

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

News Release for the Week of February 15, 2021

Hope everyone's Valentine's Day was great! In the interest of keeping everyone safe we will continue to offer programs virtually throughout the month of February. Staff is available from 8:00 am – 4:00 pm to answer any questions or concerns. If you would like to receive our newsletter please e-mail the Enfield Senior Center at seniorcenter@enfield.org. You may also pick up a copy in the front of the Senior Center or find it on our website and Facebook page.

COVID-19 Vaccination Enrollment and Registration Assistance for Enfield Residents Only:
The Department of Social Services, with assistance from the Commission on Aging Committee, will be providing VAMS Enrollment and Registration Assistance for those Enfield residents age 65 and older so that they can be scheduled for their vaccination appointment. If you do not have anyone who can assist you with navigating the process (adult child/grandchildren/friend) please call 860-253-6398 so that they can help you. Appointments for assistance will be scheduled on a first come, first serve basis.

On Wednesday, February 24, 10:00 am – 1:00 pm, Community Health Center, will be hosting a COVID testing site at The Senior Center. For more information or to register, visit www.chc1.com.

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.

Below are some of the wonderful programs at the Senior Center. Please call 860-763-7425 or email seniorcenter@enfield.org to register and obtain links.

Brian Gillie - Thursday, February 18, 2:00 pm. Enjoy this concert via Zoom.

Jukebox Bingo – Friday, February 26, 6:30 pm. Listen to the music, identify the song, check your card, mark it off, call Bingo and win.

Tech Time – The second Wednesday of the month at 10:00 am. Audra Lauf from comfort Keepers will answer any tech questions you may have and give tech tips to help you stay connected with family and friends.

Exercise Classes:

Yoga Chair and Standing - Mondays, 10:30 am – 11:30 am, February 1-22, **No Class Feb 15.**

Yoga All Levels, Mondays, 11:45 am – 12:45 pm, February 1-22, **No Class Feb 15**

Yoga All Levels - Tuesdays, 9:00 am – 10:00 am, February 2-23.

Stability Ball Training - Tuesdays, 10:30 am - 11:30 am, February 2-23.

Body 360- Wednesdays, 11:30 am – 12:15 pm, February 3-24.

POW! - People on Weights - Wednesdays, 12:30 pm - 1:15 pm, February 3-24.

Stability Ball Training - Thursdays, 12:00 pm – 1:00 pm, February 4-25.

Body 360 - Fridays, 11:30 am - 12:15 pm, February 5-26.

POW! – People on Weights - Fridays, 10:30 am – 11:30 am, February 5-26.

Crafts (due to materials sign up is limited) **Once you have registered you will receive a link and instructions as to pick up of craft materials.**

Fleece Eye Glass Case - Tuesday, February 16, 1:30 pm – 2:30 pm

St. Patrick's Day Wreath - Tuesday, February 23, 1:30 pm – 2:30 pm

Take it and Make it Cards – Wait List – This program has no Zoom component, please call to obtain instructions on how to obtain materials to complete your project at home.