

**Enfield Senior Center**  
**299 Elm Street, Enfield, CT 06082**  
**860-763-7425**

**News Release for the Week of January 14, 2018**

**Hours of Operation effective January, 2019:**

**Monday, Tuesday, and Friday** – 8:00 am – 5:00 pm.

**Wednesday and Thursday** – 8:00 am – 8:00 pm.

**New Classes at the Senior Center:**

**\*Registration is still open for our new classes on Wednesday nights!**

**POW-(People on Weights) - Wednesdays, 5:00 pm – 5:45 pm.** This class is broken down by muscle group, so the entire body is trained. Light weights and bands will be utilized. The class will run January 2<sup>nd</sup> through February 20<sup>th</sup>, for a total of 8 classes. The cost for Enfield residents will be \$24.00, for non-residents \$32.00

**Beginner Box-A-Lates – Thursdays, 5:00 pm - 5:45 pm.** This class is a combination of both cardio kickboxing and mat Pilates. This fused class will give you a strong core as well as a cardiovascular workout for a strong heart. The instructor will accommodate the different goals of each student. The class will run January 3<sup>rd</sup> through February 21<sup>st</sup> for a total of 8 classes. The cost for Enfield residents will be \$24.00, for non-residents \$32.00.

**Zumba – Wednesdays, 6:15pm-7:15pm.** Zumba is fitness made fun. Latin rhythms and easy-to-follow moves create a dynamic and exciting workout. Designed for people 50 and over. This class will run January 9<sup>th</sup> through February 20<sup>th</sup> for a total of 7 classes. The cost for Enfield residents will be \$28.00, for non-residents \$35.00.

**Programs That Support Our Center:**

**Bingo-** This event is sponsored by the Enfield Senior Citizen's Association, Inc. Proceeds benefit the Friends of The Senior Center. Play a \$150.00 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. Have fun and support us at the same time!

**Tuesday Night Public Supper- 4:30pm - 6:00pm.** Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries. After supper stay for Bingo if you like. All proceeds benefit Enfield Senior Center programs and services.

**Upcoming Seminars:**

**Count sheep-Be Creative and Have Fun- Wednesday, January 16<sup>th</sup>, 1:00pm.** Adrienne Devivo a dementia specialist will explore the importance of sleep for brain health and optimal brain functioning. Your Memory Depends on it.

**Coping with Change and Managing Stress – Wednesday, January 23<sup>rd</sup>, 1:00.** Adrienne Devivo is back to discuss how to find purpose and remain positive through change and loss, can help both brain and overall health. Learn how to manage changes physical, emotional and environmental.

**Weather Closings:**

When the Enfield Public Schools are closed due to inclement weather, the Enfield Senior Center **will be open**; however, programs are cancelled. If there is a weather delay our schedule remains as usual. Closings will be posted on your local CBS channel, WFSB or [www.wfsb.com](http://www.wfsb.com).

We are pleased to announce that the Enfield Senior Center will have new hours. We will be transitioning to new hours starting in December.

**MARK YOUR CALENDARS:**

**Garlic and Gaelic** – Our first trip sign up for the year is upon us. **On January 18th @ 10:00 am** you will be able to sign up for Garlic Meets Gaelic. A comedian and a crooner with a family-style meal are included in Gaelic Meets Garlic at the Grand Oak Villa on Tuesday, March 19, 2019, for \$95 per person. On arrival, enjoy cheese, crackers and pepperoni. Menu will include corned beef and cabbage plus chicken parmesan with garden salad, pasta with homemade house sauce, roasted potatoes, vegetables, zeppole for dessert and beverages.

**Dukes of Hazardville – Friday, January 18<sup>th</sup>, 6 pm.** Let's dance the night away with this popular local band who play a variety of hits from the 60's and 70's. Spend a fun night out with us for just \$10.00, including dessert and coffee.

**Movies are Back:**

**Join us on Friday, January 25<sup>th</sup>, 2:00 pm – 4:00 pm,** for a viewing of Mama Mia! Here We go Again! The cost will be \$2.00 at the door.

Information regarding The Enfield Senior Center can be found on our website: [www.enfield-ct.gov/seniors](http://www.enfield-ct.gov/seniors).

**Don't forget to like us on Facebook!**