

**Enfield Senior Center**  
**299 Elm Street, Enfield, CT 06082**  
**860-763-7425**  
**News Release for the Week of September 7, 2020**

Happy Labor Day to all. To celebrate here is a quote from, B.J. Gupta, "*Hard work doesn't guarantee success, but it improves its chances.*" – **B.J. Gupta**

The Enfield Senior Center is looking to hear from you!

Since new guidelines have come from the state the Enfield Senior Center is in the process of looking at re-opening its doors to the public. However, we will need to follow and enforce the strict guidelines and protocols set up by Governor Lamont and his committee. This may mean that we will have to make changes to the way that we operate. Our first and most important commitment is always the safety and health of our seniors and staff. Please fill out the survey so that we know your thoughts about re-opening.

Please click or copy the link below into your browser, to fill out the Senior Center Re-Opening Survey. It should only take a couple minutes to complete.

<https://www.surveymonkey.com/r/PBMQW52>

If the link does not work for you we have also posted this survey on our Facebook page.

If you would prefer to fill this survey out in-person, we have copies of the survey at the Enfield Express which you can fill-out and mail back to us using the pre-addressed and stamped envelopes provided.

You are worth your weight in 14 karat gold. The best we can do is give you a slice of carrot cake. Drive thru the Senior Center on September 17 from 1:00pm – 3:00pm and say hello and get a slice of carrot cake.

We will be providing some of our most popular exercise classes on Zoom, starting August 31, 2020 and continuing through the month of September. To begin taking the classes you will need to either email us at [seniorcenter@enfield.org](mailto:seniorcenter@enfield.org) or call us at 860-763-7425 to sign-up

When you sign-up you will need to provide your name, phone number, and email address. Once you are signed-up we will email you the appropriate Windstream Link to use the day of the class.

Please note that these classes are done live, so please log in 5 minutes early to each class to make sure that to are properly connected.

The links to classes are also posted on our Facebook page.

The classes are...

**Chair Yoga** with Diana

Mondays, August 31 – September 28, from 12:00 pm – 1:00 pm, (no class on 9/7)

**Yoga** with Diana

Tuesdays, September 1 – 22, from 11:00am – 12:00 pm

**Stability Ball** with Les

Wednesdays, September 2 – 23, from 10:00am – 11:00 pm

**Simply Stretch and Strengthen** with Shelly

Thursdays, September 3 – 24, from 11:00 am – 12:00 pm

**POW! (People on Weights)** with Lisa

Fridays, September 4 – 25, from 10:30 am – 11:30 am

**Ongoing Programs:**

**Please call the Senior Center at 860-830-7278 or email us at [enfieldseniors@enfield.org](mailto:enfieldseniors@enfield.org) for information on the following programs and registration information.**

**These are just a few of the ongoing programs offered at The Senior Center for a complete list please make sure you are checking our Facebook page and are receiving our weekly e-mails.**

The Senior Center is coordinating with Bay Path Occupational Therapy students to have seniors participate in a Tele-Health program. This program enables seniors to virtually participate in a variety of Occupational Therapy activities, such as exercise, nutrition, and mindful exercises.

Take It and Make It is an ongoing program, where seniors can pick up a craft kit curbside and assemble it at home. Two craft kits are available weekly. Call 860-763-7425 to obtain your craft kit.

Virtual Dementia Caregivers group affiliated with Hartford Health is available 4 times per week. Caregivers can call in to join a virtual group.

Zumba classes are available virtually every Monday, Wednesday, and Friday at 9:00 am and Thursday is at 6:00 pm.

The Senior Center has instituted a Pen Pal program with 2 local Girl Scout troops. Seniors who register for this program will receive monthly correspondence from local Girl Scout troops.

**We miss everyone, together we will get through this! Please like us on Facebook, where you can find many virtual programs and activities.**