

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

News Release: Week of June 20, 2022

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

July Program Registration:

Resident registration for July programs begins Monday, June 20 at 8:30am. Non-resident registration begins on Monday, June 27 at 8:30am.

Decrease Your Risks for Falls Presentation:

Tuesday, June 21 at 10:30am. Join Nicole Matson from Home Helpers in this short workshop that will provide you with tips on fall prevention and exercises to strengthen leg muscles and enhance core stabilization. Refreshments will be served.

Mindfulness Meditation:

Tuesday, June 21 at 12:30pm. Practice being present, reduce stress, and gain insight into your own well-being. Fee: \$3.00.

Clay Pots Solar Lights:

Thursday, June 23 at 1:30pm.

Paint a flowerpot and insert a solar light to decorate your outdoor living space. Resident fee: \$12:00, non-resident fee \$13.00. All supplies included.

TED Talks:

My Secret to Creating Real Magic – Thursday, June 23 at 1:30pm. Free.

In an infectiously joyous talk, Milk Bar founder Christina Tosi shares the sugary jolt of her first food memory and behind the scenes stories of her bakery's famously inventive cakes, cookies, and treats.

This talk may make you hungry – but it will also leave you a resonant message about how breaking the rules and challenging your assumptions can make for a sweet life.

Afternoon Dance:

Friday, June 24 from 1:30-3:30pm. Free.

Join us for an afternoon of music and dancing to the sounds of Richie Mitnick. Sponsored by All American Assisted Living.

Card Making:

Friday, June 24 from 9:30-11:30am. Make kid and masculine birthday cards. Resident fee \$4.00, non-resident fee \$5.00.

Trip Registration:

Friday, June 24 at 9:30am

Registration begins for the August trip to the Newport Playhouse to see the suspense-comedy *Murder at the Howard Johnson's*. A traditional buffet dinner is included.

Computer Classes:

How to Add or Update Contacts to Your Phone – Wednesday, June 29 at 1:30pm. Resident fee: \$3.00, non-resident fee \$4.00.

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.

Legal Consultation: June 21

Ask the Lawyer: June 29

Ask the Realtor: July 6

Ask the CPA: July 13

Newsletter:

For a complete listing of all programs, pick up a copy of "The Center Connection" at the Senior Center or visit our website at www.enfield-ct.gov/seniors. Don't miss out on the fun!