THE MARILYN MICHAELSON SENIOR CENTER OF BLOOMFIELD

www.bloomfieldct.gov

September 2022

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.

FLU SHOT CLINICS

Fall is just around the corner, which means flu season isn’t far behind. The West Hartford-Bloomfield Health District has two flu vaccine clinics scheduled at the Alvin & Beatrice Wood Human Services Center: Tuesdays Oct. 4, from 10:00 am-12:00 noon; and Oct. 18, from 4:00-6:00 pm. No appointments are necessary.

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 Marla Whitman. Next meeting is on Sept. 7. 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 Nancy Brown, Millie Malone and Shirley Stengel, who help keep the Shoppe running smoothly.

WOMEN’S BREAKFAST

We will present a women’s breakfast at 9:30 am on Friday September 23. Please make your reservation by September 16. 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, September 30. Please make your reservation by September 23. 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.

SHRED DAY

Bloomfield’s Conservation Energy & Environment Committee (CEEC) currently plans to hold a free shred day for Bloomfield residents (no businesses) from 9:00 am - 1:00 pm or until the truck is full on Sat., Oct 1, at Town Hall. Both shredding of confidential documents and small electronics recycling will be offered. Please bring a non-perishable food item for the Food Bank.

WELCOME, STUDENT NURSES

We are pleased to announce that student nurses from University of St. Joseph, UCONN and University of Hartford will be at the senior center for the upcoming fall semester.

15th ANNUAL SENIOR EXPO

As of press time, we are still planning to present our 15th Annual Senior Expo as an in-person event on from 9:45 am - 12:00 noon on Tuesday, September 20. Exhibitors include the Bloomfield Volunteer Ambulance Association, Bloomfield Public Library, Bloomfield Leisure Services, Bloomfield Police Department, Bloomfield Social & Youth Services, University of St. Joseph SNAP-Ed Program, Seabury, The Caring Connection, Dutch Point Credit Union, West Hartford-Bloomfield Health District, Easter Seals Medical Rehabilitation, Nova Hearing, and much, much more! Vision screenings presented by the Bloomfield Lions Club. Door prizes, give-aways. Plan to stop by and see what’s happening at Your Senior Center: The Place to Be.

THE AGING MASTERY PROGRAM® IN CT

The next 10-class program will begin on Mon., Oct. 3. Each interactive session will run from 10:30 am-12:00 noon. Textbook/resource guide is yours to keep and offers a wealth of information. Guest speakers, tips for “aging gracefully,” treats and surprises; graduation ceremony. PRICE: $100.00. Space is limited. The Aging Mastery Program® is a program of the National Council on Aging and is coordinated by the Connecticut Healthy Living Collective.

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.

SENIOR RESOURCES PANEL DISCUSSION

Please join us on Wed., Sept. 28, for a discussion about resources for seniors and their families with State Representative Bobby Gibson, CT Department of Aging & Disability Services Commissioner Amy Porter, AARP, and Bloomfield Commission on Aging members. There will be a “meet and greet” and refreshments from 4:30-5:00 pm, with the panel discussion immediately following. Call the senior center or email mbendzans@bloomfieldct.org by Sept. 23 to register.

LOADS OF LOVE LAUNDRY

The Loads of Love pilot program has ended and the organizers would like to thank everyone who participated. Loads of Love is currently scheduled to resume in October as “Dollar Days.” Please see the October newsletter for more info.

GRANDPARENTS DAY

We are celebrating Grandparents Day on Saturday, Sept. 10. Call the senior center for details!
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<td>TOWN-OBSERVED HOLIDAY</td>
<td>11:00 Wellness Screenings</td>
<td>9:30 Card Playing</td>
<td>1:30 Wii Bowling</td>
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<td>11:00 Knitting</td>
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<td>1:30 Caregiver/Bereavement Support</td>
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<td>12:45 FoodShare</td>
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<td>2:00 Zoom Book Discussion</td>
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<td>1:30 Wii Bowling</td>
<td>Ida's Shoppe/Senior Comm. Café</td>
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<td>10:30 A Matter of Balance</td>
<td>9:30 Be Fit &amp; Have Fun</td>
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<td>CAPTAIN SCOTT'S LOBSTER</td>
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<td>1:30 “Aqua-cise” at Duncaster</td>
<td>11:30 Wellness Screenings</td>
<td>11:30 Chair Pilates &amp; Toning</td>
<td>10:45 Energy Practice</td>
<td>10:30 Woman of Hope</td>
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<td>11:00 Knitting</td>
<td>1:30 Multi-media Drawing</td>
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<td>1:30 Wii Bowling</td>
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<td>1:30 Wii Bowling</td>
<td>2:00 Movie - “King Richard”</td>
<td>1:30 Duncaster Water Walking</td>
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<td>10:30 A Matter of Balance</td>
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<td>2:00 Zoom Book Discussion</td>
<td>1:00 Big Y, Crown Market, Whole Foods</td>
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<td>2:45 Windsor Farmers Market</td>
<td>1:30 Wii Bowling</td>
<td>1:30 Duncaster Water Walking</td>
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SENIOR COMMUNITY CAFE

TUESDAYS/WEDNESDAYS/FRIDAYS

2 Cheeseburger Macaroni; Vegetable Medley
3 Crab Cakes w/Old Bay Remoulade; Yellow Rice; Mixed Vegetables
6 Glazed Baked Ham; Sweet Potato Casserole; Green/Yellow Beans
13 Classic Pot Roast w/Gravy; Boiled Potatoes; Parsleyed Carrots
14 Chicken a la Vodka w/Penne Pasta; California Blend Vegetable
16 Roast Turkey w/Gravy; Corn Bread Stuffing; Brussel Sprouts
20 Vegetable Pizza; Salad Greens w/ Cherry Tomatoes; Cucumbers
21 Beef & Bean Chili; Baked Potato w/Chesse Sauce; Broccoli; Scallions
22 BBQ Chicken Drumsticks; Potato Salad; Seasoned Corn
27 Sticky Honey Garlic Meatballs; White Rice w/Vegetables; Broccoli
28 Chef Salad w/Romaine Lettuces; Baked Egg; Julienneed Turkey & Cheese
30 Chicken ‘n’ Dumplings; Seasoned Peas

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

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.

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TOWN-OBSERVED HOLIDAY
Monday, Sept. 5
Please plan accordingly

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

MONDAY MALL TRIPS
Sept. 5 Town-observed holiday
Sept. 12 Walmart (East Windsor)
Sept. 19 Buckland Mall, Evergreen Walk
Sept. 26 Target (Windsor)

THURSDAY SHOPPING
Sept. 22 Big Y, Crown Market, Whole Foods at 1:00 pm

Department of Motor Vehicles - Enfield
DMV is currently open by appointment only
Social Security Administration
Thurs., Sept. 29, at 9:00 am

Hebrew Health Care
to be announced

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

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

EMERGENCY INFORMATION
It is important that we have up-to-date information on file for everyone who uses the Senior Center or travels with us. The information you provide will not be shared with anyone; it is solely for use in the event of an emergency. Please take a moment to stop in the office and fill out a green Emergency Information Sheet. Don’t forget to add your cell phone number!

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

**CAPTAIN SCOTT’S LOBSTER DOCK, NEW LONDON, THURS., SEPT. 15** Say goodbye to summer with a trip to the shoreline for a seafood lunch. Outdoor, casual dining. Mini-bus. All food on your own. Bloomfield residents age 55+ only. Lv. Sr. Ctr. at 10:00 am. Lv. restaurant at 1:15 pm. **PRICE $5.00**. Sign up after Sept. 1.

**BIG E:** Bloomfield Senior Services is pleased to announce mini-bus transportation to this year’s Big E! The trip on Wed., Sept. 21 (CT Day) is open to Bloomfield residents over age 55. Trips on Sat., Sept. 17, and Sun., Oct. 2, are open to residents of all ages, including children over the age of 4 (children under the age of 18 must be accompanied by an adult). Purchase your own admission tickets in advance or at the gate upon arrival at the fair. Register at Bloomfield Senior Services for your seat on the bus. Proof of residency is required. Lv. 9:30 am. Est. rtn. time to the Sr. Ctr. 6:30 pm; (2:30 pm return available Sept. 21 only).

**GARLIC FESTIVAL, OLD MISTICK VILLAGE, SUN., SEPT. 18** Mini-bus. Bloomfield residents age 55+ only. Lvs. Sr. Ctr. 9:00 am. Rtn. to Sr. Ctr. approx. 2:00 pm. Sign up after Sept. 1.

**WINDSOR FARMERS MARKET, THURS., SEPT. 22** Mini-bus. Bloomfield residents age 55+ only. Lvs. Sr. Ctr. 2:45 pm. Sign up after Sept. 1.

**BRIDGE OF FLOWERS, SHELBRUNE FALLS, MA., SAT., SEPT. 24** Mini-bus. Bloomfield residents age 55+ only. Lvs. Sr. Ctr. 10:00 am. Rtn. to Sr. Ctr. approx. 3:00 pm. Sign up after Sept. 1.

**BEYOND VAN GOGH EXHIBIT, HARTFORD, THURS., SEPT. 29** Beyond Van Gogh is a unique multimedia experience, taking the viewer on a journey through over 300 artworks including classics “The Starry Night” and “Sunflowers,” now freed from their frames. Set to a symphonic score and using the artist’s own dreams, thoughts, and words to drive the experience, Van Gogh’s art comes to life, appearing and disappearing, flowing across multiple surfaces and heightening the senses with their immense detail. The visit takes about 1 hour. Then we will head to Parkville Market for lunch where you will be served every Saturday from 11:30 am-12:45 pm. All are welcome! Call 860-242-0776 for more info.

**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** As we resume our walk around Connecticut, we will visit Newington, where Mill Pond Falls, the smallest natural waterfall in the US is located right in the center of town! West Hartford is famous for the Mark Twain House and its unique architecture, including a dining room fireplace with a window over the mantle. The 196,000 square foot Wadsworth Atheneum Museum of Art in Hartford is one of the oldest museums in the country. Cedar Hill Cemetery in nearby Wethersfield is the final resting place for many local celebrities, including Katharine Hepburn, Samuel Colt, and J.P. Morgan, Sr.

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 (860-422-5501).

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.

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.

LAUGH LINES
* A police officer just knocked on my door and told me my dogs are chasing people on bikes. That's ridiculous. My dogs don't even own bikes!

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 Sept. 20 feature is “King Richard,” based on the true story of legendary tennis champions Venus and Serena Williams. Starring Will Smith (PG-13) 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.

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.

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

RAINBOW LUNCH HOUR
The Connecticut Moveable Senior Center program includes a Rainbow Lunch Hour at noon on the fourth Thursday of each month. This virtual gathering for members of the LGBT community and allies features an open discussion and time-to-connect format. This month’s program will take place on Sept. 22. Click on Register here for MSC Programs (if you are reading this online; or visit https://cthealthyliving.org/events/giving/)

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.
**INSTRUCTIONAL PROGRAMS**

- New registration required at the beginning of each series of classes.
- Proof of address required

In-person class sizes are limited. Advance registration is required for all classes.

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

**AGING MASTERY PROGRAM® (AMP) - Mondays, 10:30 am**

In-person, 10-session series of incentive-based health and wellness classes that empower participants to embrace their gift of longevity. Next series begins on Oct. 3. Space is limited. FEE: $10.00.

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

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

**FIBER ARTS/QUILTING - Fridays, 9:30-11:30 am**. Create a variety of projects from fabric, including quits (with or without patterns). Next 10-week series begins Sept. 15. INSTR: Penny Lazor. 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.

**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.

**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.

**BILLIARDS**

The billiard 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.

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.

**LEARN TO PLAY POOL**

PING-PONG ANYONE?

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

**NEWSPAPER NUTS & BOLTS**

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

**AQUATIC EXERCISE** - Thursdays, 1:30 - 2:15 pm. A low impact walking-in-water class at Duncaster focusing on muscle strength and flexibility. Includes 45 minutes of instruction followed by an additional 15 minutes to relax in the therapy spa pool. Next 6-week series begins Sept. 15. INSTR: Penny Lazor. FEE: $35.00 res/$45.00 non-res.

**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.

**AARPSMART 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.

**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.

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**LEADERSHIP IN PERSON**

AARP SMART DRIVER™ IN PERSON

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

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**NEWS YOU CAN USE - VISITING NURSE SCAM**

We understand that a woman identifying herself as a Bloomfield nurse has been visiting homes in Bloomfield. When someone answers the door, she says she is performing wellness checks on elderly residents and asks if she can come into the home. Please be advised that the West Hartford-Bloomfield Health District nurses do not make unannounced house calls. Be safe; don’t let anyone you do not know into your home. Do not answer any questions from someone you do not know. If anyone comes to your home claiming to be a Bloomfield nurse, please call the Police Department non-emergency line (860-242-5501) to report it.

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**DISPOSABLE UNDERGARMENTS**
The Senior Services Disposable Undergarments Bank is now open. Bloomfield residents may receive one package per month, based on availability. Please call the Senior Center for more information.

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

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

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

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

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

**FREE LEGAL HELP FOR SENIOR CITIZENS**
The Senior Law Program at Greater Hartford Legal Aid offers free legal aid for those over the age of 60 who qualify. They will assist with Powers of Attorney & living wills, but do not handle probate. For more info, call 860-541-5062. Low-income seniors may also get free legal information, advice and referral by calling Statewide Legal Aid at 860-344-0380. For consumer problems or debt collection, call 1-800-296-1467.

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

**CANCERCare of CONNECTICUT**
CancerCare provides free counseling, education, financial assistance & support to anyone affected by cancer: patients, family, friends, the bereaved. They can assist with child care, home care, transportation costs, pain/comfort medications & medical supplies and equipment. Visit www.cancercare.org or call 1-800-813-4673 to speak to an oncology social worker.

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

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

**THE FRIENDSHIP LINE**
Want to hear a pleasant, cheerful voice? You can be part of a friendly conversation by calling 1-800-971-0016 any day between 10:00 am and midnight! Call in daily to chat about what’s on your mind or for emotional support. The Institute on Aging’s toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, adults living with disabilities, and caregivers. But it is not only for people in crisis; it is also for folks who simply want to chat.

**VIRTUAL HELP, VIRTUALLY!**
Senior Planet: https://seniorplanet.org/. This site offers a wide variety of programming from instructions on ways to connect virtually (such as All Things Zoom) to exercise classes and book clubs. Select Upcoming Events on the home page to see the list of current classes. GetSetUp: https://www.getsetup.io/. This site offers classes on variety of topics including Internet essentials. Both sites offer free/reasonable fee-based programming.

**SUMMER FUN AT THE OLD FARM SCHOOLHOUSE**
The Old Farm School and Gabriel History Center at 151-153 School Street are now open from 1:00-4:00 pm on Sundays through Oct. 9. For more information, call 860-243-1531 or visit http://www.bloomfieldchistory.org.

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

**WORDWISE**
Bibliophobia (bib-lio-pho-bia). Noun. Fear of books

**THE LUNCH BUNCH**
Thurs., Sept. 22 - Golden Corral (Springfield, MA)
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.

**DIABETES SELF-MANAGEMENT WORKSHOP**
Join Registered Dietitian/Certified Diabetes Education & Care Specialist, Paula Leibovitz, for a 7-week series that will focus on managing your diabetes and eating well while following diabetic guidelines. These virtual classes will be interactive, so bring your questions! Thursdays, from Oct. 6 - Nov. 17. Choose either the daytime session (10:00 am - noon), or the evening session (6:00-8:00 pm). The workshops are free, but pre-registration is required. Workshop materials will be sent prior to the first session. For more info or to register, please call Susan at the West Hartford-Bloomfield Health District, 860-561-7909.
or current resident

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