

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

News Release for the Week of January 28th, 2019

The Senior Minor Repair Program - Sponsored by the Enfield Commission on Aging, will begin the 2019 repair season on Tuesday, April 2nd. The program will start taking requests on Monday, March 11th, 2019. Requests can be made by calling (860)253-6396. The program focuses on minor home repairs that can help Enfield seniors remain more comfortable and safer in their homes. Examples of the assistance provided include window air conditioner installation & removal, leaking faucets, changing smoke detector batteries. There is no charge for labor however, there may be a charge for supplies (at cost). The program is staffed strictly by volunteers who have had background checks performed and carry an ID. A brief description of the repair requested is needed to help ensure the proper tools and/or supplies are available.

UPCOMING SEMINARS:

Hulu Hoop to Improve Posture, Strength and Balance - Wednesday, February 6, 1:00 pm.

A new look at how the hula hoop can improve our posture, strength and balance. Touchpoints Rehab Physical Therapist, Kim Wanagar- Nation, has developed a wonderful exercise program that anyone can do! This program can be performed sitting or standing. Join us for some fun and laughter.

Practical Tips for Preventing Slips, Trips and Falls – Wednesday, February 6th, 1:00 pm.

Join Jennifer Shockley, PT, MS Physical Therapist of Mount Sinai Rehabilitation Hospital. She will discuss common risk factors for slips, trips and falls.

MARK YOUR CALENDARS:

Nightshift Dance Band – Friday, February 15th, 6 pm. Nightshift will entertain you with the music of Chicago, Doobie Brothers the Doors, Elton John and more. Spend a fun night out with us for just \$10.00, including dessert and coffee.

TRIPS

Trip flyers are available on our website at www.enfield-ct.gov/seniors or can be picked up at the Senior Center.

Day Trips:

**Day trips are available for sale on or after the trip sign-up date.*

- **Grand Oak Villa - Garlic Meets Gaelic** – Tuesday, March 19th, 2019. Cost \$95 per person.
- **West Point Drum Parade** – Tuesday April 27th, 2019. Trip cost is \$113 per person. The sign-up date is February 15th @ 10 am in the dining room
- **Westchester Dinner Theater- Newsies** – Thursday May 23rd, 2019. Cost \$95 per person. The sign-up date for this trip is March 29th @ 10 am in the dining room.
- **A Taste of Italian New York** – Tuesday May 7th, 2019. Cost \$103 per person. Trip sign up date is March 1st @ 10 am in the dining room.
- **Newport by Land and Sea** – Thursday June 13th, 2019. Cost \$86 per person. Trip sign up is April 5th @ 10 am in the dining room.
- **Kennebunkport** – Tuesday July 16th, 2019. Cost \$110 per person. Trip sign up is May 17th @ 10 am in the dining room.
- **Aqua Turf – Kenny and Dolly Tribute Show** – Monday August 12th, 2019. Cost \$102 per person. Trip sign up date is June 14th, @ 10 am in the dining room.
- **Saratoga Raceway** – Wednesday August 24th, 2019. Trip cost is \$87 per person. Trip sign up is June 28th @ 10 am in the dining room.

- **One World Observatory and 9/11 Memorial Museum** – Thursday September 19th, 2019. Cost \$ TBD.
- **Covered Bridges of New Hampshire- Fitzwilliam Inn** – Tuesday October 15th, 2019. Trip cost is \$102 per person. Trip sign up date is August 16th @ 10 am in the dining room.

Multi-Day Adventures:

Reservations are being accepted for multi-day adventures.

- **Philadelphia** - April 15th – April 17th, 2019. Cost \$502 pp/double.
- **Bermuda** – May 5th – 12th, 2019. Pricing starts at \$1,249.00 per person.
- **Yukon and Alaska Land and Cruise** – June 10th - 22nd. Pricing starts at \$5,499.00 per person.
- **Gettysburg** – June 24th- 26th, 2019. Trip cost is \$506 per person, dbl.
- **Montreal and Canada** – July 12th- 20th, 2019. Pricing starts at \$1,829 per person.
- **Mackinac Island** – September 24th – October 1st, 2019. Pricing starts at \$1,536.00 per person.
- **Rhine Getaway – Viking River Cruise** – October 9th – 17th, 2019. Pricing starts at \$2,999 per person.
- **New York To Panama Canal Cruise** – November 9th – 24th, 2019. Pricing starts at \$1,999 per person.

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

Don't forget to like us on Facebook!