, 10:45-11:45 am. Have fun while you move your body with this gentle flowing chair yoga practice! Mindful movements to work out the stiffness, 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: Lisa Gaumond. Next 6-week series begins May 3. FEE: $20.00 res/$30.00 non-res.

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

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.

ENRICHMENT 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.

AGING MASTERY PROGRAM® (AMP) - Mondays, 10:30 am - 12:00 noon.

You may wish to consult your doctor before exercising. In performing any fitness exercises, you are doing them at your own risk.

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 Wednesday of each month. NO FEE. Our current selection is American Dirt by Jeanine Cummins.

SPRING BREAK

Please mark your calendar. Classes will not meet the week of Memorial Day (May 30 - June 3).
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.

CONTACT SOCIAL & YOUTH SERVICES FOR:
- Energy Assistance: Need help paying or lowering the cost of your heating and utility bills? Call to learn more about available programs to assist you.
- Rental/Mortgage Assistance: Behind on your rent or mortgage due to COVID-19 or other financial hardship? You may be eligible for assistance. Call to learn more about available programs.
- Substance use disorders: Call 1-800-662-HELP (4357) or TTY: 1-800-662-HELP (4357) for individuals and families facing mental and/or substance use disorders.
- Energy Assistance: Need help paying or lowering the cost of your heating and utility bills? Call to learn more about available programs to assist you.
- Rental/Mortgage Assistance: Behind on your rent or mortgage due to COVID-19 or other financial hardship? You may be eligible for assistance. Call to learn more about available programs.
- Substance use disorders: Call 1-800-662-HELP (4357) or TTY: 1-800-662-HELP (4357) for individuals and families facing mental and/or substance use disorders.

HOMEOWNERS TAX RELIEF PROGRAM
The Tax Relief for Elderly or Totally Disabled Bloomfield Homeowners application deadline is May 15. Requirements: The homeowner must be 65 years or older (or disabled and receiving Social Security Disability), and must reside in the home. Total gross income for 2021 cannot exceed $38,100 (single)/$46,400 (married). For more info, or to request an application, contact the Bloomfield Assessor’s Department 860-769-3550.

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.

CANCER Care 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.

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.

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.

2022 NATURE LECTURE SERIES
Bloomfield Leisure Services is partnering with Wintonbury Land Trust to present a webinar lecture on Bats of Connecticut from 6:00-7:15 pm on Wed., May 4. Visit the Land Trust website at www.wintonburylandtrust.org to learn more and to register.

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.

GENTLEMEN, MARK YOUR CALENDARS
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. Sorry, but space is limited and we cannot accommodate drop-ins.

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. Sign up starting May 2. Supplies are limited. You must present a ticket to receive your cupcakes.

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. Sorry, but space is limited and we cannot accommodate drop-ins. PRICE: $5.00 due at signup.

DISPOSABLE UNDERGARMENTS
The Senior Services Disposable Undergarments Bank will open on Friday, June 17. Kimberly Hall will prepare disposable undergarments for all Bloomfield residents. Sorry, but space is limited and we cannot accommodate drop-ins. PRICE: $5.00 due at signup.

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.

MAY IS STROKE AWARENESS MONTH
Some risk factors for stroke are age, race, and gender; also, high blood pressure, high cholesterol, smoking, diabetes, physical inactivity, and poor diet. Signs of stroke may include numbness or weakness of face, arm, or leg; confusion, difficulty speaking; trouble seeing or walking. West Hartford-Bloomfield Health District nurses are available for blood pressure and health screenings every Tuesday from 10:30 am to 1:00 pm. Stop by and see us!

CLEAN UP, CLEAN OUT, GET ORGANIZED!
Bloomfield’s Haz-Waste Collection Day will be Saturday, May 21, from 8:00 am to 1:00 pm at the Public Works garage, 21 Southwood Drive. Questions? Call 860-278-3809.