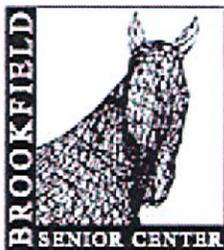


Brookfield Senior Center

“.... a place where things are happening!!”



January 2017

Monday through Friday 8:00am – 4:00pm

100 Pocono Road, Brookfield CT 06804

Telephone: 203-775-5308

http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index

Director of Senior/Social Services: Ellen Melville - emelville@brookfieldct.gov

Senior/Social Services Program Coordinator: Amy Diezemann – adiezemann@brookfieldct.gov

Social Services Coordinator: Lorraine Kelley – lkelley@brookfieldct.gov



Inclement Weather Policy: If Brookfield Schools are closed due to weather Brookfield Senior Center is closed for regular programming. If there is a 2 hour delay, we are open on time; however 9:30am exercise classes are cancelled. In case of unusual closings or if you have any questions, please contact the Center (203-775-5308)

Try something new in 2017!

Check out our Movie Matinees on Wednesdays and Fridays!

We have an exercise class for everyone – yoga, Zumba, chair yoga, Strength and Balance, and our newest class “How to Get up and Down from the Floor.” Please ask us if you aren’t sure which class is right for you.

Hot Dog Bingo is the Fourth Friday of every month.

Our famous Men’s Breakfast is back on the First Friday of every month!

Our favorite Chef Judy is back with us on January 24 to teach us about Ancient Grains.

Travel with The Senior Center, Volunteer, play games, join us for our Lunch Program and much more.

Make your New Year’s resolution to stop in and try something new in 2017!

Thank You!

We want to say a very big THANK YOU to all the Boutique Committee and all of the volunteers who made our Holiday Boutique a success. The Boutique Committee has amazing dedication and has been planning and thinking about this Boutique for more than six months. Once again, our wonderful volunteers donated, baked, knitted, quilted, gathered jewelry, created arrangements, cooked lunch, set up, cleaned up, decorated, and so much more. Thank you to Sharps & Flats who provided the joyous music for the day. Thank you to those of you who shopped and supported our efforts. None of this would be possible without all your efforts. ***Thank you!***



Mark your Calendar - don't forget

Bingo – Monday, January 9 at 10:30am. Join us for laughter, fun and games!



Men's Breakfast – Men's Breakfast is back on Friday, January 6 at 9:30. Please sign up to reserve your seat!

Friends of Brookfield Senior Center will be meeting Tuesday, January 10 at 11:00am. Please join as we discuss happenings at the Senior Center. Refreshments will be provided.

Farkle – Mondays at 1:00pm. Join us for fun dice game and an afternoon of laughter.



Let's Talk is Wednesday mornings at 11:00am. Join this friendly group that discusses one topic each meeting. No political discussion is allowed.

Ask an Attorney Round Table - Wednesday, January 18 at 9:30am. Join lawyers from Kuss and Liguori for an informal round table discussion on topics of Elder Law. *Space is limited so please sign up early.*

Blood Pressure Screening (New Milford VNA) – Tuesday, January 24 at 11:30am.

Scrabble Play is Fridays at 11:00am and Wednesdays at 1:30pm.

Join us to meet some new friends!



Housatonic Probate Judge Martin Landgrebe - Friday, January 27 at 9:30am. This is your opportunity to meet with and ask questions of our local Probate Judge. He will answer your questions about wills, probate, conservatorship and more in confidential one-on-one sessions. Please call to schedule an appointment

Fabulous Friday Bingo & Hot Dog Lunch ***Friday, January 27 at 12:00noon***



Join us for an exciting afternoon of Bingo and Hot Dogs. Lunch starts at 12:00 noon followed immediately by Bingo. Cost is \$5.00 per person. Sign up required by January 25.



It's Almost that Time Again!



Income Tax Preparation will begin Friday, February 3. We will begin taking appointments January 17. To make an appointment, call the center at 203-775-5308.

Ancient Grains with Judy Prager ***Tuesday, January 24 at 10:45am***

Join our favorite chef Judy Prager as she introduces us to grains old and new. We learn something about healthy and delicious eating every time Judy is here, and there are always samples to taste. *Please sign up in advance so we know how many to prepare for. Seating is limited!*



January Closings:

Please remember that we are closed the following days in January:

Monday, January 2 – New Year's.

Monday, January 16 – Martin Luther King Day

Are you from The Bronx? ***Monday, January 23 at 11:00am***

We often hear “are you from The Bronx?” around Brookfield Senior Center. Join this group on Monday, January 23 at 11:00am and meet other “Bronx transplants.” We may live in Connecticut now, but our hearts will always be in The Bronx!

Improve Your Mind & Body

Yoga with Kris on Mondays and Wednesdays from 2:30pm – 3:45pm. Join us for a gentle Vinyasa flow class. This class focuses on proper alignment, movement modifications (if needed) and your breathing.

Strength/Balance with Claudia is on Mondays at 1:00pm. Join Claudia for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

Line Dancing with Jill on Tuesdays at 9:30am. Everyone will enjoy this fun and entertaining class! Beginners welcome.

Chair Yoga is on Tuesdays at 1:00pm with Kris. It's a great class for those who have hip or knee limitations. This class will give you all of the benefits of a traditional yoga class without getting on the floor!

Tai Chi with Susan is on Wednesdays at 9:30am. Tai Chi is one of the most effective exercises to improve balance and reduce your risk of falls. Also join us for **Advanced Tai Chi at 6:45pm on Thursdays.**

Functional Strength and Balance with Cassie on Wednesdays at 1:00pm. Join this great program and start moving again!

Low Impact Aerobics is on Thursdays at 9:30am with Claudia. Great for all levels.

NEW: Strengthening and Strategies for Getting up From the Floor with Cassie on Thursdays at 1:00pm. In this class we will work on strengthening the muscles you need to get up from and down onto the floor. If you are already able to get up and down, we will work on strengthening your body work on balance on and off the floor. If you are currently unable to get up and down, we will strengthen the muscles you need to be able to do this by yourself.

Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am. This class is designed for all able-bodied participants. Exercises will be done seated and/or standing.

Zumba with Coleen is on Saturday mornings at 9:30am. It's the perfect way to start your weekend!

Please consult your personal physician before beginning any new exercise class.

Ongoing Classes/Activities:

Scrabble Play is Wednesdays at 1:30pm and Fridays at 11:00am.

Wood Carving Group meets Mondays at 1:00pm. Join this group and learn something new! Bring your friends.

Quilting Group meets Tuesday mornings at 10:00am.

Wii Bowling is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

Knitting group meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas.

Painting and Drawing with Adele meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

Alzheimer's Support Group

Wednesday, January 11 from 6:30pm – 8:00pm and Wednesday, January 25 from 1:00pm – 2:30pm

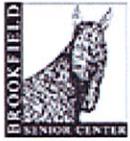
Are you a caregiver, family member or friend of someone who is affected by Alzheimer's disease or dementia?

Brookfield has a support group for you! This ongoing educational/support group meets in a safe and caring environment twice a month. Please join us as often as you like!

WHEN: The second Wednesday of every month from 6:30pm – 8:00pm and/or
the fourth Wednesday of every month from 1:00 – 2:30pm

Group led by an Alzheimer's Association Facilitator

Brookfield Senior Center



P.O. Box 5106
100 Pocono Road
Brookfield, CT 06804



Check us out on Facebook

Senior Center Membership: Those wishing to use Senior Center services must become members. Brookfield residents age 60 and over can join the Senior Center at no cost. Nonresidents age 60 and over will be charged a \$20 annual membership fee. Underage spouses may become members and may participate in activities with their spouses who are registered members.

Only participants with current memberships are allowed to attend Senior Center activities. All members must sign in at the front desk upon entering the Senior Center and before participating in any activities. This is a safety measure so staff is aware of who is in the building. This also allows us to track how many seniors we serve.

Personal Conduct: The Brookfield Senior Center is a facility where people age 60 and older meet to participate in social, educational and other activities in order to enhance and enrich their lives. It is therefore necessary to establish standards of behavior.

Everyone has the right to expect others to act respectfully towards them and each is responsible to act respectfully towards others. Courtesy will be shown to all persons at all times. Personal problems between individuals should not be addressed at the Center. Discrimination towards any person for any reason will not be tolerated.

Town of Brookfield employees are here to serve you. They should be treated with respect and courtesy.

If any senior does not adhere to this policy, the Director of the Senior Center will determine if any action is to be taken to prevent recurrence.

Everyone is responsible for maintaining the premises in a neat and orderly fashion and cleaning up after themselves. Please leave the room in the same manner that you found it.

Escape With Us!



Mama Mia- at Westchester Broadway Theatre: Thursday, March 30, 2017. Join us for this great show full of great songs and lots of energy! Cost is \$99. Now accepting reservations.

May 21- June 3, 2017: Cruise to the British Isles. More information available at the Center.

Wednesday, April 26, 2017: We will be enjoying a full course luncheon at Caterina de Medici Restaurant at the Culinary Institute in Hyde Park, NY. Following lunch you will have a special visit to FDR Home, Library and Museum in Hyde Park. Cost is \$95pp. Now accepting reservations.

Monday, May 15: Swing into Spring with the world famous Glenn Miller Orchestra at the Aqua Turf while enjoying the delicious family style lunch that Aqua Turf is famous for! Cost is \$93pp. Now accepting reservations.

September 25 – 28, 2017: Three night visit to Niagara Falls, Skylon Towers, Fallsview Casino and Peller Estates Winery. More information available at the Center.

Wednesday, September 27: Hello Dolly! On Broadway! Join us for the revival of this glorious comedy extravaganza! Enjoy a pre-show lunch at Maria's Mont Blanc restaurant. Cost is \$175pp. We are now accepting reservations.

*Note: it is the policy of Brookfield Senior Center to load buses in the order in which **final** payment is received.*

Movie Matinee presents:

Wednesday, January 4 at 1:00pm: A Hologram for the King. (2016, Rated R). Teetering on the edge of bankruptcy, U.S. businessman Alan Clay tries to reverse his fortunes by landing a lucrative contract in Saudi Arabia. As Alan attempts to navigate his way through an unfamiliar culture, he unexpectedly finds romance. (Cast: Tom Hanks, Alexander Black, and more).

Friday, January 6 at 1:00pm: Fishes N Loaves: Heaven Sent. (2016, Rated PG). When his parish closes, a big-hearted California preacher is dispatched to a church in tiny Eufala, Arizona (pop. 4521), a land of rodeos, square dances, love-struck goats, and amateur musicals. Can Pastor Randy (Patrick Muldoon, Days of Our Lives) and his loved ones keep their sanity long enough to inspire a community that's gone astray? (Cast: Patrick Muldoon, Dina Meyer, Bruce Davison and more).

Friday, January 13 at 1:00pm: Florence Foster Jenkins. (2016, Rated PG 13). Despite her horrid singing voice, New York City heiress Florence Foster Jenkins is certain she can become an opera star. Her partner and manager, St Clair Bayfield, does all he can to shield Florence from the truth, but his task may prove impossible. Cast: Meryl Streep, Hugh Grant, and Simon Helberg).

Wednesday, January 18 at 1:00pm: Finding Dory. (2016, Rated PG). Continuing her colorful adventures in Nemo's animated underwater universe, Dory sets out to unravel the mysteries of a past she's completely forgotten, accompanied on her quest by aquatic pals Marlin and Nemo. (Cast: Ellen DeGeneres, Albert Brooks, and more).

Friday, January 20 at 1:00pm: Scully. (2016 PG-13). Viewers around the world were astonished in 2009 when airline pilot Chesley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled. This fact-based drama illuminates Sullenberger's life and heroic achievement. (Cast: Tom Hanks, Aaron Eckhart, Laura Linney, and more).

News You Can Use from Brookfield Social Services

Lorraine Kelley, LCSW

(203) 775-7312

News from Social Security

* There will be a 0.3% Social Security COLA increase for 2017. Many of you will have already received your notice of the 2017 benefit from the Social Security Administration.

* Changes are coming for those who were born between 01/02/1955 through 01/01/1956. Their full retirement age will be 66 and 2 months.

Medicare Cost-Sharing for 2017

Premium changes:

* Medicare Part A premium will increase to \$413/month for those who have not worked enough quarters to receive Part A for free or a reduced cost.

* The standard Medicare B premium for 2017 will be \$134. This will affect new enrollees. For most of those already on Medicare B it will remain under \$109/mo. For those making over \$85,000 for singles and \$170,000 for couples, please go to Medicare.gov to see your premium costs.

Deductible and co-pay changes:

Part A – hospital deductible per benefit period of 60 days - **\$1,316**

Hospital co-pays: Days 1-60- \$0; Days 61-90: \$329; Days 91 and on: \$658.

Skilled Nursing Facility (Rehabilitation) co-pays: Days 1-20: \$0; Days 21-100: \$164.50

Part B, Outpatient Deductible will be **\$183/year**, cost sharing will remain, for the most part, at 80% paid by Medicare, and 20% responsibility of patient.

**Please note that if your income is at or below \$2,435.40 / mo for singles and \$3,284.10/ mo for couples, you may be eligible for the Medicare Savings Program and the State will pay your Medicare part B (and possible Part A, if needed) premium for you. It also provides automatic enrollment into the Federal Low Income Subsidy program (LIS) which can eliminate or reduce your Medicare D (prescription drug) premiums and give you lower co-pays.*

Brookfield CARES Hope and Support Group: Brookfield CARES meets weekly at Brookfield Senior Center on Monday evenings at 7:00pm. This group is for all those with loved ones affected by substance abuse or other at-risk behaviors and is facilitated by an experienced drug and alcohol abuse counselor.

FISH

Transportation for medical appointments between 9:00am – 2:00pm; Monday – Friday.



Ambulatory disabled and/or seniors in Brookfield may call **(203) 616-9678** to submit their request at least **3** days but no more than **7** days before the appointment.

SweetHART Telephone Numbers:

Reservations: (203) 748-2511

Will call/pickups, cancellations and confirmations: (203) 830-4399

Comments/questions: (203) 744-4070



SENIOR ACTIVITIES ~ JANUARY 2017

BROOKFIELD SENIOR CENTER ~ 100 POCONO ROAD

(203) 775-5308



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY/SUNDAY
<p>2</p> <p>Closed Happy New Year!</p> 	<p>3</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>4</p> <p>9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Movie Matinee: <i>Hologram for a King</i> 1:00 Functional Strength & Balance\$ <i>Cancelled</i> 1:30 Scrabble 2:30 Yoga \$</p>	<p>5</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Wii Bowling 11:00 Walk & Talk 12:00 Lunch Program* 1:00 Bridge & Poker 1:00 Mahjongg 1:00 Getting up from the Floor\$ <i>Cancelled</i> 6:45 Advanced Tai Chi</p>	<p>6</p> <p>9:30 Mahjongg 9:30 Men's Breakfast 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee – <i>Fishes N Loaves: Heaven Sent</i></p>	<p>7/8</p> <p>9:30 Saturday Zumba\$</p>
<p>9</p> <p>9:30 Canasta 10:30 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES</p>	<p>10</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 11:00 FOBSC Meeting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>11</p> <p>9:30 Tai Chi\$ 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:30 Scrabble 2:30 Yoga \$ 6:30 Alzheimer's Support 7:00 Stamp Club</p>	<p>12</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Bridge & Poker 1:00 Mahjongg 1:00 Getting up from the Floor\$ 6:45 Advanced Tai Chi\$</p>	<p>13</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee – <i>Florence Foster Jenkins</i></p>	<p>14/15</p> <p>9:30 Saturday Zumba\$</p>
<p>16</p> <p>Closed for Martin Luther King, Jr Day</p> 	<p>17</p> <p>9:00 Mahjongg 9:30 Line Dancing \$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>18</p> <p>9:30 Tai Chi \$ 9:30 Ask an Attorney* 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:00 Movie Matinee: <i>Finding Dory</i> 1:30 Scrabble 2:30 Yoga\$</p>	<p>19</p> <p>9:30 LI Aerobics\$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Bridge & Poker 1:00 Mahjongg 1:00 Getting up from the Floor\$ 6:45 Advanced Tai Chi\$</p>	<p>20</p> <p>9:30 Mahjongg 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 1:00 Movie Matinee: <i>Scully</i></p>	<p>21/22</p> <p>9:30 Saturday Zumba\$</p>
<p>23</p> <p>9:30 Canasta 11:00 Are you from the Bronx?*</p> <p>12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES</p>	<p>24</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 10:45 Cooking with Judy* 11:30 Blood Pressure NMVNA 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>	<p>25</p> <p>9:30 Tai Chi 10:00 Knitting 11:00 Let's Talk 12:00 Lunch Program* 1:00 Functional Strength & Balance\$ 1:00 Alzheimer's Support 1:30 Scrabble 2:30 Yoga\$</p>	<p>26</p> <p>9:30 LI Aerobics\$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats 10:30 Wii Bowling 12:00 Lunch Program* 1:00 Bridge & Poker 1:00 Mahjongg 1:00 Getting up from the Floor\$ 6:45 Advanced Tai Chi\$</p>	<p>27</p> <p>9:30 Mahjongg 9:30 Judge Landgrebe* 10:45 Muscle Sculpt Chair Class\$ 11:00 Scrabble 12:00 Fabulous Friday: Hot Dog Bingo\$*</p>	<p>28/29</p> <p>9:30 Saturday Zumba\$</p>
<p>30</p> <p>9:30 Canasta 10:30 Bingo 12:00 Lunch Program* 12:30 Mahjongg 1:00 Farkle & Games 1:00 Strength/Balance\$ 1:00 Wood Carving 2:30 Yoga\$ 7:00 Brookfield CARES</p>	<p>31</p> <p>9:00 Mahjongg 9:30 Line Dancing\$ 9:30 Wii Bowling 10:00 Quilting 12:00 Lunch Program* 1:00 Bridge, Pinochle & Mahjongg 1:00 Chair Yoga\$</p>		<p>*Sign Up Required</p> <p>\$ Fee Required</p>		<p>Lunch is served Monday through Thursday 12:00 Noon</p> <p>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</p>