

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

News Release: Week of June 6, 2022

Contact: Mary Keller, Senior Center Manager, mkeller@enfield.org

Paint Party:

Monday, June 6 at 1:00pm. Follow along with Sandy as she guides you in painting a 11" x 17" hydrangea scene on canvas. Resident fee \$20.00, non-resident fee \$25.00.

Mindfulness Meditation:

Tuesday, June 7 from 12:30-1:15pm. Practice being present, reduce stress, and gain insight into your own well-being. Fee: \$3.00.

Healthy Nutrition & Hydration:

Wednesday, June 8 at 1:30pm. Learn how healthy nutrition impacts us as we age. Learn the importance of hydration and enjoy an infused water tasting. Sponsored by All American Assisted Living.

Computer Classes:

Internet Channels for your TV – Wednesday, June 8 at 1:30pm. Resident fee \$3.00, non-resident fee \$4.00. Limit 8 participants.

Tech Time with Audra Lauf from Comfort Keepers – Wednesday, June 8 at 10:00am. Free.

Afternoon Book Chats:

Join Katie Werth, Library Deputy Director on Wednesday, June 8 at 2:30pm to discuss the book Hamnet by Maggie O'Farrell. Agnes is a healer, understanding plants and potions better than she does people. Once she marries, she becomes a fiercely protective mother and a steadfast, centrifugal force in the life of her husband, whose career is taking off when his young son succumbs to fever.

Coloring for Stress:

Thursday, June 9 from 1:00-3:00pm. Remember how much fun it was to color as a child? Coloring helps stimulate the brain's area related to motor skills, senses, and creativity. Free.

TED Talks – Why Great Leaders Take Humor Seriously:

Thursday, June 9 at 1:30pm. Free.

There's a mistaken belief in today's working world that leaders need to be serious all the time to be taken seriously. The research tells a different story. Based on the course they teach at Stanford's Graduate School of Business, behavioral scientist Jennifer Aaker and corporate strategist Naomi Bagdonas delve into the surprising power of humor: why it's a secret weapon to build bonds, power, creativity, and resilience – and how we can all have more of it.

Foot Care Clinic:

Friday, June 10 from 8:30am – 3:00pm. Call 860-205-2993 to schedule an appointment.

Crafts, Sewing & Ceramics:

The Senior Center offers a variety of classes and open sessions that allows you to highlight your creative side. Or if you are new to arts and crafts and want to learn there are many seasoned crafters willing to show you their trade. View a full list of classes on our website: www.enfield-ct.gov/seniors

Ask The ...:

The following services are available for a free 15-minute consultation during limited morning hours. Call the Senior Center at 860-763-7425 to schedule an appointment.

Ask the CPA: June 8

Legal Consultation: June 21

Ask the Lawyer: June 29

Ask the Realtor: July 6