

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

News Release for the Week of December 21, 2020

Greetings from the Enfield Sr. Center! Hope everyone is gearing up for the Holidays! We would like to wish everyone a wonderful Holiday Season!

Last week we sent out a notice indicating that in-person programming would end on December 31, 2020 and we would go to virtual programming starting January 4, 2021. Unfortunately, the last day of in-person programming will be Friday, December 18, 2020. We had hoped we could provide more in-person time but due to the recent COVID surge we must cut that time short. We were so pleased that we were able to see so many faces during the past three months and be able to provide you with the in-person programming you so desired. The staff is working on virtual programming that will be the best replacement we can do for now until it is safe again for you to return in person to the Enfield Sr. Center. Please know that we wish the best health and happiness for you and your family during this holiday season and if there is anything that we can do to assist you, please do not hesitate to contact the staff at the Sr. Center.

New Year's Eve Party! Join the Enfield Senior Center on December 31, 1:00 pm to celebrate the New Year with a virtual party! Register by December 28 to receive a New Year's Eve gift bag full of celebratory goodies. If you are interested in joining the fun please call us at 860-763-7425 or email us at seniorcenter@enfield.org to receive a Zoom link. Supplies are limited so reserve your spot. A Zoom link will also be posted on our Facebook page.

Remembering G. Fox and Company. Join the Enfield Senior Center in conjunction with The Connecticut Historical Society in a virtual presentation. On January 15 at 3:00 pm In the 1950s, just about every major city had a landmark department store. In Connecticut, it was G. Fox & Co. in Hartford! This presentation will bring you back in time to Fox's heyday, as we go from floor to floor and recall the various departments. You'll also learn about Beatrice Fox Auerbach, the remarkable woman who made every visit to Fox's special. Call the Enfield Senior Center at 860-763-7425 or email us at seniorcenter@enfield.org to register. A link to the Zoom presentation will also be posted on our Facebook page.

We All Fit Together! Every one of you is a part of the puzzle that is the Enfield Senior Center! Let's fit all these pieces together! You do not have to be an artist to participate, you just express something about yourself or the center. Each piece starts out blank white, and in the end, all the pieces are different and fit together. You can color, paint, collage, embroider, anything to express yourself. You can be anonymous or sign your piece. Decorate your puzzle piece and contribute your individual voice to form our story and complete our Enfield Senior Center puzzle. Call 860-763-7425 to get your puzzle piece.

Below are just some of the programs we are offering at The Senior Center, for a **complete list** please visit our webpage, Facebook page or sign up for our weekly e-mails. **All programs are free.** Please call or e-mail the senior center to obtain ZOOM links.

Exercise Classes

Yoga Chair and Standing, Mondays, 10:30 am – 11:30 am, January 4 - 25, NO CLASS Jan. 18.

Yoga All Levels, Mondays, 11:45 am – 12:45 pm, January 4 - 25, NO CLASS Jan. 18.

Yoga All Levels, Tuesdays, 9:00 am – 10:00 am, January 5 – 26.

Stability Ball Training Tuesdays, 10:30 am - 11:30 am, January 5 – 26.

Body 360- Wednesdays, 11:30 am – 12:15 pm, January 6 – 27.

POW! - People on Weights, Wednesdays, 12:30 pm - 1:15 pm, January 6 – 27.

Stability Ball Training, Thursdays, 12:00 pm – 1:00 pm, January 7 – 28.

Body 360 - Fridays, 11:30 am - 12:15 pm, January 8 – 29.

POW! – People on Weights, Fridays, 10:30 am – 11:30 am, January 8 – 29.

Craft Classes

Newspaper Basket, Wednesday, 1:30pm – 3:30 pm, January 6.

Welcome Wreath, Monday, 9:30 am – 11:30 am, January 11.

Stretch Bangle Bracelet, Wednesday, 1:30pm - 3:30 pm, January 20.

Ragged Heart Wreath, Monday, 1:30pm - 3:30 pm, January 25.