

FRONT & CENTER

FEBRUARY 2017

ENFIELD SENIOR CENTER NEWS & ACTIVITIES

MEMORIES OF PATSY The Patsy Cline Tribute Show

Friday, February 10, 6 pm
\$7 per person

Celebrate Valentine's Day with the romance of Patsy Cline. "Memories of Patsy" recreates the experience of seeing the legendary singer live in concert. The performance includes over two dozen of Patsy Cline's songs, including "Crazy," "Walkin' After Midnight," "I Fall to Pieces," "She's Got You," "Sweet Dreams" and many more.

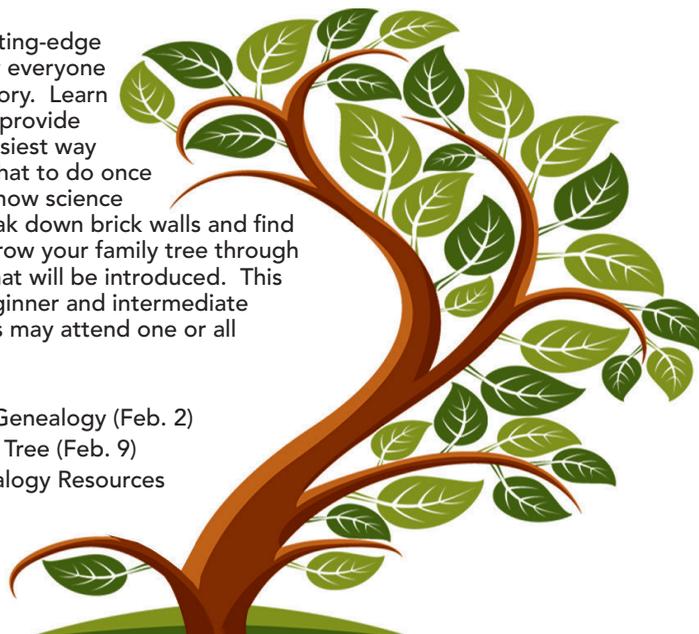


Free Genealogy Series

Thursdays, Feb. 2-16, 3 classes, free with registration

From antique heirlooms to cutting-edge science, there is something for everyone who is interested in family history. Learn about records and places that provide clues to your ancestors, the easiest way to find those resources, and what to do once you've found them. Discover how science unites with history to help break down brick walls and find family using DNA research. Grow your family tree through a variety of online resources that will be introduced. This series is designed for both beginner and intermediate experience levels. Participants may attend one or all sessions.

- Session 1:** Getting Started in Genealogy (Feb. 2)
- Session 2:** DNA & Your Family Tree (Feb. 9)
- Session 3:** Using Online Genealogy Resources (Feb. 16)



Adult Open Gym Pickleball

Mondays, Thursdays & Fridays
9 am-12 pm
Through April 28
R \$2 NR \$2.50 Daily fee
Fermi High School Gym



The Enfield Recreation Department is offering open gym Pickleball for those 18 and older. Participants must have a program waiver on file at the gym to participate. Forms may be completed the first time you attend. Please call Recreation at 860-253-6420 for more information.



This Newsletter was
Sponsored by:

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Enfield Senior Center
299 Elm St., Enfield, CT 06082
PHONE: (860)763-7425
FAX: (860)763-7429
E-MAIL

SeniorCenter@enfield.org
WEBSITE
www.enfield-ct.gov/seniors

Like us on Facebook
Follow us on Twitter:
@EnfieldSrCtr
HOURS

Monday-Thursday: 8 am-8 pm
Friday: 8 am-5 pm
Office opens at 8:30 am

Senior Community Cafe
(860) 763-7428
For lunch reservations call by
noon the day before and leave a
message.

Senior Center Phone List
Main Office: (860) 763-7425
Arts & Crafts: (860) 763-7437
PRIME Fitness: (860) 272-3554
Meals on Wheels: (860) 763-0400
Dial-a-Ride: (860) 272-3545

A note from the Director

Isolation and loneliness are bad for our health. Studies have shown that the health risks of isolation are equivalent to smoking 15 cigarettes a day. Yikes!

Coming to the Senior Center can help. In a recent survey, 82% of participants reported that they have more social outlets and friends since coming to the Enfield Senior Center. And 85% say they have a more positive outlook since attending. Seeing people more frequently, joining activities, and connecting with others can benefit you.

There are many programs in this newsletter that you can take part in. Join us!

Sincerely,

Susan Lather
Director

First sign-up day for March and April classes:

R Tuesday, Feb. 7 **NR Tuesday, Feb. 14**
Starting at 8:30 am **Starting at 8:30 am**

Please bring a completed registration form and cash or a check payable to the Enfield Senior Center.

Registration Policies:

- Registrations are taken in person beginning on the dates and times above.
- No registrations are taken prior to the first sign up date.
- Only one registration per person is accepted on the first sign up day.
- Mail-in registrations are processed after those in person have been registered. Please do not send cash. A completed registration form must be included.

Refund Policies:

- Refunds are made in full for withdrawing before a class begins.
- Refunds are given for medical reasons, with a doctor's authorization.
- Vouchers are issued when a class is canceled by the Senior Center.
- To be eligible for vouchers, the class must be paid in full prior to the class cancellation.

Class dates may change according to instructor schedules after the publication date of this issue.

Please keep a copy of the registration form for the most accurate and up-to-date class information.



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Tuesday Only Must be \$
65 Years or Older

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\$1.00 OFF
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Special Events & Dances

All tickets for catered events may be purchased up to the day before the event and are not sold at the door. Please register in advance for all seminars at the Senior Center office or call 860-763-7425. Assistive Hearing Devices are available in the front office for all programs.

3

UPCOMING EVENTS

**Bennie & the Jets
Elton John Tribute Band**
Friday, March 3, 6 pm
\$7 per person

Usual Suspects Dance
Friday, March 24, 6 pm
\$7 per person

Monthly Birthday Party Every First Wednesday of the Month

Parkway Pavilion Health & Rehabilitation provides a birthday cake for all community café luncheon participants to celebrate the birthdays of everyone in that month. Happy Birthday!

Morning Toast

Mornings from 8:30 to 10 am
Donation requested

Start your day with a choice of English muffin, white or wheat toast to enjoy with coffee. Top it off with butter, jelly, peanut butter or Nutella.



Ballroom Dance

Friday, Feb. 17, 2 pm
\$3 at the door

Dance to the sounds of Richie Mitnick on keyboard and enjoy a snack at the break.

Sully

Tom Hanks stars in this thrilling portrait of heroic airline pilot Chesley "Sully" Sullenberger, re-enacting his incredible successful emergency landing of an Airbus A320 full of passengers on the Hudson River. Starring Tom Hanks. Directed by Clint Eastwood. PG13. 96 min.

\$5 MOVIE AND MEAL (5 PM MEAL)

PLEASE PURCHASE IN ADVANCE

\$2 PER PERSON

AT THE DOOR FOR MOVIE ONLY – STARTS AT 6 PM

Movie & Pizza with Bottled Water
Thursday, February 16

Johnson Memorial Hospital and Saint Francis Care are giving you *twice* the care in Enfield



Our skilled *team* treats patients
like people, not numbers!

Johnson Surgery Center

- Same-day surgical services for adults and children including: Ear, Nose and Throat Surgery, Gastrointestinal care and Eye Surgery
- Diagnostic imaging services including: Mammography, Ultrasounds and X-Rays
- Laboratory services including: Phlebotomy, Hematology and Routine Laboratory Tests

Wound Care Center

- Wound care evaluation and treatment including: Diabetic Wounds, Venous Stasis, Arterial, Vasculitic Ulcers, Burn Wounds ...and more
- Two Hyperbaric Oxygen Therapy Units

Johnson Cancer Center

- 14-Chair Infusion Center
- A wide range of Oncology and Radiation Therapy Services
- Onsite pharmacy & laboratory ...& more!

Conveniently located at 140-142 Hazard Avenue in Enfield, CT.

Visit us online at jmmc.com



Johnson Memorial Hospital

jmmc

4 Fitness Programs

R Residents

NR Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

Body 360

Thursdays, 1-1:45 pm
Mar 2-Apr 27, 9 classes
R \$27 NR \$36

Tight muscles can contribute to back pain or difficulty performing everyday tasks. Poor balance increases your risk of falls. If you have been inactive due to injury or recovering from surgery or if you are active and want to stay active, you will want to take this class. Incorporating stretching, flexibility and balance into one class, this class is for all levels of fitness. Exercises will be standing, in chairs and some mat work.

Boxing & More: Exercise with Parkinson's

Mondays, 3:30-4:30 pm
Mar 6-Apr 24, 8 classes
R \$32 NR \$40
Wednesdays, 3-4 pm
Mar 1-Apr 26, 9 classes
R \$36 NR \$45

NEW

Techniques and drills for people of all ages with Parkinson's Disease. Functional interval training, boxing and more!

Chair Exercises

Mon, Wed & Fri,
11 am-Noon
No class on Feb. 10

FREE

Improve flexibility, coordination & stamina.

Hand Exercise

Tuesday, 9-10 am
Through Jun 20

FREE WITH REGISTRATION

Do you have trouble opening jars or buttoning your shirt? Learn some ways to strengthen your hands and fingers to make these tasks easier. Join the Bay Path University Occupational Therapy students weekly group. Walk-ins accepted as space allows.

NEW

Jan's Exercise

Mon, Wed & Fri, 9-10 am
Mar 1-31

1-day, 5 classes

R \$18 NR \$24

2-day, 10 classes

R \$30 NR \$40

3-day, 14 classes

R \$39 NR \$52

Apr 3-28

1-day, 4 classes

R \$15 NR \$20

2-day, 8 classes

R \$24 NR \$32

3-day, 11 classes

R \$30 NR \$40

No class on Apr 14

Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.

Line Dancing

Mondays, 1-2 pm
Mar 6-Apr 24, 8 classes

R \$24 NR \$32

After taking a basic class, or if you have line danced before, you will enjoy learning in this class.

Pilates

Thursdays, 4:30-5:30 pm
Mar 2-Apr 27, 9 classes

R \$36 NR \$45

Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.

Simply Stretch & Strengthen with Shelly

Mondays, 10:30-11:30 am
Mar 6-Apr 24, 8 classes

R \$24 NR \$32

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and

standing. This class is for all ability levels and will not involve mat work or getting down on the floor.

Tai Chi – Introduction

Wednesdays, 3:30-4:30 pm
Apr 12-26, 3 classes
R \$9 NR \$12

This class is designed for the person who has never taken Tai Chi before with an emphasis on improving balance and preventing falls.

Tai Chi – Advanced Beginner

Tuesdays, 8:45-9:45 am
Mar 7-Apr 25, 6 classes
No classes on Mar 21 or 28.
R \$30 NR \$36

This class is designed for individuals who have some experience in Tai Chi and would like to learn beyond the basics.

Tai Chi – Intermediate

Thursdays, 8:45-9:45 am
Mar 2-Apr 27, 7 classes
No classes on Mar 23 or 30

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Enfield Senior Center

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- Will 45% of your IRA go to taxes instead of your loved ones?
- Why do the majority of people reposition their 401k into an IRA?
- Why can a stretch IRA double or triple your non-spouse beneficiary's inheritance?
- Will a nursing home attach your IRA and spend it down?

**If you own an IRA or 401k, you won't want
to miss this informative presentation.**

Reserve your spot today!

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*Join us in supporting our neighbors,
donate a food item to benefit the Enfield Food Shelf*



John G. Dee
President

This Newsletter was
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R \$35 NR \$42

Continue with more advanced movements.

WOW! – Women on Weights

Wednesdays, 5-5:45 pm

Mar 1-Apr 26, 9 classes

R \$27 NR \$36

Fridays, 10:30-11:30 am

Mar 3-Apr 28, 8 classes

R \$24 NR \$32

No class on Apr 14

This class is broken down by muscle group so the entire body is trained. Light weights and bands will be used, as well as your own body weight. The instructor will accommodate the different goals of each student.

Yoga – Chair and Standing

Tuesdays, 11 am-12 pm

Mar 7-Apr 25, 8 classes

R \$32 NR \$40

An enjoyable series of stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

Yoga – All Levels

Tuesdays, 9-10 am

Mar 7-Apr 25, 8 classes

R \$32 NR \$40

Tuesdays, 10-11 am

March 7-Apr 25, 8 classes

R \$32 NR \$40

Thursdays, 6-7 pm

Mar 2-Apr 27, 9 classes

R \$36 NR \$45

This class is for active adults who want to incorporate mat work on the floor into their yoga practice. Even if you have never had a yoga class, the instructor will guide you through modified sun salutations and postures.

Zumba Gold

Mondays, 6:15-7:15 pm

Mar 6-Apr 24, 8 classes

R \$32 NR \$40

Wednesdays, 10:30-11:30 am

Mar 1-Apr 26, 8 classes

R \$32 NR \$40

No class on Apr 12

Wednesdays, 6:15-7:15 pm

Feb 1-Feb 22, 4 classes

R \$16 NR \$20

Mar 1-Apr 26, 9 classes

R \$36 NR \$45

Fridays, 11:45 am-12:45 pm

Mar 3-Apr 28, 8 classes

R \$32 NR \$40

No class on Apr 14

Zumba is fitness made fun! Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

Zumba Gold – Chairs

Wednesdays, 11:30-12 pm

Mar 1-Apr 26, 8 classes

R \$24 NR \$32

No class on Apr 12

Chair Zumba takes the same beats and moves as traditional Zumba and modifies them for exercising and dancing in a seated position. Keep joints flexible, burn calories, stretch and strengthen muscles, and increase cardiovascular function in a 30-minute session. Join the party!

Zumba Toning

Mondays, 7:25-8 pm

Mar 6-Apr 24, 8 classes

R \$24 NR \$32

Tone your body to the same great music and less cardio. Try both Zumba Gold and Toning or just one. Bring 1 to 3 lb. weights or Zumba Toning Sticks.

PRIME Fitness at the Enfield Senior Center

Now accepting Silver Sneakers and Silver & Fit memberships!

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have. Stop in for a tour!

Mon to Thurs: 8 am - 8 pm • Friday: 8 am - 4:30 pm

Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule:

\$25 for a month • \$60 for 3 months • \$100 for 6 months • \$150 for a year (Half the cost of a monthly membership!)

If your Medicare Supplemental offers Silver Sneakers or Silver or Fit, you can join at no cost to you. Check with your provider today!

New Member Package includes:

- One hour individualized program design consultation.
- Training on all machines.
- Program supervision and supervised workout.
- Optional Fitness Assessment.

To schedule an appointment with a Fitness Assistant or for an answer to any questions, call 860-272-3554.



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6 Computers & Technology

R Residents

NR Non-Residents

Log on at www.enfield-ct.gov scroll down to senior center

Technology Café

Stop in and use the iPads, Kindle Fires, All-in-One Windows 8.1 Touchscreen Computers, while having a cup of coffee or tea.

Find your way by using the Sip & Swipe software or ask a volunteer how to start.

Android Tablet User Group

Thursdays, 10 am-12 pm
Feb. 9

FREE

If you use a Samsung Galaxy, Google Nexus, Kindle Fire or Nook Tablet and want to share your experience and gather more knowledge, come to this group to share ideas, tips, and applications. Bring your own device or borrow a Kindle Fire from the Enfield Senior Center.



Computer Help Sessions

Wednesdays, 3-4 pm

FREE

Maybe you're taking a class and need practice or you may have a question about your laptop, desktop or software. Bring any question during this open forum and have it answered. No registration is necessary to participate in these sessions.

Teen Tech

Wednesdays in February,
4-5 pm

FREE

Drop in for a quick lesson with an expert – a high school student.

Digital Photography Group

NEW

First Thursday of every month

Feb. 2, 5 pm

FREE



iPad User Group

Monday
Feb. 13
1-2 pm

A class may be added

FREE

If you are an iPad user, stop in to join the group on the second Monday of each month. Although this is not a formal class, it is a fun way to share what you know. No registration is necessary to participate in this group.

TED TALKS

Thursday, Feb. 16
10:30-11:30 am

FREE

The Enfield Senior Center will host TED (Technology, Entertainment, Design) Talks and discussion groups from 10:30 to 11:30 a.m. on the third Thursday of each month. The group will watch a TED Talk, then discuss their thoughts on the matter.

Drop in. No Fee.

Do Schools Kill Creativity?

Creativity expert Sir Ken Robinson challenges the way we're educating our children. He makes an entertaining and profoundly moving case for creating an education system that cultivates creativity and acknowledge multiple types of intelligence.

WINTER SPECIAL

Offer Available
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Creative Arts Programs

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Art for Non-Artists

Mondays, 1-3 pm

Apr 3-Jun 12, 10 classes

R \$40 NR \$50

No class on May 26

"I wish I could paint like that! I can't even draw a straight line!" Have you ever said this? Now you can create your very own masterpiece and mat and frame it in ten sessions. No art talent required. Just bring a picture that you like, and line-by-line, stroke-by-stroke, you will create a beautiful picture ready to sign and hang up. Hurry and sign up as space is very limited.

Card Making

Fridays, 9:30-11:30 am

Feb 10 and 24, 2 classes

R \$8 NR \$10

Mar 10 and 24

R \$8 NR \$10

Apr 28

R \$4 NR \$5

We will make the following: Feb 10, Sympathy cards; Feb 24, Kids Birthday cards; Mar 10, Easter Cards; Mar 24, Birthday Cards; Apr 28, Graduation & Baby Cards.



Ceramics

Thursdays, 9 am-Noon

Feb 2-23, 4 classes

R \$16 NR \$20

Mar 2-30, 5 classes

R \$20 NR \$25

Apr 6-27, 4 classes

R \$16 NR \$20

Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware and firing are an additional cost.



Coloring for Stress Relief

Wednesdays, 5:30 pm-7:30 pm

Feb 8 & Mar 22

Thursdays, 1-3 pm

Feb 16 & Mar 16

FREE

Coloring is an activity very beneficial to adults—namely for its de-stressing power. Coloring generates wellness, quietness and also stimulates the brain's areas related to motor skills, senses and creativity. Join us for coloring and a cup of tea. Please sign up in the Front Office.

Creative Stitches

Wednesdays, 9 am-12 pm

FREE

Do you enjoy knitting, crocheting and other needle work? Do you wish to brush up on your skills? Do you want to learn the basics of needlework? We welcome new members of any age, gender or ability! No need to sign up—just drop in.

Cross Stitch Bucket Basket Class

Thursday, 12:30-5 pm

Feb 9, 1 class

R \$6 NR \$7

Material fee of \$15 is payable to the instructor.

8x12 inch D handle. Choice of colors for cross stitch design.

NEW

Hanging Plastic Bag Holder Basket Class

Thursday, 12:30-5pm

Apr 13, 1 class

R \$6 NR \$7

Hang and organize all those plastic bags. Decorative pattern woven into basket. Your choice of accent colors. Material fee of \$12 is payable to the instructor.

NEW

Heritage Craft Group

Mondays, 10 am-12 pm

FREE

Do you enjoy knitting, crocheting, sewing and crafts? We welcome new members of any age, gender or

ability! No need to sign up—just drop in.

Jewelry – Mornings

Friday, 9:30-11:30 am

Feb 17, 1 class

Mar 17, 1 class

Apr 21, 1 class

R \$4 NR \$5 per class

Make a bracelet, necklace or earrings. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads. Instructor supplies all tools, and beads are purchased separately.

Look, See, Draw

Wednesdays, 1-3 pm

Mar 1-May 3, 10 classes

R \$40 NR \$50

This is a class for those who want to learn how to see size, scale, light, color, and composition. Step-by-step instructions begin with just a few simple shapes, and continue on with lines and additional shapes until the drawing is completed. You'll be amazed at what you can create! Just bring colored pencils and a #2 lead pencil.

Make It & Take It Scrapbook Page

Tuesdays, 1:30-3:30 pm

Feb 21, 1 class

Mar 21, 1 class

Apr 18, 1 class

R \$3 NR \$4 per class

Create pages to showcase special photos. Different themes and techniques will be used.

Paper Crafting Workshop

Friday, 9 am-3 pm

Feb 3, 1 class

Apr 7, 1 class

\$5 per person

Bring your supplies and projects and join us for an all-day scrapbook and card making workshop. Start your cards for the coming year or scrap your backlog of photos. Some tools will be provided to share.

Sassy Sewers

Tuesdays, 1-3 pm

FREE

Do you enjoy quilting and sewing? Come and share ideas, swap fabric and show & tell. Join us join the 2nd and 4th Tuesday of the month.



Scrapbook Crop

Tuesdays, 1:30-4 pm

Feb 7, 1 class

Mar 7, 1 class

Apr 4, 1 class

R \$3 NR \$4 per class

Join us to share ideas, organize your photos and get them into your scrapbooks.

Tank Tray Basket Class

Thursday, 12:30-5 pm

Mar 9, 1 class

R \$6 NR \$7

Material fee of \$12 is payable to the instructor

Great organizing basket for on top of the toilet tank. Basket measures 6x15x5. Your choice of accent colors.

NEW

UFOs: Un-Finished Objects

Wednesdays, 12 pm-4 pm

Feb 1-22, 4 classes

FREE

Are you finding yourself drowning in UFOs: Un-Finished Objects? The holidays are upon us. Use this time to finish those holiday gifts. Work weekly crafting time into your schedule to see craft projects through to completion. Enjoy lots of space and the company of others to complete your projects.

FRONT & CENTER

ENFIELD SENIOR CENTER NEWS & ACTIVITIES

2017 Publication Schedule

January 17 • February 21 • March 21 • April 18

May 16 • June 20 • July 18 • August 15

September 19 • October 17 • November 21 • December 19

To advertise contact: **Paul Poutre 860-646-0500 ext. 263** email: ppoutre@journalinquirer.com

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8 Trips

SAVE THE DATES! Stop by for trip flyers with more detailed information.
Trip details, dates, and pricing subject to change.



The Best of Maple Sugar Season in Massachusetts: North Hadley Sugar Shack, Farm Table Restaurant at Kringle Candle

Tuesday, March 14, 2017

The Farm Table Restaurant at Kringle Candle in Bernardston, MA invites you to a special Maple Sugar Luncheon. Gourmet menu includes: Apple, Dried Cranberry & Walnut Salad topped with Maple Balsamic Dressing over Baby

Spinach. Choice of: Cider & Maple Mustard Butter Roasted Salmon, served with Grilled Asparagus and Herb Roasted Fingerling Potatoes or Maple and Citrus Lacquered Seared Breast of Duck, served with Bacon Caramelized Brussel Sprouts and Whipped Sweet Potatoes. Dessert will be Bourbon Bread Pudding with Maple & Pecan Ice Cream. This beautiful restaurant is an experience to remember. There will be free time to shop the Kringle Candle store. Then it's off to visit the North Hadley Sugar Shack in North Hadley, Massachusetts. Our guided tour will follow the maple syrup process. View boiling of sap, the tapped trees, & everyone will receive a Sweet Maple Treat! Cost: \$95 per person.

West Point Dress Parade with Lunch at the Hotel Thayer

NEW

Saturday, April 29, 2017

West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance on the parade grounds of the beautiful West Point Academy. The Cadets march in full uniform, in cadence with the military music, presenting arms in unison. Lunch at the Hotel Thayer for a bountiful buffet. Guided tour of West Point highlights Cadet Chapel, Trophy Point, and Hudson River lookout. Trip sign-up date is: Friday, February 24, 2017, 10 am, Senior Center Dining Room. Cost: \$101 per person.

Mamma Mia, Westchester Dinner Theatre

NEW

Wednesday, May 24, 2017

Once seated at your reserved table, you'll select from an excellent menu and enjoy a pre-show lunch. Enjoy a matinee performance of "Mamma Mia" at the Westchester Dinner Theatre located in Elmsford, NY. It's Abba's greatest hits woven into 3 wonderful love stories. A young girl about to be married, her mother about to confront the past, and the best love story of all. So many great songs including "Mamma Mia" and "Dancing Queen". A great, fun show with lots of energy. Trip sign-up date is March 3, 2017. Cost: \$105 per person.



Ogunquit, ME – Nubble Lighthouse Cruise

Monday-Wednesday, June 5-7, 2017

3 days/2 nights/2 breakfasts/ 2 dinners

Enjoy 2 nights at the Meadowmere Resort – centrally located within walking distance from Ogunquit Village, Perkins Cove and Ogunquit Beach. Enjoy rooms with a balcony or patio, relax by the indoor and outdoor pools, all set on 4 acres in beautiful Ogunquit. A welcome dinner marks your arrival. Board the Finestkind III for the Nubble Lighthouse Cruise along the scenic rocky coast of Southern

NEW

Maine with views of York's elegant homes and breathtaking photo ops of the Nubble Lighthouse. Time to stroll Perkins Cove, a picturesque little fishing village that's home to local artisans, specialty shops and Oceanside eateries. Then it's off to Foster's Downeast Clambake to dig into their prize-winning chowder, mussels, lobster, corn, potatoes, onions, rolls, and fresh Maine Blueberry Crumb Cake. We will depart Maine and head south for Newburyport, Massachusetts, a historic seaport located north of Boston on the seacoast of New England for a locally guided historic driving tour through Newbury. Visit the Museum of Old Newbury and explore the quaint Main Street of Newburyport for shopping before heading home. Cost: \$409 per person double occupancy. For more information, pick up a detailed trip flyer. Reservations are currently being accepted at the Enfield Senior Center Front Desk. \$150 each deposit due by March 13, 2017, to hold your reservation.

The Tall Ships Boston Harbor Cruise

Wednesday, June 21, 2017

Start your day with lunch at Fire & Ice Restaurant in Boston. Fire & Ice serves an endless array of fresh food combinations and the magic performed by the chefs around the world's largest Mongolian grill will delight and excite your senses. You choose the ingredients and decide on the dish and the chefs will do the rest right in front of you. Fire & Ice is an all you can eat concept that allows you to go through this process as many times as you want. After lunch, head to the dock where you will board one of Boston Harbor Cruise boats for an historic and informative narrated cruise of The Tall Ships.

NEW

Boston will be the only US port to host this amazing event! The majesty and grandeur that The Tall Ships display will certainly impress. Cost: \$115 per person. Trip sign-up date is: Friday, April 7, 2017, 10 am, Senior Center Dining Room.

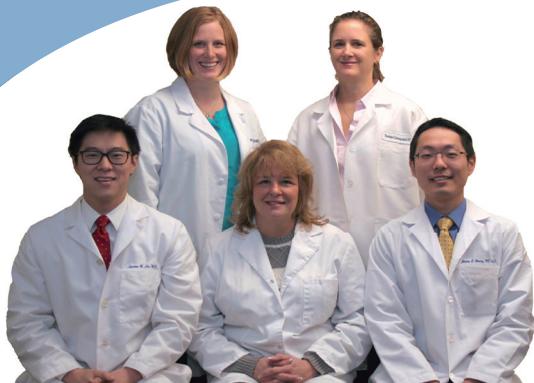
Montreal & Quebec City

Saturday-Tuesday, August 26-29, 2017
4 days/3 nights/4 meals

This 4-day trip will begin in the St. Lawrence River Valley and the City of Montreal. Your hotel in downtown Montreal is in the historic Old Port District near where the city first settled. The first night includes an introductory tour of the city. Sightseeing includes a stop at the beautiful Notre Dame Basilica, Dominion Square in the heart of Montreal. Next admire the spectacular view from Mont Royal and visit world famous St. Joseph's Oratory overlooking the western part of the city. The trip will then follow the scenic St. Lawrence River to Quebec City, the heart of French Canada. The Quebec guide will take you on a stroll on the Boardwalk at Dufferin Terrace by the Chateau Frontenac and visit Place Royale, where Samuel Champlain first settled over 400 years ago. The trip will also visit the healing shrine of St. Anne de Beaupre and scenic Montmorency Falls. The journey home will include a stop for bargain shopping at Duty Free. Cost: \$779 per person/double occupancy. Detailed flyer available at the Enfield Senior Center. Reservations are currently being accepted at the Enfield Senior Center front desk. \$100 each deposit due by March 26, 2017 to hold your reservation.

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UPCOMING TRIP SIGN-UP DATES

WEST POINT DRESS PARADE

Trip Sign-up Date: **FRIDAY, FEB. 24, 10 AM**
Enfield Senior Center Dining Room

MAMMA MIA! WESTCHESTER DINNER THEATRE

Trip Sign-up Date: **FRIDAY, MARCH 3, 10 AM**
Enfield Senior Center Dining Room

THE TALL SHIPS BOSTON HARBOR CRUISE

Trip Sign-up Date: **FRIDAY, APRIL 7, 10 AM**
Enfield Senior Center Dining Room

This Newsletter was
Sponsored by:



9



The Wonders of Italy

**Tuesday-Friday,
April 25-May 5, 2017**

Relax on an overnight flight into Rome "The Eternal City". Enjoy a walking tour of the famous Spanish Steps and Trevi Fountain. This trip will include a visit to the Vatican City with entrance to the Vatican Museum and the Sistine Chapel, a motor-coach tour of Rome featuring Quirinale, Piazza Navona, Pantheon, and Campo dei Fiori. An ancient city tour of Rome and a visit to the Roman Colosseum will also be included. In Sorrento, you'll take the high speed ferry over to Capri for a guided tour of the island. There will also be free time in Sorrento for exploring. A guided tour is included of the picturesque coastal village of Positano and of the Amalfi Coast, which includes entry to the Amalfi Dome Closter. Enjoy the Tuscan countryside on your way to Florence. Piazza Santa Croce, Palazzo Vecchio, Cathedral of Santa Maria Dei Fiori, and the famous "Gates of Paradiso" will be visited in your guided tour of Florence. A stop at the Accademia Museum to see the original Statue of David will also be included. A trip to Italy would not be complete without experiencing the wine region for wine-tasting and exploring. A guided tour of Pisa where we will see the famous Leaning Tower of Pisa will highlight your trip. Entry into the medieval cathedral at the Piazza dei Miracoli (Square of Miracles) is included. You'll also experience a guided tour of the renaissance-era city of San Gimignano. A feast at a local Tuscan "Agriturismo" (Italian Farm) for a delicious Tuscan dinner featuring regional specialties, wines, and olive oil will bid farewell before you depart for home. Cost: \$4899 per person/double occupancy.

**Detailed trip flyers are available
at the Senior Center.**



Holland, Mich., Tulip Time Festival

**Tuesday-Tuesday, May 9-16, 2017
8 days/7 nights/14 meals**

We're off to the pretty town of Holland, Michigan, on the shores of Lake Michigan to view beautiful tulips. Before we land in Holland, MI, we'll stop at the Rock n Roll Hall of Fame in Cleveland for a musical trip down memory lane. In Michigan, you'll enjoy a guided tour of Holland. Here you'll see the rich Dutch culture and celebration of the tulips, Windmill Island, the home of DeZwaan Windmill, Klompen dancing and Dutch specialty shops. We will visit Nelis' Dutch Village, a recreation of the Netherlands 150 years ago where people wear wooden shoes and colorful costumes as they dance in the streets. And, you won't want to miss a stop at Veldheer's Tulip Garden with 5 million tulips in bloom this week. Special reserved grandstand seats have been set aside for the colorful Muziekparade, a festival highlight. In Dearborn, Michigan, we visit the Henry Ford Museum, where Henry Ford stored his vast private collection and Greenfield Village, where you'll travel back in time to America in the mid-1800s. The journey home crosses Southern Ontario to Niagara Falls, with dinner at the famous revolving restaurant, atop the Skylon Tower, overlooking the Falls. And, in Geneva, NY we stop for lunch and wine tasting at Ventosa New York State Vineyards. Cost: \$1695 per person/double occupancy..

**Detailed trip flyers are available at
the Senior Center.**



Canadian Rockies

**Saturday-Friday, Sept. 2-8, 2017
Vancouver, Kamloops,
Lake Maligne,
Banff, Calgary**

This 7-day journey will begin in Vancouver, British Columbia and end in Calgary, Alberta. This adventurous trip includes a Vancouver city tour which includes Stanley Park, Chinatown, Gastown and the world famous steam-powered clock, the 2010 Olympic torch and village. Transportation from Kamloops to Jasper is via Rail Canada and what a journey it will be as you view the pristine Canadian wilderness along the way. On this trip we'll visit the Columbia Icefield Highway, with snowcapped mountains, rushing rivers, and impressive cliffs, this being one of Canada's most scenic motorways. We'll also stop at Athabasca Falls and board a snow coach ride for a glacier walk. In Jasper, we'll venture to the Athabasca River for a gentle rafting trip, the same route once used by Fur Traders. We will also cruise on Lake Maligne and enjoy an afternoon walk into Maligne Canyon. A visit to Yoho National Park is included and we will also explore Moraine and Emerald Lakes and a walk to the Lower Johnson Canyon Waterfall. No visit would be complete without a stop at Lake Louise where we'll walk the paved path along the edge of the lake to enjoy the peaceful beauty. Maybe you'll see a moose, bear or caribou on the evening Wildlife Safari. Cost \$3259 per person/double occupancy.

**Detailed trip flyers are available at
the Senior Center.**



Incredible Iceland

**Thursday-Wednesday,
Oct. 19-25, 2017, 7 days/8 meals**

Your journey to Iceland begins with a non-stop overnight flight to Reykjavik, Iceland on Icelandair. Upon arrival, you'll be greeted and escorted to breakfast and a Reykjavik city tour. After your leisurely afternoon you'll embark on a Northern Lights (Aurora Borealis) excursion in search of the entrancing and magical display of beautiful colors across the night sky. A full-day excursion is planned to the Snaefellsnes Peninsula to see white and black sand beaches, bird cliffs, spectacular mountains, volcanic craters and charming fishing villages. You'll also visit Iceland's south coast. During the guided excursion, you'll encounter wide plains, dramatic sea cliffs and spectacular waterfalls and views of the Hekla and Eyjafjallajokul volcanoes and the beautiful village of Vik. Vik is considered to be one of the most magical places to take in the Northern Lights experience. On this tour you'll visit the hot spring area of Reykjavik to see the famous Geysir and Strokkur, a magical hot spring that spouts every few minutes, the Golden Falls, Iceland's most famous and impressive waterfall featuring a spectacular double cascade, and Thingvellir National Park. And, before you depart, you'll experience the world-famous Blue Lagoon. This natural spa is based around the geothermal seawater in the lagoon. Cost: \$2999 per person.

**Detailed trip flyers
are available
at the Senior Center.**



MARK YOUR CALENDARS!

**Look what's being
planned for 2017-18**

July 20, 2017: Sail Away on Mystic Argia

July 27, 2017: Block Island Breeze

August 17, 2017: Saratoga Racetrack

**September 11-13, 2017: Vermont Sound of
Music**

**November 5, 2017: National September 11
Memorial Museum**

**February 3-13, 2018: Caribbean Cruise
from NY**

Trips and dates subject to change.

10 Clinics, Screenings & Support

SCREENINGS AND CLINICS

Ask the Occupational Therapist

**Tuesday, Feb. 14
9-10:30 am**

Brian Nyberg, OTR/L LNHA from Parkway Pavilion will be at the Senior Center every second Tuesday of the month to answer your questions. If you are having any concerns about arthritis, exercise or aches that will not go away, make an appointment for a consultation.

Balance Screening

Tuesday, Feb. 21, 10 am-Noon

Evergreen Health Care Center is offering an individualized balance screening every third Tuesday. Call the Senior Center office to make your appointment.

Blood Pressure Screenings

**First & third Wednesdays
of each month, 10 am-Noon;
Second & fourth Wednesday of
each month, 10:30 am-Noon**

Free blood pressure and blood sugar screenings are offered. No appointment needed, just stop in.

Foot Care Clinic

Friday, Feb. 10, 8:30 am-3 pm

By appointment only

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$29. Home visits available for homebound seniors for an additional cost.

Foot Care Clinic – Evenings

Wednesday, Feb. 8, 1-7:30 pm

By appointment only

This same wonderful service is now available with convenient evening hours. Cost is \$29.

SUPPORT GROUPS

Alzheimer's Caregiver Support Group

Tuesday, Feb. 21, 1 pm

If you are caring for someone with Alzheimer's Disease, you have unique concerns and issues. Visiting Nurse and Health Services of Connecticut will provide a monthly facilitated support group to help you find the resources and care you need. Every third Tuesday, meet with others who understand.

Bereavement Support Groups – Registration Required

Mondays, 5:30-7 pm

Call Jo Ann Taft, Bereavement Counselor for registration, schedule and location at Home and Community Health Services, 860-763-7612.

Blood Cancer Support Group

**First Thursday of each month;
Feb. 2, 6-7:30 pm**

This family support group is open to adult patients and family members who are coping with Acute and Chronic Leukemia, Non-Hodgkin Lymphoma, Hodgkin's Disease, Multiple Myeloma, Myelodysplastic Syndrome or Myeloproliferative Disorders. Facilitated by Dr. Jay Burton of Springfield Medical Associates. Please call 413-789-0200 for more information.

Diabetes Support Group

Thursday, Feb. 9, 1-2 pm

Sponsored by Johnson Memorial Medical Center. If you or a loved one live with Diabetes and are looking for more help from others who share the same condition, then please join us. We meet the second Thursday of every month.

Gluten-Free Support Group

*Facilitated by Michelle Mattia,
Registered Dietitian from Shop Rite
of Enfield.*

**Wednesday, March 15,
6:30-7:30 pm**

Share challenges, successes and helpful tips with others. Regular meetings are held the third Wednesday of every other month at the Enfield Senior Center. Light refreshments are served. Please RSVP to insure that enough gluten-free samples will be available. Contact Michelle at 860-253-4173 or michelle.mattia@wakefern.com.

Stroke Support Group

**Tuesday, Feb. 14
10 am**

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT, Inc. If you have questions, please call: Sandie Pino, MSW, LCSW, Visiting Nurse & Health Services of CT 860-872-9163.

WELLNESS PROGRAMS

Chair Massage and Reflexology

**Friday, Feb. 3 & 17,
12-2:45 pm**

By appointment only

Holly Battige, Licensed Massage Therapist, brings two forms of complementary, stress reducing and muscle relaxing therapies to the Senior Center. Holly, who specializes in geriatric massage, will be available for Chair Massage and Reflexology, where gentle pressure is applied to specific points of the feet during the foot massage. Book a 30-minute session by calling the office. The cost is \$25 and is payable at your appointment.

Reiki

Thursdays 5-7:30 pm

By appointment only

Reiki is a healing technique that promotes relaxation and stress reduction. You are fully clothed during a session and, different than massage, no touch or a light touch is applied. Reiki is a popular means of relaxing, calming and healing. Reiki Master, Stacey Ford brings this therapy to the Enfield Senior Center. The cost is \$25 for a 25 minute session and is payable at your appointment. Please make an appointment for a Reiki session by calling the Senior Center office.

T.O.P.S.

Wednesdays, 12:30-2:30 pm

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SEMINARS

*Please call the Senior
Center office at
860-763-7425
to register for these free
seminars.*

*Assistive Hearing Devices
are available in the front
office for all programs.*

Thinking of Changing Your Address?

Wednesday, Feb. 1, 1 pm

Cheryl Vitale of Berkshire Hathaway Home Services will talk about the housing market and answer any questions you have about selling or buying a home.

Sepsis Kills: Know the Signs

Wednesday, Feb. 8, 1 pm

Nancy Coleman Hernandez, BSN, RN Sepsis Program Coordinator, Saint Francis Hospital and Medical Center Have you ever heard of this condition that killed Muhammed Ali and Pope John Paul II? Every two minutes, someone in America dies from Sepsis; those over age 65 are most at risk. This medical complication of infection kills more Americans each year than AIDS, prostate cancer and breast cancer combined. Come learn from Saint Francis Hospital's Sepsis Program Coordinator, what sepsis looks like, how to prevent it, and when to seek emergency medical treatment.

Hand Arthritis

Wednesday, Feb. 15, 1 pm

Karen Pettengill will be our presenter. She is a certified hand therapist and also the company's New England Regional Hand Therapy Program Coordinator. She has over 34 years of experience and has published numerous

articles in the Clinical Rehabilitation of the Hand, Journal of Hand Therapy, and Clinical Concepts.

Your Journey to Better Heart Health

Wednesday, Feb. 22, 1 pm

Heart disease is one of the leading causes of death for both men and women. About 610,000 people die of heart disease each year in the United States, which is 1 in every 4 deaths. Join Dianne Kessler-Hartnett RN, Johnson Memorial Hospital Cardio-pulmonary Rehabilitation and learn the signs and symptoms of a heart attack and what you can do to reduce your heart attack risk.

LANGUAGE ARTS

Italian Conversational Group

Monday

Feb. 6, 2-4 pm

FREE

Learn about the language, culture and historical background of Italy. Taught by native speaker, Anthony Trichilo, explore the country in a fun and relaxed atmosphere. Class meets on the first Monday of the month.

Journaling as a Transformative Tool

Thursday

Feb. 2 & 16, 10 am

FREE

Many people find keeping a journal a way to understand themselves, release stress, resolve conflicts or express their creativity. Members will draw upon a variety of exercises and techniques to begin the process. There is no charge for this group and you are encouraged to bring a notepad and pen. The members will help to determine the direction the group will take. The group will meet the first and third Thursday of the month.

Workshop for Poets

Friday

Feb. 10, 10 am-12 pm

FREE

Lighthearted and stimulating reading and writing of your own work will be the focus. Let's learn together and challenge each other! But, most importantly, let's have fun! The group will meet on the second Friday of every month.

TRIAD SAFETY CORNER

TRIAD is a group of community volunteers who work with emergency responders to keep seniors safe in the community. Each month a member of TRIAD will write a few safety reminders. This month's tips come from Yoke Tworosch.



IF YOU SMELL GAS – DON'T WAIT

What to do if you suspect a leak:

- Move to a safe environment and call the gas company immediately. Do not use your telephone or cell phone in your home. For Eversource call 877-944-5325 or 911.
- Do not smoke, light candles or operate electrical switches or appliances. Doing so can produce a spark, ignite the gas and cause an explosion.
- Provide the exact location with cross streets.
- Do not assume someone else will report the situation.

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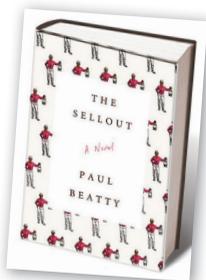
www.TylerandTyler.com

12 Clubs & Meetings

Book Discussion Group Tuesday, Feb. 21, 3 pm

The February book is *The Sellout* by Paul Beatty.

Books are placed on reserve at the Enfield Public Library and are available the first week of any given month. Meetings occur on the third Tuesday of each month.



Enfield Single Seniors Wednesday, Feb. 15, 6 pm

Wednesday, Feb. 15, 6 pm

If you are single, 55+ and are interested in a group to socialize with, join us on the 3rd Wednesday of each month in the Dining Room. Make new friends and enjoy a variety of outings.

For information call Helen Olander, Coordinator, at 860-253-9188.

Genealogy Group Tuesday, Feb. 7, 6 pm

Bring your questions, share tips, exchange information, and bring your laptop to explore online, using our free Wi-Fi. This unfacilitated group meets the first Tuesday of every month.

Goldtones Choral Group Thursdays, 10 am

Lend your voice to this friendly group. Throughout the year, the group entertains at community venues and presents concerts at the Enfield Senior Center.

Investment Club Thursday, Feb. 9 & 23, 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only, on the second and fourth Thursday of each month.

Train Club Tuesday, Feb. 28, 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains on the fourth Tuesday of each month. Join the fun and bring a train or two. The club runs HO Scale models at each meeting.

Tax-Aide Program

Mondays and Wednesdays, 9 am-3 pm, Feb. 1-April 5

By appointment only

It's that time of year again! From February to April, IRS-trained AARP volunteers complete Federal and State income tax returns at no charge for seniors aged 60 and over. This free service is intended for the completion of average tax returns. If your return cannot be completed in 1 hour or less, and is overly complex, it is advisable to use the services of a paid tax professional. To enable our volunteers to complete your return

more easily, please bring copies of:

- Last year's Federal & State tax returns
- All original documents for taxes for 2016
- W-2s
- 1099s
- Town property tax bills for your house and/or car
- Social Security statements

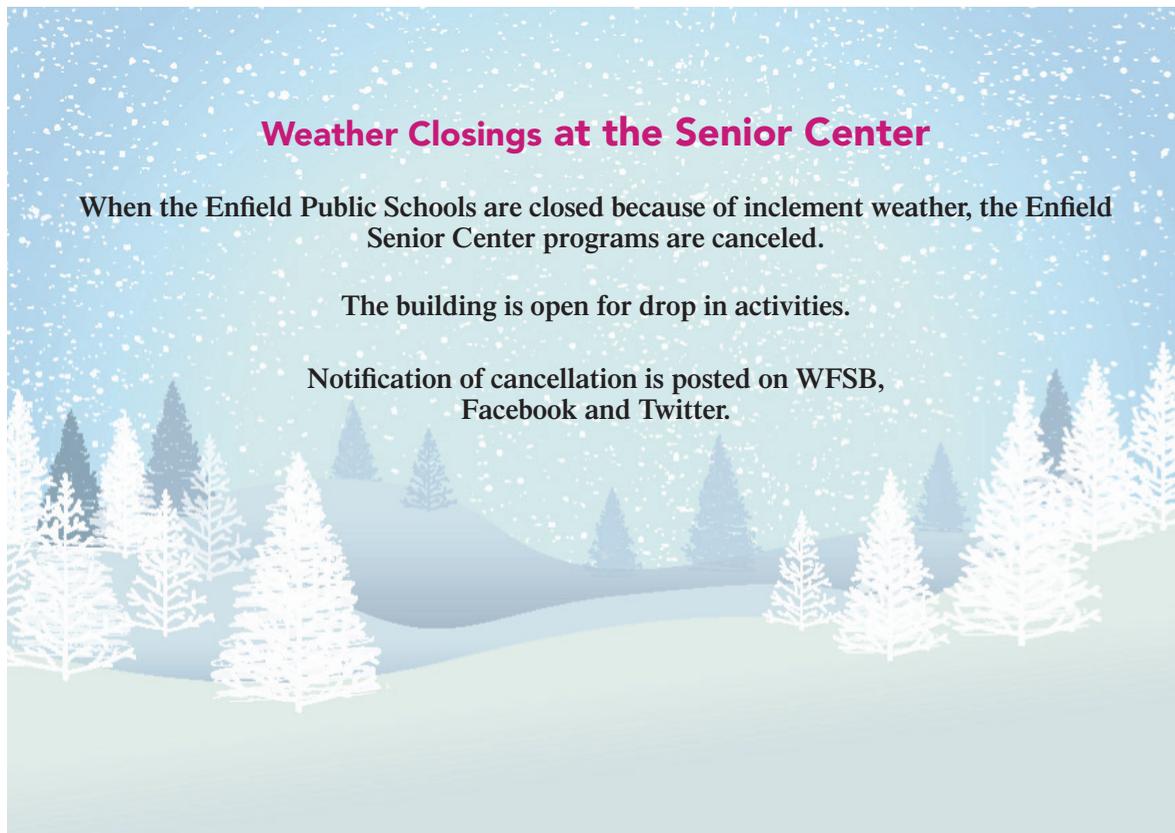
Call office for appointment

Weather Closings at the Senior Center

When the Enfield Public Schools are closed because of inclement weather, the Enfield Senior Center programs are canceled.

The building is open for drop in activities.

Notification of cancellation is posted on WFSB, Facebook and Twitter.





PROGRAMS & SERVICES OFFERED AT THE ENFIELD SENIOR CENTER

AARP Smart Driver Program

Classes will resume in March

AARP sponsors monthly driver safety classes at the Enfield Senior Center on the fourth Thursday of the month. The cost is \$15 for AARP members and \$20 for non-members of AARP. Please register by calling 860-763-7425 and bring a check payable to AARP on that day.

Alzheimer's Association Office Hours

Thursday, Feb. 23, 10 am-2 pm

A representative from the Alzheimer's Association will hold office hours at the Enfield Senior Center every fourth Thursday to discuss any concerns, address information and referral needs, and help in any way possible. Please schedule a 30-minute appointment by calling the Senior Center office. Walk-ins are welcome as time permits.

Ask the CPA

Wednesday, Feb. 15, 9 am-Noon

Jack Welch, CPA will be available at the Enfield Senior Center for free, 15-minute private appointments. Have your personal accounting questions answered, including those pertaining to pensions, annuities and wealth management. Call the Senior Center office to schedule an appointment.

Ask the Financial Professional

Tuesday, Feb. 28, 10 am-Noon

John Dee, President of Wealth Preservation Group Inc., will be available for 15-minute private appointments to answer personal money questions. Whether you are looking for safe alternatives for your nest egg or trying to protect your money from probate, unnecessary taxes and nursing homes, you'll get your questions answered on the fourth Tuesday of the month. Call the Senior Center office to schedule your free appointment.

Ask the Lawyer

Wednesday, Feb. 22, 10 am-Noon

Attorney Marcia Hess or Attorney Neil Kraner will be available for 15-minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Call the Senior Center office for your free appointment. There could be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

Ask the Realtor

Wednesday, Feb. 1, 10 am-Noon

Shirleen Peabody, Broker Associate of Coldwell Residential Brokerage will be available for private consultations. She is a designated "Senior Real Estate Specialist." She can answer your question on any real estate issue including housing alternatives, selling of the family home or estate, and help you navigate through the maze of financial, legal and emotional issues that accompany the process. Call the Senior Center for an appointment with Shirleen, who is here on the first Wednesday of every month.

Ask the Social Worker

Friday, Feb. 3 & 17

9 am-Noon at the Senior Center

Do you have questions that a Social Worker can answer? Would you like to talk about transitions like relocation, adjustment to change and loss, retirement, or healthcare needs? Perhaps you have questions about navigating State and Federal programs or would like to check your eligibility. Schedule a meeting to provide direction or for help with basic needs by calling the Senior Center office at 860-763-7425.

Community Café

Weekdays at Noon

Reservations:

Call 860-763-7428 by noon the day before and leave message.

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus are available in the Senior Center lobby and on our website. Suggested donation is \$2.50 and you must be age 60 or over.

Dial-a-Ride

860-272-3545

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

Equipment Tune-Up Clinics - Canes, Wheelchairs and Walkers Inspection

Sponsored by Home Helpers

Home Care and Agawam Medical Supply Company

Tuesday, April 4, 12-1 pm

Bring in your assistive equipment for a check. Make sure it is in working order and fits properly. This service will be available on a quarterly basis.

Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center, and accepts donations and memorials to further our mission. A portion of the funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

Internet Access

Bring in your laptop and take advantage of our wireless internet access.

Legal Consultation

Tuesday, Feb. 21, 10 am-Noon

If you have a general legal inquiry or a question about wills, estates, real estate or elder law, call the Senior Center office to schedule a free appointment on the third Tuesday of the month, with Bridgid Murray or Russ Tyler of Tyler & Tyler, Attorneys at Law.

Little Treasures Gift Shop

Open during Senior Center hours

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and vintage treasures.

Meals on Wheels

Office at Enfield Senior Center

860-763-0400 - leave message

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

Medicare & Part D Assistance

Fridays, 9-11 am

Tuesdays, 6-8 pm

By appointment only

Trained CHOICES volunteers offer information about Medicare supplemental insurance and Part D.

Recovery Happens

Thursday, Feb. 2, 9-11 am

Susan Wilk, Certified Addictions Counselor, will be available for free 20 minute private appointments on the first Thursday of every month. She will offer information, guidance and referrals to anyone concerned about the use and effects of drugs and alcohol. Whether your concern is about yourself or a loved one, she will assist you on the path of hope for recovery. Call the Senior Center office to schedule your free appointment.

PROGRAMS & SERVICES OFFERED IN THE COMMUNITY

Allied Transportation Services

860-741-3701, ext. 224

CT Department of Social Services Assistance

5 N. Main Street, Enfield

860-253-9024 x2272

Help with all state assistance programs.

Commodity Supplemental Food Program

860-741-7321

Free food once a month for those 60 or over who qualify.

Enfield Adult Day Center

860-763-7538

Enfield Grandparents Raising Grandchildren Support Group

860-253-5144

Enfield Housing Authority

860-745-7493

Enfield Senior Minor Home Repair Program

860-253-6395

Foodshare Mobile Unit

860-741-2886

Food Shelf

860-741-7321

Loaves and Fishes Soup Kitchen

860-741-0226

Mark Twain Congregate Weekend Meals

860-763-7519

\$3 donation for home-cooked noon meal on weekends.

Neighborhood Services

860-253-6396

Help with all entitlement programs.

Nutmeg Senior Rides

860-758-7833

Alternative transportation for seniors and visually impaired adults.

ENFIELD ADULT DAY CENTER

Do you need help with your loved one? Are you worried about them being home alone during the day?

**CALL THE ENFIELD ADULT
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Your loved one will have a safe place to stay during the day.

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14 Ongoing Programs

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PROGRAM

DAY

TIME

ONGOING RECREATION

Billiards	Three championship tables are available for daily games. Come in anytime to play.	Every Day	
Cribbage	Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	Mondays	12:45-3 pm
Friday Afternoon Dominoes	Please bring your own set of dominoes and join others for a fun game.	Fridays	12:45-4 pm
Fun Bingo	An informal game with small cash prizes.	Wednesdays	10:30-11:30 am
Hand & Foot	No need to register. Just drop in.	Thursdays	12:45-4 pm
Hand, Knee and Foot	Try this new card game.	Mondays	1:30-4 pm
Mahjong	All levels welcome.	Wednesdays	12:30-4 pm
Pinochle	Others will help if you haven't played in awhile.	Wednesdays	12:30-4 pm
Poker		Thursday	12:30-4 pm
Scrabble		Tuesdays	1 pm
Setback	Join us for instruction and play.	Tuesdays	12:45-3:45 pm
Wii Bowling	We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm

ONGOING ARTS & CRAFTS - PROGRAMS ARE FREE

Creative Stitches	Welcome all needle crafters. Knitting, crocheting, embroidery and sewing. All skill levels welcome.	Wednesdays	9 am-Noon
Heritage Group	This group works on sewing, knitting, crocheting and craft projects throughout the year.	Mondays	10 am-Noon
Sassy Sewers	Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1-3 pm
Woodcarving	Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques.	Tuesdays	9 am-Noon

BINGO – THE TUESDAY EVENING GAMES BEGIN AT 6:30!

Play a \$150 Early Bird Bonanza, four \$100 specials, winner-take-all weekly progressive up to \$2,000 and a free quickie game. Purchase a minimum of three strips for \$15. Ice cream sundaes are available for purchase at intermission. Have fun and help us out at the same time! All proceeds benefit the Senior Center programs and services. Assistive Hearing Devices are available in the front office.

TUESDAY NIGHT BINGO SUPPER, 4:30-6 PM

Come early and start the evening off with a tasty supper at a reasonable rate. Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries or a weekly special. Top it off with a tempting selection of desserts! You don't need to play Bingo to enjoy!

Memorial Donations: Memorial Donations are a meaningful way to remember a loved one while helping others. We gratefully acknowledge those who recently made memorial donations in December 2016.

IN MEMORY OF:

HERMAN ROY

From:
Sharon Rizzo

IN MEMORY OF:

SOPHIE KRZYS

From:
Dorothy Palliardi

IN MEMORY OF:

JACKIE KING

From:
Don & Susan Peterson

IN MEMORY OF:

EMILY SANBORN

From:
Elsie Strait

IN MEMORY OF:

Herman Roy

FROM:
Rita & Harold Schaperjahn

IN MEMORY OF:

BILLY & ELLY GRANT

From:
Ron & Charlene Biathrow

THANK YOU FOR REMEMBERING THE SENIOR CENTER!

Super Coupon

All Shoppers Must Present This Coupon To Receive Discount

5% Senior Discount

When You Spend \$25.00 or More.

Tuesday Only
Must be 65
Years or Older.

\$

With this coupon, and additional purchase of **\$25.00 or more** (Excluding fuel and items prohibited by law). Limit one per family. Good at any ShopRite.
Effective thru Tuesday, February 28, 2017.

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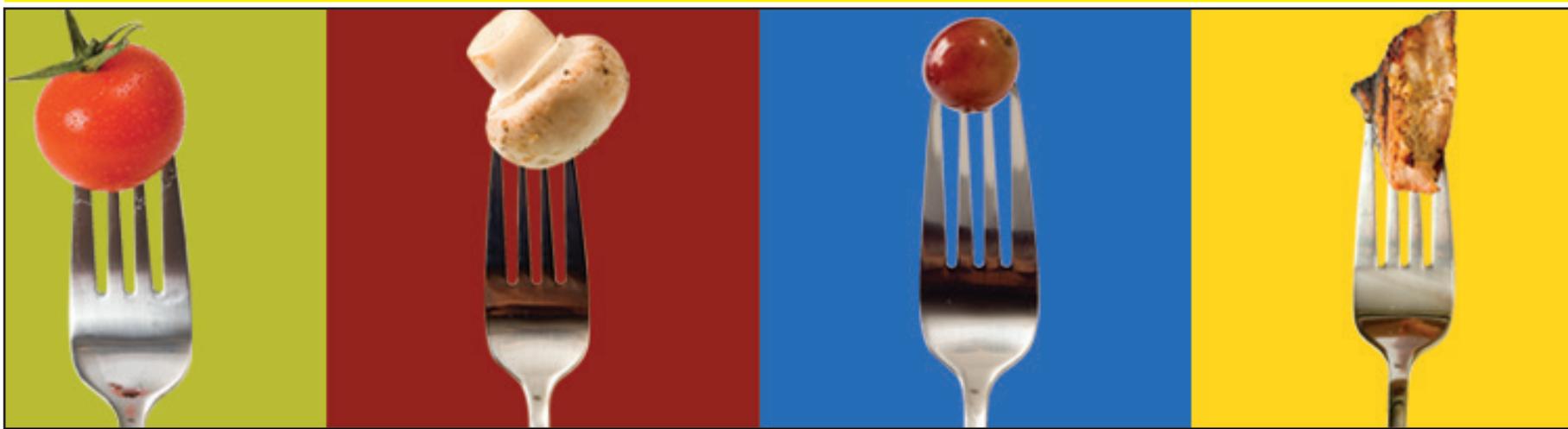
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Enfield Senior Center

FEBRUARY 2017 NEWSLETTER

SPECIAL SAVINGS & DISCOUNTS INSIDE



The Enfield Senior Center

The Friends of the Enfield Senior Center Annual Appeal Donor List

December 2016 Donations THANK YOU FOR YOUR GENEROSITY!

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Dorothy Palliardi

Don & Susan
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Margaret Mokus

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John Sharon

L.E. Lake

Eleanor & Alexander
Coulter