

Enfield Senior Center
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News Release for the Week of March 30, 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.

On 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.

The Senior Center will offer some form of modified programming through the end of June. What they may look like will depend on when we can open the Senior Center again. As soon as we have the all clear to get back to the Senior Center we will let you know. Meanwhile we hope you are staying healthy and well and look forward to seeing all of you very soon. We will be retrieving our messages remotely, if you would like to get a hold of us we will be returning phone calls or via email at seniorcenter@enfield.org.

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

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.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_IpceP_xQhhCMCrut_A

Ways to stay Happy and Healthy at Home!!!

- Watch a movie/Netflix/video
- Do something crafty, knit, crochet, make a collage or scrapbook
- Write a letter
- Write a song
- Give your brain a workout and play online games.
- Crossword puzzles-free printable (http://qets.com/crossword_puzzles.htm)
- Coloring pages/Not just for kids☺ Many free printable sites.

- Jigsaw puzzles
- Meditate
- Call a friend/skype
- Pamper yourself. Have a Cup of Tea, Listen to music
- TED Talks
- Find a project at home, clean your windows, dust your house.
- Fix broken items
- Go through old photographs and write on them (who, what)/organize them
- Go through your old clothes and get rid of the ones you don't want any more or fix the ones that are missing buttons etc.
- Go on You-Tube learn a dance checkout an exercise/walking video.
- Go outside/plant a garden/relax
- Gaze at the stars
- Redecorate your space
- Read

LASTLY:

- Make a bucket list of things you want to do when this is all over! Check out The Senior Center's Facebook Page, we will be posting interactive content to keep people stay connected.

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.

Don't forget to like us on Facebook!