

**Enfield Senior Center**  
**299 Elm Street, Enfield, CT 06082**  
**860-763-7425**  
**News Release for the Week of January 11, 2021**

**The following are virtual programs offered by Hartford Healthcare's Center for Healthy aging:**

**Dementia Caregiver Series:** (These are all offered from 6:00 pm – 7:30 pm.).

Thursday, January 14 - Session 2: Basics of Good Communication and Understanding Behaviors.

Thursday, January 21 - Session 3: Safety in the Environment and How to Structure a Day with Activities.

Thursday, January 28 - Session 4: Taking Care of the Caregiver and Care Options.

**Healthy Brain Series:** (These are offered from 11:00 am – 12:00 pm.).

Friday, January 8 - Session 1- Challenge Your Mind Daily- Activities to Keep Your Mind Sharp.

Friday, January 15 - Session 2 - Feeding the Brain, the Importance of Diet and Hydration.

Friday, January 22 - Session 3 - Benefits of a Purposeful Life: Finding Meaningful Engagement as You Age.

Friday, January 29 - Session 4 - Good Sleep and Brain Power: The Importance of Sleep and Your Brain.

Friday, February 5 - Session 5 - The Blue Zones: Lessons for Living Longer from the People Who Have Lived the Longest.

Register for the **above** virtual programs by calling 1.855. HHC.HERE (1.855.442.4373) or go to [hartfordhealthcare.org/virtualclasses](http://hartfordhealthcare.org/virtualclasses)

**Connect & Explore Boston's Freedom Trail - LIVE Zoom Event** - Tuesday, January 19, 2021 at 2:00 pm. Let us connect & explore Boston's Freedom Trail from the comfort of home with Tour Director, Bob Read. All the sights and history without sore feet, weather worries, crowds, or traffic. Bob will be our live guide on this one-of-a-kind Zoom experience. He will be there to answer your questions, share historical stories, images and his immense knowledge of the Freedom Trail from the Boston Common to Bunker Hill. Thanks to Zoom, you will be able to see and visit with your fellow travelers via video chat. Registration in advance is required. We are excited to offer this opportunity to connect & explore through Zoom. Please join us for only \$10 per household. Once you register, your confirmation will include a link to register with Zoom before the event. Please email the Senior Center at [seniorcenter@enfield.org](mailto:seniorcenter@enfield.org) to register or find the link 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. 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 will 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](mailto: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 us 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** and will be held virtually via zoom. 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**

**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.**