

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

News Release: Week of August 8, 2022

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

**Mindfulness Meditation:**

Tuesdays, 9 & 23, 12:30-1:15pm. Practice being present, reduce stress, and gain insight into your own well-being. \$3.00 per class.

**Computer Classes:**

*Tech Time* with Audra Lauf from Comfort Keepers, Wednesday, August 10 at 10:00am. Free.

Audra is here to answer any tech questions you may have and give tech tips to help you stay connected with family and friends.

*Backing up your Photos*, Wednesday, August 10, 1:30-3:30pm. Residents \$3.00, non-residents \$4.00.

**Fun Bingo:**

Wednesday, August 10, 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.

**Afternoon Book Chats:**

*We Begin at the End* by Chris Whitaker, Wednesday, August 10 at 2:30pm.

Follow the thirteen-year-old self-proclaimed “outlaw” Duchess Day Radley and Sheriff Walker – more commonly known simply as ‘Walk’ – as they both try to navigate their own individually difficult lives that occasionally intersect due to Duchess’ mother, Star.

**Coloring for Stress Relief:**

Thursday, 1:00-3:00pm. Free.

Stimulate the brains areas related to motor skills, senses, and creativity.

**TED Talks:**

*How the James Webb Space Telescope Will Unfold the Universe* – Thursday, August 11, 1:30pm. Free.

The James Webb Space Telescope is a miracle of modern science and engineering. Nobel Laureate John C. Mather, the leader of the team at NASA that built the Webb, explains how the telescope will observe the first galaxies to form in the early universe, peer behind clouds of cosmic dust and gas to reveal stars being born and uncover new details about places like Europa and Titan, “We’re going to get a great surprise from this telescope,” Mather says.

**Bingo with Home Helpers:**

Thursday, August 11 at 1:30pm. Free.

Nicole Matson from Home Helpers will call games for prizes.

**Foot Care Clinic:**

Friday, August 12, 8:30am-3:00pm. To schedule an appointment, please call 860-205-2993.

**AARP CT Smart Driver Program:**

Wednesday, August 17, 1:00-5:00pm.

AARP will sponsor this in-person driver safety class at the Enfield Senior Center. The cost is \$20 for AARP members and \$25 for non-members. Please bring a check the day of the class made payable to AARP. Space is limited and pre-registration is required by calling 860-763-7425.

If you prefer an on-line course:

Promocode: DRIVINGSKILLS

To begin the course, go to: <http://www.aarpdriversafety.org>

**Trips Registration:**

The Enfield Senior Center is now accepting registrations for the following trips:

- CT Lighthouse Cruise, September 7. Registration deadline: August 8.
- Goodspeed Opera House, November 3. Registration deadline: August 26.

**Senior Living TV:**

August edition: Cox Public Access. Watch host Martha McLeod as she interviews Marc Warnock, Public Access Coordinator for Cox Communications located in Enfield. In his role at Cox, Marc trains local volunteers to create television programming, leads project teams to develop marketing content for internal and external audiences, and manages the Public Access Channel 15 that airs in a ten town Enfield franchise area. Senior Living airs on Cox Cable Channel 15 on Thursdays at 6:30pm and on Fridays at 9:30am.

**Rotary Garden:**

Harvesting has begun! Volunteers picked and donated 188 pounds of fresh produce to the Food Shelf on August 9. Thank you to all the volunteers who worked during the heat wave to help feed others. If you can volunteer even one hour a week or per month to help keep the garden going, please contact Pat Bleakney at [pat.bleakney@gmail.com](mailto: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.

Legal Consultation: August 16

Ask the Lawyer: August 31