

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

News Release: Week of July 25, 2022

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

August Class Registration:

The August newsletter is now available. Registration has begun and will be accepted until classes are full.

Occupational Therapy Exercises:

Tuesday, July 26, 9:30-10:30am. Free.

Weekly group sessions will be led by graduate level occupational therapy students from Bay Path University to promote health and wellness.

Mindfulness Meditation:

Tuesday, July 26, 12:30-1:15pm. Practice being present, reduce stress, and gain insight into your own well-being. \$3.00.

Fun Bingo:

Wednesday, July 27, 10:45-11:45am. Drop-in and play a few games for small cash prizes. Cost is fifty cents per card. Please bring exact change.

Monthly Birthday Party:

Wednesday, July 27 at 12:00pm. Parkway Pavilion Health & Rehab will provide cupcakes to all the Community Café participants to celebrate those born in July.

Computer Classes:

Digital Coupons – Wednesday, July 27, 1:30-3:30pm. Residents \$3.00, non-residents \$4.00.

TED Talks:

What You Discover When You Really Listen – Thursday, July 28, 1:30-2:30pm. Free.

“Every conversation has a potential to open up and reveal all the layers and layers within it, all those room within rooms,” says podcaster and musician Hrishikesh Hirway. In this profoundly moving talk, he offers a guide to deep conversations and explores what you learn when you stop to listen closely. Stay tuned to the end to hear a performance of his original song “Between There and Here (featuring Yo-Yo Ma).”

Trip Registration:

Friday, July 29 at 9:30am in the Computer Room. Due to popular demand, the registration date for the Goodspeed Opera House trip in November has been moved up.

Cornhole:

The Friends of the Enfield Senior Center have generously donated two cornhole sets to the Center. The cornhole sets will be put outdoors by the Gazebo on Fridays, from 9:30am-1:30pm weekly, weather permitting. Directions will be available. Stop by and play a few games.

Rotary Garden:

The Rotary Garden is in full bloom. Volunteers are needed for weeding, watering, picking, and delivering. Whether you can volunteer once a week or once a month your help is greatly appreciated. All food harvested is donated to the Enfield Food Shelf. To volunteer please contact Pat Bleakney at pat.bleakney@gmail.com

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 Lawyer: July 27

Ask the Realtor: August 3

Legal Consultation: August 16