

**Enfield Senior Center**  
**299 Elm Street, Enfield, CT 06082**  
**860-763-7425**  
**News Release for the Week of March 23, 2020**

The health and safety of our community is a shared responsibility and one that we take seriously. The Centers for Disease Control and Prevention is urging people across the U.S. to cancel or postpone events with 50 or more attendees. They are recommending that people at higher risk should stay at home and away from large groups of people. People at higher risk include those:

- Over 60 years of age
- With underlying health conditions including heart disease, lung disease or diabetes
- With weakened immune systems

The CDC recommends the cancelation or postponement of non-essential public gatherings. We take these recommendations seriously and are adapting services and programming.

Beginning Monday, March 13, The Enfield Senior Center closed indefinitely and will be cancelling programs and activities until further notice. We feel it is our responsibility to protect our at-risk population by limiting interaction at this time.

We will use our normal channels including phone message, Facebook and our website to provide updates on additional program changes and the ultimate restoration of services. We understand these changes have a significant impact. Please know we are making these changes with everyone's best interests at heart. Thank you for your patience and understanding during this difficult time.

As we all try to weather this trying time I am reminded of the following quote from Helen Keller.

"Alone we can do so little; together we can do so much."- **Helen Keller**

It is a reminder that together we can get through this.

Many people are spending much of their time avoiding public places and staying close to home. The following is a list of links that can help pass the time.

**Opera-**

[https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm\\_campaign=nym&utm\\_source=fb&utm\\_medium=s1&fbclid=IwAR1TXT9zz\\_SNyRYp\\_oY7IpXFFBsDmpcEn0Gkqm5JfgT2I>If5mOuoYoMIwI](https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1TXT9zz_SNyRYp_oY7IpXFFBsDmpcEn0Gkqm5JfgT2I>If5mOuoYoMIwI)

**Museums**

[-https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html](https://www.wvlt.tv/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html)

<https://naturalhistory.si.edu/visit/virtual-tour>

### **Courses**

-<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

### **Documentaries-**

<https://documentaryheaven.com/>

Misc. Info: <https://www.discovery.com/>

### **Animals-**

<https://zoo.sandiegozoo.org/live-cams>

<https://www.youtube.com/user/LionWhispererTV>

<https://nationalzoo.si.edu/webcams>

### **Webcams:**

Yellowstone-<https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>

All different types: <https://www.earthcam.com/>

Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

### **Online games.**

<http://games.courant.com/category/allgames/>

### **Exercise**

[https://www.youtube.com/channel/UCOGt\\_lpceP\\_xQhhCMCrut\\_A](https://www.youtube.com/channel/UCOGt_lpceP_xQhhCMCrut_A)

## **HOW CAN I HELP PROTECT MYSELF?**

- Wash hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

Please visit our website for updates and information:

[www.enfield-ct.gov/seniors](http://www.enfield-ct.gov/seniors).

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