THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

www.bloomfieldct.gov

October 2022

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

Yvette Huyghe-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.

NEED A FLU SHOT, NEED A BOOSTER SHOT?
The West Hartford-Bloomfield Health District has you covered! Combined COVID-19 booster and seasonal flu shot clinics are scheduled to take place at the senior center on the following dates:

- Tues., Oct. 4 10:00 am - 12:00 noon
- Tues., Oct. 18 4:00 pm - 6:00 pm
- Mon., Oct 24 10:00 am - 12:00 noon

Pfizer vaccine age 12+, Moderna vaccine age 18+, Flu vaccine age 4+. Please bring your ID, insurance card, and COVID vaccination card. No appointments are necessary.

WOMEN’S BREAKFAST
We will present a women’s breakfast at 9:30 am on Thursday, Oct. 20. Please make your reservation by Oct. 13. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

MEN’S BREAKFAST
We will present a men’s breakfast at 9:30 am on Friday, Oct. 28. Please make your reservation by Oct. 21. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

PUBLIC HEALTH NURSE WELLNESS SCREENINGS
A West Hartford/Bloomfield public health nurse is at the Senior Center from 11:00 am - 12:30 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+. Call the Senior Center to schedule your appointment.

“MADAM BUTTERFLIES”
We are pleased to announce a great new women’s program. Using interactive and interpersonal activities, group leader Pat Maneggia, LMSW, will lead you on an engaging, educational, empowering, and supportive 10-week journey. We will explore topics and issues that are important to our happiness and well-being. Class meets from 1:30-3:30 pm on Tuesdays, beginning Oct. 18. Register at the senior center. Space is limited.

THANKSGIVING TURKEY REGISTRATIONS
We hope to receive turkeys from FoodShare again this year. Applications will be available starting Wed., Oct. 5. We can accept 125 applications at this time. You must register at the Senior Center. Bloomfield residents only. No applications prior to 9:30 am on Oct. 5.

MINI-BUS APPRECIATION DAY
Join us at 1:00 pm on Wed., Oct. 19, for mini-bus appreciation day cupcakes!

AUTUMN PAINT NIGHT PARTY
We are partnering with Leisure Services for a paint night party from 5:30-8:30 pm on Friday, Oct. 7. We provide prepackaged snacks and art supplies, and artist Harold Blanchard will give you step-by-step instructions for creating your own personal work of art. No experience necessary. Space is limited, and advance registration is required. PRICE: $15.00 due at signup.

NEED A FLU SHOT, NEED A BOOSTER SHOT?
The West Hartford-Bloomfield Health District has you covered! Combined COVID-19 booster and seasonal flu shot clinics are scheduled to take place at the senior center on the following dates:

- Tues., Oct. 4 10:00 am - 12:00 noon
- Tues., Oct. 18 4:00 pm - 6:00 pm
- Mon., Oct 24 10:00 am - 12:00 noon

Pfizer vaccine age 12+, Moderna vaccine age 18+, Flu vaccine age 4+. Please bring your ID, insurance card, and COVID vaccination card. No appointments are necessary.

WOMEN’S BREAKFAST
We will present a women’s breakfast at 9:30 am on Thursday, Oct. 20. Please make your reservation by Oct. 13. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

MEN’S BREAKFAST
We will present a men’s breakfast at 9:30 am on Friday, Oct. 28. Please make your reservation by Oct. 21. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

PUBLIC HEALTH NURSE WELLNESS SCREENINGS
A West Hartford/Bloomfield public health nurse is at the Senior Center from 11:00 am - 12:30 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+. Call the Senior Center to schedule your appointment.

“MADAM BUTTERFLIES”
We are pleased to announce a great new women’s program. Using interactive and interpersonal activities, group leader Pat Maneggia, LMSW, will lead you on an engaging, educational, empowering, and supportive 10-week journey. We will explore topics and issues that are important to our happiness and well-being. Class meets from 1:30-3:30 pm on Tuesdays, beginning Oct. 18. Register at the senior center. Space is limited.

THANKSGIVING TURKEY REGISTRATIONS
We hope to receive turkeys from FoodShare again this year. Applications will be available starting Wed., Oct. 5. We can accept 125 applications at this time. You must register at the Senior Center. Bloomfield residents only. No applications prior to 9:30 am on Oct. 5.

MINI-BUS APPRECIATION DAY
Join us at 1:00 pm on Wed., Oct. 19, for mini-bus appreciation day cupcakes!

AUTUMN PAINT NIGHT PARTY
We are partnering with Leisure Services for a paint night party from 5:30-8:30 pm on Friday, Oct. 7. We provide prepackaged snacks and art supplies, and artist Harold Blanchard will give you step-by-step instructions for creating your own personal work of art. No experience necessary. Space is limited, and advance registration is required. PRICE: $15.00 due at signup.

NEED A FLU SHOT, NEED A BOOSTER SHOT?
The West Hartford-Bloomfield Health District has you covered! Combined COVID-19 booster and seasonal flu shot clinics are scheduled to take place at the senior center on the following dates:

- Tues., Oct. 4 10:00 am - 12:00 noon
- Tues., Oct. 18 4:00 pm - 6:00 pm
- Mon., Oct 24 10:00 am - 12:00 noon

Pfizer vaccine age 12+, Moderna vaccine age 18+, Flu vaccine age 4+. Please bring your ID, insurance card, and COVID vaccination card. No appointments are necessary.

WOMEN’S BREAKFAST
We will present a women’s breakfast at 9:30 am on Thursday, Oct. 20. Please make your reservation by Oct. 13. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

MEN’S BREAKFAST
We will present a men’s breakfast at 9:30 am on Friday, Oct. 28. Please make your reservation by Oct. 21. This will be a served meal, not a buffet. Bloomfield residents age 55+ only. PRICE: $5.00 due at signup. Because space is limited, we are unable to accommodate drop-ins.

PUBLIC HEALTH NURSE WELLNESS SCREENINGS
A West Hartford/Bloomfield public health nurse is at the Senior Center from 11:00 am - 12:30 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+. Call the Senior Center to schedule your appointment.

“MADAM BUTTERFLIES”
We are pleased to announce a great new women’s program. Using interactive and interpersonal activities, group leader Pat Maneggia, LMSW, will lead you on an engaging, educational, empowering, and supportive 10-week journey. We will explore topics and issues that are important to our happiness and well-being. Class meets from 1:30-3:30 pm on Tuesdays, beginning Oct. 18. Register at the senior center. Space is limited.

THANKSGIVING TURKEY REGISTRATIONS
We hope to receive turkeys from FoodShare again this year. Applications will be available starting Wed., Oct. 5. We can accept 125 applications at this time. You must register at the Senior Center. Bloomfield residents only. No applications prior to 9:30 am on Oct. 5.

MINI-BUS APPRECIATION DAY
Join us at 1:00 pm on Wed., Oct. 19, for mini-bus appreciation day cupcakes!

AUTUMN PAINT NIGHT PARTY
We are partnering with Leisure Services for a paint night party from 5:30-8:30 pm on Friday, Oct. 7. We provide prepackaged snacks and art supplies, and artist Harold Blanchard will give you step-by-step instructions for creating your own personal work of art. No experience necessary. Space is limited, and advance registration is required. PRICE: $15.00 due at signup.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Techie Time / Cribbage</td>
<td>Techie Time / Cribbage</td>
<td>Techie Time / Cribbage</td>
<td>Techie Time / Cribbage</td>
<td>Techie Time / Cribbage</td>
</tr>
<tr>
<td>10:30 Aging Mastery Program</td>
<td>9:30 Be Fit &amp; Have Fun</td>
<td>9:30 Card Playing</td>
<td>9:30 Be Fit &amp; Have Fun</td>
<td>9:00 Rapid HIV &amp; Hep C Testing</td>
</tr>
<tr>
<td>11:30 Aerobics</td>
<td>9:30 Chair Yoga</td>
<td>10:45 Guided Meditation</td>
<td>10:45 Energy Practice</td>
<td>9:30 Fiber Arts</td>
</tr>
<tr>
<td>1:30 Woman of Hope</td>
<td>11:00 Nurse Screenings</td>
<td>10:30 Chair Pilates &amp; Toning</td>
<td>1:30 Duncaster Water Walking</td>
<td>11:30 Aerobics</td>
</tr>
<tr>
<td>1:30 “Aqua-Cise” at Duncaster</td>
<td>11:00 Knitting</td>
<td>1:30 Bingo</td>
<td>9:30 Paint Night Party</td>
<td>11:30 Woman of Hope</td>
</tr>
<tr>
<td>1:30 Flatbush Plaza</td>
<td>12:45 FoodShare</td>
<td>1:30 Multi-media Drawing</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:00 Rapid HIV &amp; Hep C Testing</td>
</tr>
<tr>
<td>1:30 Multi-media Drawing</td>
<td>1:30 FoodShare</td>
<td>1:30 Multi-media Drawing</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:30 Fiber Arts</td>
</tr>
<tr>
<td>10:30 “Aqua-Cise” at Duncaster</td>
<td>10:45 Chair Pilates &amp; Toning</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:00 Rapid HIV &amp; Hep C Testing</td>
<td>10:30 Woman of Hope</td>
</tr>
<tr>
<td>12:45 Telka's Restaurant</td>
<td>1:00 Gymnastics</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:30 Paint Night Party</td>
<td>11:30 Aerobics</td>
</tr>
<tr>
<td>10:30 “Aqua-Cise” at Duncaster</td>
<td>11:00 Nurse Screenings</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:30 Paint Night Party</td>
<td>11:30 Woman of Hope</td>
</tr>
<tr>
<td>11:30 Aerobics</td>
<td>9:45 Coffee and Conversation</td>
<td>10:45 Energy Practice</td>
<td>9:00 Rapid HIV &amp; Hep C Testing</td>
<td>10:30 Woman of Hope</td>
</tr>
<tr>
<td>1:30 Woman of Hope</td>
<td>10:30 Guided Meditation</td>
<td>10:45 Energy Practice</td>
<td>9:30 Paint Night Party</td>
<td>11:30 Aerobics</td>
</tr>
<tr>
<td>1:30 “Aqua-Cise” at Duncaster</td>
<td>10:45 Chair Pilates &amp; Toning</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:00 Paint Night Party</td>
<td>10:30 Woman of Hope</td>
</tr>
<tr>
<td>1:00 Telka's Restaurant</td>
<td>1:30 Duncaster Water Walking</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:00 Paint Night Party</td>
<td>11:30 Aerobics</td>
</tr>
<tr>
<td>11:00 Nurse Screenings</td>
<td>1:30 Chair Pilates &amp; Toning</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:00 Paint Night Party</td>
<td>10:30 Woman of Hope</td>
</tr>
<tr>
<td>1:30 “Aqua-Cise” at Duncaster</td>
<td>10:45 Chair Pilates &amp; Toning</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:00 Paint Night Party</td>
<td>11:30 Aerobics</td>
</tr>
<tr>
<td>1:30 Flatbush Plaza</td>
<td>11:00 Nurse Screenings</td>
<td>1:30 Duncaster Water Walking</td>
<td>9:00 Paint Night Party</td>
<td>10:30 Woman of Hope</td>
</tr>
<tr>
<td>12:45 Telka's Restaurant</td>
<td>9:45 Coffee and Conversation</td>
<td>10:45 Energy Practice</td>
<td>9:00 Paint Night Party</td>
<td>11:30 Aerobics</td>
</tr>
</tbody>
</table>
TUESDAYS/WEDNESDAYS/FRIDAYS

1. BBQ Chicken Leg; Potato Salad; Seasoned Corn
2. Roast Beef w/Veg Gravy; Garlic Smashed Potatoes; Parsleyed Carrots
3. Spinach Tomato Quiche; Seasoned Diced Potatoes; Asparagus
4. Beef Hot Dog on a Bun; Baked Beans; Creamy Coleslaw
5. Stuffed Cabbage w/Tomato Sauce; Rice Pilaf; Capri Blend Vegetables
6. Pot Stickers w/Duck Sauce; Vegetable Fried Rice; Asian Style Veggies
7. Baked Airline Chicken; Potato Stuffin’; California Blend Vegetables
8. Corn Chowder; Chef Salad w/ Hard Boiled eggs; Turkey & Cheese
9. Stuffed Green Pepper w/Tomato Sauce; White Rice; Squash Medley
10. Spaghetti & Meatballs w/Marinara Sauce; Italian Mix Vegetables
11. Veggie Omelet w/Cheese Sauce; Lyonnaise Potatoes; Vegetable Medley
12. Chicken Alfredo w/Penne Pasta; Broccoli Florets

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 no later than 11:00 am the day before.
Bloomfield Senior Services, 330 Park Ave.
860-243-8361 T/W/F
Federation Homes, 156 Wintonbury Ave.
860 243-2535 M-F

ADA PARATRANSIT
The Greater Hartford Transit District (GHTD) provides ADA Paratransit service in the Greater Hartford area in compliance with the Americans with Disabilities Act. Transportation for passengers who are registered with GHTD may ride free through Nov. 30. The regular charge is $3.50 for each one-way trip, and the exact amount must be paid in cash or by prepaid ticket. A discounted 10-ride ticket book is available for $28.00 and may be purchased in any of the following ways (1) Online for home delivery using a credit card: go to www.cttransit.com. (2) At a Stop & Shop Supermarket courtesy desk. (3) By mail: call 860-380-2006 to request an order form. All riders must wear masks and maintain social distancing. The District is continually sanitizing and following stringent cleaning standards to help ensure the safety of its travelers. The District provides ADA paratransit service in the Hartford region seven days a week during the same hours the fixed route bus operates. For more information call 860-247-5329; for ADA ride reservations call 860-724-5340.

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

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

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

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

Mini-Bus Phone Number: 860-243-8364
We are happy to take your reservation weekdays between 8:30 am and 3:45 pm for trips up to one week in advance.

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 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
Oct. 3 Flatsbush Plaza
Oct. 10 Walmart (East Windsor)
Oct. 17 Farmington Valley Mall
Oct. 24 Bishops Corner, Target, Marshalls
Oct. 31 West Farms Mall

THURSDAY SHOPPING
Oct. 13 Big Y, Crown Market, Whole Foods at 9:00 am

Department of Motor Vehicles - Enfield
Thurs., Oct. 20, at 9:00 am
DMV is currently open by appointment only
Contact DMV directly to schedule an appointment (between 9:30 and 11:30 am)

Social Security Administration
Thurs., Oct. 27, 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.

Contact DMV directly to schedule an appointment (between 9:30 and 11:30 am)

Social Security Administration
Thurs., Oct. 27, 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.
BIG E: Final day of this year’s Fair, Sun., Oct. 2. L.v. 9:30 am. Est. rtn. time to the Sr. Ctr. 6:30 pm. WAIT LIST

WOODBURY COMMON PREMIUM OUTLETS, CENTRAL VALLEY, NY, SAT., OCT. 8 Mini-bus. Bloomfield residents age 55+ only. L.v. Sr. Ctr. 8:00 am. Rtn. to Sr. Ctr. approx. 4:00 pm. Sign up starts October 3.

FALL FOilage TOUR & ATKINS FARM COUNTRY MARKET, AMHERST, MA., SUN., OCT. 16 Mini-bus. Bloomfield residents age 55+. L.v. Sr. Ctr. 9:00 am. Rtn. to Sr. Ctr. approx. 1:00 pm. Sign up starts October 3.


CAPTAIN SCOTT’S LOBSTER DOCK, THURS., OCT. 27. An encore trip for those who were not able to go in Sept. Enjoy a seafood lunch. Outdoor, casual dining; dress accordingly. Mini-bus. L.v. Sr. Ctr. 10:00 am. L.v. restaurant approx. 1:15 pm. Bloomfield Residents 55+. PRICE: $5.00. (All food on your own.) Sign up starts October 3.

“CHRISTMAS IN CT,” GOODspeed OPERA HOUSE, THURS., DEC. 1. Based on the classic 1945 Warner Bros. film, this world premiere musical comedy is a delightfully cheerful way to celebrate the holiday season! Prior to the show, we will have lunch at the Gelston House. (Choose meal at sign up: Parmesan-encrusted Cod, Gelston Chicken, Bistro Steak, Pasta Cavatappi, Kobe Beef Burger). Menu subject to change. Mini-bus. PRICE: $91.00. No refunds. L.v. Sr. Ctr. 10:15 am. Approx. rtn. t/b/a. Sign up starts October 3.

ARE YOU INTERESTED . . . ?
In attending a UCONN women’s basketball game in November? Please let us know.

MOBILE FOODSHARE
FoodShare will be at the Senior Center from 12:45-1:30 pm, on Tues., Oct. 4 & 18. 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.

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

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.

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

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

FOOD KITCHEN
The Community Food Kitchen is located at the Bloomfield Congregational Church, 10 Wintonbury Ave. Hot meals are served every Saturday from 11:30 am-12:45 pm. All are welcome! 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. For more info, call Debra Canada at 860-977-0819.

WALK YOUR WAY TO HEALTH
Walk the Bloomfield Senior Center’s modified, self-guided, indoor path on your own Monday-Friday, between 9:00 am & 4:00 pm. (11.2 times around the large loop, or 20 times around the small loop equals 1 mile.) 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!

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).

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

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

YELLOW DOT PROGRAM
Yellow Dot packages (a “file of life” for your auto) are available in the Senior Center. It takes only a few moments to fill out the paperwork. Bring your driver’s license. There is no charge to participate. Sponsored by Bloomfield TRIAD.

LAUGH LINES
* What do you call a bee that can’t make up its mind? A maybe.
**DID YOU KNOW?**

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

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

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

---

**CRIS INTERNET RADIO**

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

---

**PRESCRIPTION DISCOUNT CARDS**

The Town of Bloomfield is pleased to share with you a free prescription discount card program in partnership with the CT Conference of Municipalities & ProAct, Inc. If you already have coverage, you may use this card for prescriptions not covered by your plan. It can also be used for pets. Cards are available at Senior Services or Social & Youth Services.

---

**POSTCARDS & BUMPER STICKERS FOR SALE**

The Town of Bloomfield has postcards depicting 6 different landmarks for sale, including The Drummer Boy statue, Town Hall, and Filley Park. “BLOOM” bumper stickers are also available. They may be purchased either at Town Hall or at the Senior Center. **PRICE: $1.00 each.**

---

**EVERYONE LEARNS WiFi INITIATIVE**

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

---

**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.

---

**MOVIES**

Bloomfield Senior Services shows a movie at 1:30 pm on the third Tuesday of each month. The **October 18 feature** is “**Tina.**” an HBO documentary charting Tina Turner’s rise to early fame, her lifelong personal and professional struggles, and her rebirth as a global phenomenon in the 1980’s. Celebrate an immensely talented performer and survivor who refused to let age, gender or a difficult past stand in her way. NR, Please call at least one day in advance to register.

---

**STATE MEDICAL ASSISTANCE**

Social & Youth Services can assist Seniors & Disabled Adults with filing for State Administered General Assistance benefits, and Redetermination Applications for those receiving State medical, financial or food stamp benefits. You can reach a Social Worker at 860-242-1895.

---

**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.

---

**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).

---

**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.

---

**WOULD YOU LIKE TO BE A PEN PAL?**

Did you ever have a pen pal? Do you remember how much fun it was, writing letters and waiting to get answers back? Would you like to try again? We are collaborating with Social & Youth Services on an intergenerational pen pal club. You and your pal will decide what topics to write about and whether you want to keep in touch by snail (delivered by post office) mail or by email. Let us know if you are interested.

---

**RAINBOW LUNCH HOUR**

The Connecticut Moveable Senior Center program includes a zoom Rainbow Lunch Hour at noon on the fourth Thursday of each month for members of the LGBT community and allies. Click on Register here for MSC Programs (if you are reading this online; or visit https://cthealthyliving.org/events/tgiving/)

---

**PRE-THANKSGIVING DRIVE-THRU LUNCH**

We are partnering with Bloomfield Center for Nursing & Rehab to bring you an “early Thanksgiving themed lunch to go” from 11:30 am - 12:30 pm on Wed., Nov. 16. Drive up to the senior center entrance and we’ll hand you a delicious turkey sandwich to take home and enjoy. Sign up and get your ticket. Supplies are limited. You must present your ticket in order to receive the lunch. Bloomfield Residents 55+. Sign up beginning October 3. Registration deadline is Fri., Nov. 11, or while supplies last.

---

**ANOTHER NATIONAL SENIOR HEALTH & FITNESS DAY**

It’s time for the 8th annual National Health & Fitness walk at the Senior Center/Fall Event. Walk anytime Monday, Oct. 24 through Fri., Oct. 28. Stop in the office and fill out a ticket. You may enter the drawing once a day within that time period. Distance does not matter: 1 lap or 20. Drawing will be held Monday, Oct. 31, and 3 winners will receive gift cards.

---

**LOADS OF LOVE LAUNDRY IS NOW DOLLAR DAYS**

On the third Tuesday of each month you may wash up to 3 of loads of laundry for $1 each at the Laundry Company in Bloomfield.

---

**WORDWISE**

Copacetic (kōpəˈsedik). Adjective. In excellent order.

---

**THE LUNCH BUNCH**

Thurs., Oct. 20 - LongHorn Steakhouse (Enfield)

The “Lunch Bunch” travels to a different restaurant 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.**
**INSTRUCTIONAL PROGRAMS**
- New registration required at the beginning of each series of classes.
- Proof of address required

In-person class size limits are applies. Advance registration is required for all classes.

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

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

**FEE:** $10.00.

*AQUA-CISE - Mondays, 1:30 - 2:15 pm* at Duncaster. Acrobic aquatic class in chest-deep water, designed to raise heart rate and build muscle and cardiovascular endurance. 6-week series begins Oct. 24. INSTR: Lucy Eyre. **FEE:** $35.00 res/$45.00 non-res.

**AEROBICS - Mondays & Fridays, 11:30 am - 12:30 pm.** Rhythmic aerobic exercise combined with stretching & strength training routines. Exercise remotely via Zoom or in person. Next series 8-week series begins Oct. 28. INSTR: Jeff Shealey. **FEE:** $35.00 res/$45.00 non-res.

**BE FIT & HAVE FUN - Tuesdays & Thursdays, 9:30-10:30 am.** The 4 types of exercise important to staying healthy & independent are strength, balance, endurance & stretching. Exercise remotely via Zoom or in person. Bring your own hand weights/canes. INSTR: Marcey Hickey. Next 6-week starts Oct. 18. **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 Oct. 25. **FEE:** $20.00 res/$30.00 non-res.

**KNITTING/CROCHETING - Tuesdays 11:00 am - 12:30 pm.** Bring your project and all your own supplies with you to class. INSTR: Margaret Cummame. **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 Oct. 25. **FEE:** $20.00 res/$30.00 non-res.

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

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

**ZOOM BOOK CLUB, Wednesdays, 2:00-3:00 pm.** Join us for an informal, stimulating conversation as we discuss what we like (or dislike) about our current selection. Group meets from 2:00-3:00 pm on the 2nd and 4th Wednesdays of each month. **NO FEE.**

**REMINISCENCE... A LIFE’S JOURNEY - Thursdays, 10:45-11:45 am.** Discover the art of remembering, not where you left your keys, but those people or events that have been part of your unique life’s journey. This is a time to think, to share and talk about your story and to record it for yourself or loved ones, if you choose. Meet via Zoom. INSTR: Irena 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 Oct. 27. **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 Oct. 27. 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 Jan. 6, 2023. INSTR: Barbara West-Jarvis. **FEE:** $20.00/res; $30.00 non-res.

**WOMAN OF HOPE, LLC - Mondays at 1:30 pm 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.

**SNAP-ED NUTRITION EDUCATION PROGRAM**
Join us at 10:30 am on Friday, Oct. 21 for Plan, Shop, Save! the first in a series of monthly programs presented by the CT Department of Public Health & University of St. Joseph. Learn how to stretch your food dollars and read nutrition labels. Includes food prep demo and tasting! Call the senior center to register.

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

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

**BILLIARDS**
The billiards room is open throughout the day! If you would like to play after 4:00 pm in the afternoon, please call the Senior Center to make a reservation.

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

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

**“SHEALEY SAYS…”**
Jeff Shealey’s health tip of the month is “Exercise should be a tribute to respecting yourself, your body, and your health.”

**RAPID HIV & HEP C TESTING**
The West Hartford-Bloomfield Health District and Community Renewal Team (CRT) are partnering to provide confidential, rapid HIV and Hep C testing in the senior center nurse’s office every Friday during October. Stop in between 9:00 am and 12:00 noon. Testing takes approximately 15 minutes. No appointments are necessary.
DISPOSABLE UNDERGARMENTS (“ADUB”)  
The Senior Services Disposable Undergarments Bank is now open. Bloomfield residents may receive one package per month, based on availability. Please call the Senior Center for more information.

TECHNOLOGY LOAN PROGRAM (ATLP)  
ATLP is a low-interest financial loan to help individuals with disabilities or their family members purchase assistive technology devices and services needed to enhance independence and/or functioning in the community, education and/or employment. Loan amounts range from $500-$30,000 with repayment from 1-10 years. Call 860-424-5619 or visit www.CTechAct.com/loan for more info.

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

“IN THE PRESENCE OF TREES”  
On Sunday, Oct. 16, The Justice Dance Performance Project Ensemble and Mashpee Wampanoag tribal song carrier Kitty Hendricks-Miller will celebrate changing of the season at Farmington River Park in Bloomfield. Program begins at 3:00 pm, followed by the planting of wildflowers. Mini-bus transportation is available. (Rain date is Oct. 23.)

AARP TAX-AIDE VOLUNTEERS NEEDED  
AARP is asking for volunteers to assist in the upcoming income tax preparation season. There is a wide variety of positions available, including greeters, site support, tech support and, of course, preparers. AARP will provide all training and support. For more info, visit http://aarp.org/volunteer/programs/tax-aide/, or call the senior center and we will put you in touch with the Bloomfield area coordinator.

UPCOMING STUDENT NURSE PROGRAMS  
Our students are available on Mondays and Wednesdays to help with your questions about cell phones, tablets, and laptops. Call the senior center to schedule your appointment.

COFFEE AND . . . CONVERSATION  

COOKING CLASSES  
Relax your body and your mind with a 20-minute guided meditation Wednesday mornings at 10:30 am. Never tried meditation—you will be amazed!

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.

“IN THE PRESENCE OF TREES”  
On Sunday, Oct. 16, The Justice Dance Performance Project Ensemble and Mashpee Wampanoag tribal song carrier Kitty Hendricks-Miller will celebrate changing of the season at Farmington River Park in Bloomfield. Program begins at 3:00 pm, followed by the planting of wildflowers. Mini-bus transportation is available. (Rain date is Oct. 23.)

AARP TAX-AIDE VOLUNTEERS NEEDED  
AARP is asking for volunteers to assist in the upcoming income tax preparation season. There is a wide variety of positions available, including greeters, site support, tech support and, of course, preparers. AARP will provide all training and support. For more info, visit http://aarp.org/volunteer/programs/tax-aide/, or call the senior center and we will put you in touch with the Bloomfield area coordinator.

UPCOMING STUDENT NURSE PROGRAMS  
Our students are available on Mondays and Wednesdays to help with your questions about cell phones, tablets, and laptops. Call the senior center to schedule your appointment.

COFFEE AND . . . CONVERSATION  

CRIBBAGE, ANYONE  
Want to play? Want to learn how to play? The Monday/ Wednesday students having been brushing up on their game and would be happy to test their skills with you. Call the senior center for times.

GUIDED MEDITATION  
Relax your body and your mind with a 20-minute guided meditation Wednesday mornings at 10:30 am. Never tried meditation—you will be amazed!

COOKING CLASSES  
Would you be interested in attending an in-person cooking class with the students? Please let us know.
or current resident

x