

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

**News Release for the Week of February 4th, 2019**

**REGISTRATION DATES:**

The first sign up day for March and April classes for Enfield Residents will be on Tuesday, February 12, starting at 8:30 am. Registration for Non-Residents will begin on Tuesday, February 19, starting at 8:30 am.

Please bring a completed registration form and cash or a check payable to: Enfield Senior Center. Classes fill fast so be sure to reserve a spot.

Registration forms can be found on our website and will be accepted for March and April classes up through February 28 or until classes are full.

**UPCOMING SEMINARS/PROGRAMS:**

**Ask the Realtor – Wednesday, Feb 6, 10:00 am – 12:00 pm.** Shirleen Peabody, of Coldwell Residential Brokerage will be available for private consultations. She can answer your questions on any real estate issue, including housing alternatives, selling of the family home or estate. Shirleen can help you navigate through the maze of financial, legal and emotional issues that accompany the process. Please call the Senior center to make an appointment.

**Hula 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. Please call the Senior Center to register.

**Practical Tips for Preventing Slips, Trips and Falls – Wednesday, February 6<sup>th</sup>, 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. Please call the Senior Center to register.

**TRIPS**

Trip flyers are available on our website at [www.enfield-ct.gov/seniors](http://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 19<sup>th</sup>, 2019. Cost \$95 per person.
- **West Point Drum Parade** – Saturday, April 27<sup>th</sup>, 2019. Trip cost is \$113 per person. The sign-up date is February 15<sup>th</sup> @ 10 am in the dining room
- **Westchester Dinner Theater- Newsies** – Thursday, May 23<sup>rd</sup>, 2019. Cost \$95 per person. The sign-up date for this trip is March 29<sup>th</sup> @ 10 am in the dining room.
- **A Taste of Italian New York** – Tuesday, May 7<sup>th</sup>, 2019. Cost \$103 per person. Trip sign up date is March 1<sup>st</sup> @ 10 am in the dining room.
- **Newport by Land and Sea** – Thursday June 13<sup>th</sup>, 2019. Cost \$86 per person. Trip sign up is April 5<sup>th</sup> @ 10 am in the dining room.
- **Kennebunkport** – Tuesday July 16<sup>th</sup>, 2019. Cost \$110 per person. Trip sign up is May 17<sup>th</sup> @ 10 am in the dining room.
- **Aqua Turf – Kenny and Dolly Tribute Show** – Monday, August 12<sup>th</sup>, 2019. Cost \$102 per person. Trip sign up date is June 14<sup>th</sup>, @ 10 am in the dining room.

- **Saratoga Raceway** – Wednesday August 24<sup>th</sup>, 2019. Trip cost is \$87 per person. Trip sign up is June 28<sup>th</sup> @ 10 am in the dining room.
- **One World Observatory and 9/11 Memorial Museum** – Thursday September 19<sup>th</sup>, 2019. Cost: TBD
- **Covered Bridges of New Hampshire- Fitzwilliam Inn** – Tuesday October 15<sup>th</sup>, 2019. Trip cost is \$102 per person. Trip sign up date is August 16<sup>th</sup> @ 10 am in the dining room.

Multi-Day Adventures:

*Reservations are being accepted for multi-day adventures.*

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

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