

# FRONT & CENTER

JANUARY 2017

ENFIELD SENIOR CENTER NEWS & ACTIVITIES



## Nightshift Band Dance

Friday, January 20, 6 p.m.  
Snow date: Friday, January 27  
\$7 per person



Nightshift is a dynamic '60s, '70s and '80s cover band made up of five of Connecticut's most well known and experienced musicians. They only play the most popular songs, the most fun songs and the most danceable songs that audiences of all ages love to dance to and sing along with! The result has been a really fun time for anyone who has ever attended their performances. Dessert and coffee served at the break.

## Tax-Aide Program

**Mondays & Wednesdays**  
February 1-April 5  
9 am-3 pm, by appointment only

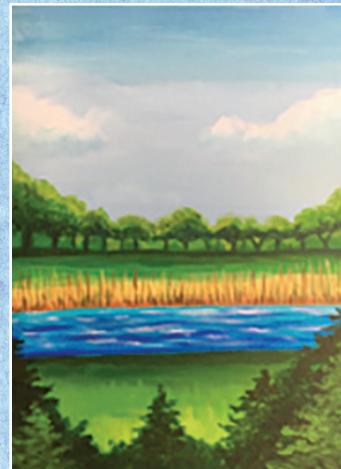
It's that time of year again! From February to April, IRS-trained AARP volunteers complete Federal and State income tax returns at no charge for seniors aged 60 and over. This free service is intended for the completion of average tax returns. If your return cannot be completed in 1 hour or less, and is overly complex, it is advisable to use the services of a paid tax professional. To enable our volunteers to complete your return more easily, please bring copies of:

- Last year's Federal & State tax returns
- All original documents for taxes for 2016
- W-2s
- 1099s
- Town property tax bills for your house and/or car
- Social Security statements

Call the Senior Center office for appointment

## Free Landscape Painting Party

Friday, January 6, 11 am-Noon  
Class size is limited



Learn how to create a beautiful landscape using acrylic paint. Blend colors and apply them to canvas while finding out about background, middle ground and foreground. All supplies will be provided by OBTA Care. Please register in the Senior Center office.

  
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### Enfield Senior Center

299 Elm St., Enfield, CT 06082

PHONE: (860)763-7425

FAX: (860)763-7429

E-MAIL

SeniorCenter@enfield.org

WEBSITE

www.enfield-ct.gov/seniors

Like us on Facebook

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@EnfieldSrCtr

HOURS

Monday-Thursday: 8 am-8 pm

Friday: 8 am-5 pm

Office opens at 8:30 am

### Senior Community Cafe

(860) 763-7428

For lunch reservations call by  
noon the day before and leave a  
message.

### Senior Center Phone List

Main Office: (860) 763-7425

Arts & Crafts: (860) 763-7437

PRIME Fitness: (860) 272-3554

Meals on Wheels: (860) 763-0400

Dial-a-Ride: (860) 272-3545

## A note from the Director

Welcome 2017! A new year means a new start. If you are interested in being more fit, we can help. Just stop in to the PRIME Fitness Center and learn about our membership options. Or look through our array of programs. Take a class and challenge your brain or travel somewhere you have not been before.

Do you have some new ideas for us? Maybe there is a group or a program you would like to see the Senior Center offer. We would love to hear from you. Trying something new is good for us too.

Best wishes for the New Year!

Sincerely,

Susan Lather  
Director

## Death over Dinner

Thursday, Jan. 26, 5:30 pm  
Free with registration. Space is limited

Let's lift the taboo of talking about end of life decisions. It is the most important conversation we are not having. So let's have a pasta dinner and talk about dying. Facilitated by Cassandra Lokke-Seeman, RN, CHPN of Masonicare Partners, this small group activity will probably be the most unusual dinner conversation you have ever had. Make a reservation by calling the Senior center office.



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Effective thru Sat., Dec. 20, 2016.



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# Special Events & Dances

All tickets for catered events may be purchased up to the day before the event and are not sold at the door. Please register in advance for all seminars at the Senior Center office or call 860-763-7425. Assistive Hearing Devices are available in the front office for all programs.

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## UPCOMING EVENTS

### Memories of Patsy

Patsy Cline Tribute

Friday, Feb. 10  
6 pm

\$7 per person

### Monthly Birthday Party

Every First Wednesday of the Month

Parkway Pavilion Health & Rehabilitation provides a birthday cake for all community café luncheon participants to celebrate the birthdays of everyone in that month. Happy Birthday!

### Morning Toast

Mornings from 8:30 to 10 am

Donation requested

Start your day with a choice of English muffin, white or wheat toast to enjoy with coffee. Top it off with butter, jelly, peanut butter or Nutella.



### Ballroom Dance

Friday, Jan. 13, 2 pm

\$3 at the door

Dance to the sounds of Richie Mitnick on keyboard and enjoy a snack at the break.

### Florence Foster Jenkins

The story of Florence Foster Jenkins, a New York heiress who dreamed of becoming an opera singer, despite having a terrible singing voice. Starring Meryl Streep, Hugh Grant, Simon Helberg.

PG13. 110 min.

**\$5 MOVIE AND MEAL (5 PM MEAL)**

PLEASE PURCHASE IN ADVANCE

**\$2 PER PERSON**

AT THE DOOR FOR MOVIE ONLY – STARTS AT 6 PM

Movie & Turkey Grinder  
Thursday, January 19

## Johnson Memorial Hospital and Saint Francis Care are giving you *twice* the care in Enfield



Our skilled *team* treats patients  
like people, not numbers!

### Johnson Surgery Center

- Same-day surgical services for adults and children including: Ear, Nose and Throat Surgery, Gastrointestinal care and Eye Surgery
- Diagnostic imaging services including: Mammography, Ultrasounds and X-Rays
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### Wound Care Center

- Wound care evaluation and treatment including: Diabetic Wounds, Venous Status, Arterial, Vasculitic Ulcers, Burn Wounds ...and more
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### Johnson Cancer Center

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Johnson Memorial Hospital

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# 4 Fitness Programs

**R** Residents

**NR** Non-Residents

Log on at [www.enfield-ct.gov](http://www.enfield-ct.gov) scroll down to senior center

## Body 360

Thursdays, 1-1:45 pm  
Jan 12-Feb 23, 7 classes  
R \$21 NR \$28

Tight muscles can contribute to back pain or difficulty performing everyday tasks. Poor balance increases your risk of falls. If you have been inactive due to injury or recovering from surgery or if you are active and want to stay active, you will want to take this class. Incorporating stretching, flexibility and balance into one class, this class is for all levels of fitness. Exercises will be standing, in chairs and some mat work.

**NEW**

## Boxing & More: Exercise with Parkinson's

Mondays, 3:30-4:30 pm  
Jan 9-Feb 27, 6 classes  
R \$24 NR \$30  
Wednesdays, 3-4 pm  
Jan 4-Feb 22,  
8 classes  
R \$32 NR \$40

Techniques and drills for people of all ages with Parkinson's Disease. Functional interval training, boxing and more!



## Chair Exercises

Mon, Wed & Fri,  
11 am-Noon  
No class on Jan. 13  
**FREE**

Improve flexibility, coordination & stamina.



**NEW**

## Hand Exercise

Tuesday, 9-10 am  
Jan 3-Jun 20  
**FREE WITH REGISTRATION**

Do you have trouble opening jars or buttoning your shirt? Learn some ways to strengthen your hands and fingers to make these tasks easier. Join the Bay Path University Occupational Therapy students weekly group. Walk-ins accepted as space allows.

## Jan's Exercise

Mon, Wed & Fri, 9-10 am  
Jan 4-30

1-day, 5 classes  
R \$18 NR \$24  
2-day, 9 classes  
R \$27 NR \$36  
3-day, 11 classes  
R \$30 NR \$40  
No class on Jan 16.  
Feb 1-27

1-day, 5 classes  
R \$18 NR \$24  
2-day, 9 classes  
R \$27 NR \$36  
3-day, 11 classes  
R \$30 NR \$40  
No class on Feb 20.

Stretches for every part of the body. This class meets on Monday, Wednesday and Friday, allowing you the flexibility to attend any day the class meets up to the maximum number for which you are enrolled.

## Line Dancing

Mondays, 1-2 pm  
Jan 9-Feb 27, 6 classes  
R \$18 NR \$24  
No class on Jan 16 or Feb 20

After taking a basic class, or if you have line danced before, you will enjoy learning in this class.

## Pilates

Thursdays, 4:30-5:30 pm  
Jan 5-Feb. 23, 8 classes  
R \$32 NR \$40

Pilates is a mind-body exercise that focuses on strengthening the core. It is gentle to your body but still a challenging workout.

## Simply Stretch & Strengthen with Shelly

Mondays, 10:30-11:30 am  
Jan 9-Feb 27, 6 classes  
R \$18 NR \$24  
No class on Jan 16 or Feb 20

Stretch and strengthen every part of your body, relax and revitalize with breathing exercises, improve your balance with simple yoga postures both seated and standing. This class is for all ability levels and will not involve mat work or getting down on the floor.



## Tai Chi – Introduction

Wednesdays, 3:30-4:30 pm  
Jan 4-Feb 8, 6 classes  
R \$18 NR \$24

This class is designed for the person who has never taken Tai Chi before with an emphasis on improving balance and preventing falls.

## Tai Chi – Advanced Beginner

Tuesdays, 8:45-9:45 am  
Jan 10-Feb 28, 8 classes  
R \$40 NR \$48

This class is designed for individuals who have some experience in Tai Chi and would like to learn beyond the basics.

## Tai Chi – Intermediate

Thursdays, 8:45-9:45 am  
Jan 5-Feb. 23, 8 classes  
R \$40 NR \$48

Continue with more advanced movements.

## WOW! – Women on Weights

Wednesdays, 5-5:45 pm  
Jan 4-Feb 22, 8 classes  
R \$24 NR \$32  
Fridays, 10:30-11:30 am  
Jan 6-Feb 24, 8 classes  
R \$24 NR \$32

This class is broken down by muscle group so the entire body is trained. Light weights and bands will be used, as well as your own body weight. The instructor will accommodate the different goals of each student.

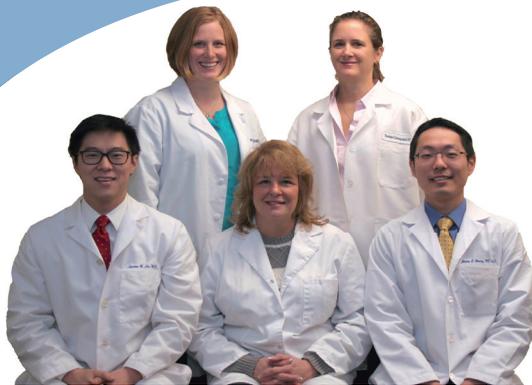


## Yoga – Chair and Standing

Tuesdays, 11 am-12 pm  
Jan 10-Feb 28, 8 classes  
R \$32 NR \$40

An enjoyable series of stretches & movements leave you energized & relaxed. No mat work. Positions are modified for chairs and standing and designed for older adults.

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### Yoga – All Levels

Tuesdays, 9-10 am

Jan 10-Feb 28, 8 classes

R \$32 NR \$40

Tuesdays, 10-11 am

Jan 10-Feb 28, 8 classes

R \$32 NR \$40

Thursdays, 6-7 pm

Jan 5-Feb 23, 8 classes

R \$32 NR \$40

This class is for active adults who want to incorporate mat work on the floor into their yoga practice. Even if you have never had a yoga class, the instructor will guide you through modified sun salutations and postures.



### Zumba Gold

Mondays, 6:15-7:15 pm

Jan 9-Feb 27, 6 classes

R \$24 NR \$30

No class on Jan 16 or Feb 20

Wednesdays,  
10:30-11:30 am

Jan 4-Feb 22, 8 classes

R \$32 NR \$40

Fridays, 11:45 am-12:45 pm

Jan 6-Feb 24, 8 classes

R \$32 NR \$40

Zumba is fitness made fun! Latin rhythms and easy-to-follow moves create a dynamic and exciting workout designed for those over 50.

### Zumba Gold – Chairs

Wednesdays, 11:30-12 pm

Jan 4-Feb 22, 8 classes

R \$24 NR \$32

Chair Zumba takes the same beats and moves as traditional Zumba and modifies them for exercising and dancing in a seated position. Keep joints flexible, burn calories, stretch and strengthen muscles, and increase cardiovascular function in a 30-minute session. Join the party!

### Zumba Toning

Mondays, 7:25-8 pm

Jan 9-Feb 27, 6 classes

R \$18 NR \$24

No class on Jan 16 or Feb 20

Tone your body to the same great music and less cardio.

Try both Zumba Gold and Toning or just one. Bring 1 to 3 lb. weights or Zumba Toning Sticks.

### PRIME Fitness at the Enfield Senior Center

Now accepting Silver Sneakers and Silver & Fit memberships!

PRIME Fitness at the Enfield Senior Center makes fitness comfortable, safe and fun. Experienced Fitness Assistants staff the fitness center, design a program tailored to your needs and answer any questions you have. Stop in for a tour!

Mon to Thurs: 8 am - 8 pm • Friday: 8 am - 4:30 pm

### Membership Options

Choose the PRIME Fitness membership fee that works for you and your schedule:

\$25 for a month • \$60 for 3 months • \$100 for 6 months • \$150 for a year (Half the cost of a monthly membership!)

If your Medicare Supplemental offers Silver Sneakers or Silver or Fit, you can join at no cost to you. Check with your provider today!

### New Member Package includes:

- One hour individualized program design consultation.
- Training on all machines.
- Program supervision and supervised workout.
- Optional Fitness Assessment.

To schedule an appointment with a Fitness Assistant or for an answer to any questions, call 860-272-3554.



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# 6 Computers & Technology

**R** Residents

**NR** Non-Residents

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## Technology Café

Stop in and use the iPads, Kindle Fires, All-in-One Windows 8.1 Touchscreen Computers, while having a cup of coffee or tea.

Find your way by using the Sip & Swipe software or ask a volunteer how to start.

## Android Tablet User Group

Thursdays, 10 am-12 pm  
Jan. 12

**FREE**

If you use a Samsung Galaxy, Google Nexus, Kindle Fire or Nook Tablet and want to share your experience and gather more knowledge, come to this group to share ideas, tips, and applications. Bring your own device or borrow a Kindle Fire from the Enfield Senior Center.



## Computer Help Sessions

Wednesdays, 3-4 pm

**FREE**

Maybe you're taking a class and need practice or you may have a question about your laptop, desktop or software. Bring any question during this open forum and have it answered. No registration is necessary to participate in these sessions.

## Digital Photography Group

**NEW**

First Thursday of every month

Jan. 5  
5 pm

**FREE**



## iPad User Group

Monday  
Jan. 9  
1-2 pm

*A class may be added*

**FREE**

If you are an iPad user, stop in to join the group on the second Monday of each month. Although this is not a formal class, it is a fun way to share what you know. No registration is necessary to participate in this group.

## TED TALKS

Thursday, Jan. 19  
10:30-11:30 am

**FREE**

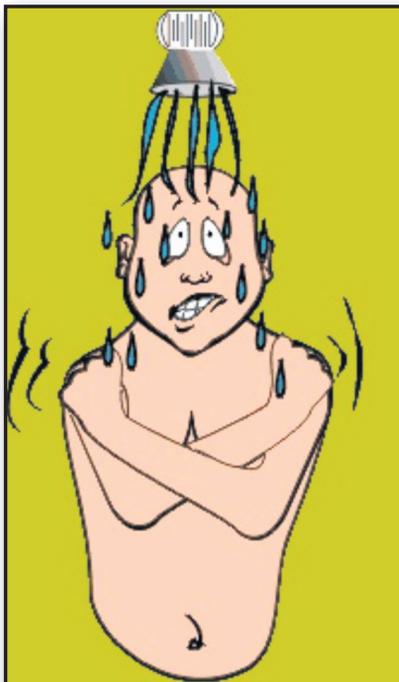
The Enfield Senior Center will host TED (Technology, Entertainment, Design) Talks and discussion groups from 10:30 to 11:30 a.m. on the third Thursday of each month. The group will watch a TED Talk, then discuss their thoughts on the matter.

Drop in. No Fee.

**Something to think about for your New Year's resolution:**

**Want to be happy? Be grateful by David Steindl-Rast**

The one thing all humans have in common is that each of us wants to be happy, says Brother David Steindl-Rast, a monk and interfaith scholar. And happiness, he suggests, is born from gratitude. An inspiring lesson in slowing down, looking where you're going, and above all, being grateful.



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# Creative Arts Programs

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## Card Making

Fridays, 9:30-11:30 am  
Jan 13 and 27, 2 classes  
Feb 10 and 24, 2 classes  
R\$8 NR\$10



We will make the following: Jan 13, Anniversary and Wedding cards; Jan 27, Valentine cards; Feb 10, Sympathy cards; Feb 24, Kids Birthday cards.

## Ceramics

Thursdays, 9 am-Noon  
Jan 5-26, 4 classes  
R \$16 NR \$20  
Feb 2-23, 4 classes  
R \$16 NR \$20



Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware and firing are an additional cost.

## Coloring for Stress Relief

Wednesday, 5:30 pm-7:30 pm  
Jan 4  
Thursday, 1-3 pm  
Jan 19  
FREE

Coloring is an activity very beneficial to adults—namely for its de-stressing power. Coloring generates wellness, quietness and also stimulates the brain's areas related to motor skills, senses and creativity. Join us for coloring and a cup of tea. Please sign up in the Front Office.

## Creative Stitches

Wednesdays, 9 am-12 pm  
FREE

Do you enjoy knitting, crocheting and other needle work? Do you wish to brush up on your skills? Do you want to learn the basics of needlework? We welcome new members of any age, gender or ability! No need to sign up—just drop in.



## Cross Stitch Bucket Basket Class

Thursday, 12:30-5 pm  
Feb 9, 1 class  
R \$6 NR \$7 per class

Material fee of \$15 is payable to the instructor. 8x12 inch D handle. Choice of colors for cross stitch design.

## Heritage Craft Group

Mondays, 10 am-12 pm  
FREE

Do you enjoy knitting, crocheting, sewing and crafts? We welcome new members of any age, gender or ability! No need to sign up—just drop in.

## Jewelry – Mornings

Friday, 9:30-11:30 am  
Jan 20, 1 class  
Feb 17, 1 class  
R \$4 NR \$5 per class

Make a bracelet, necklace or earrings. Create special one-of-a-kind gifts and beaded accessories from our instructor's huge selection of beads. Instructor supplies all tools, and beads are purchased separately.



## Make It & Take It Scrapbook Page

Tuesdays, 1:30-3:30 pm  
Jan. 17, 1 class  
Feb. 21, 1 class  
R \$3 NR \$4 per class

Create pages to showcase special photos. Different themes and techniques will be used.

## Paper Crafting Workshop

Friday, 9 am-3 pm  
Feb. 3, 1 class  
\$5 per person

Bring your supplies and projects and join us for an all-day scrapbook and card making workshop. Start your cards for the coming year or scrap your backlog of photos. Some tools will be provided to share.

## Pot Belly Basket Class

Thursday, 12:30-5 pm  
Jan 12, 1 class  
R \$6 NR \$7 per class

Material fee of \$10 is payable to the instructor. 6 inches tall before inserted handle and 5 inches in diameter. Choice of accent colors.

## Sassy Sewers

Tuesdays, 1-3 pm  
FREE

Do you enjoy quilting and sewing? Come and share ideas, swap fabric and show & tell. Join us join the 2nd and 4th Tuesday of the month.



NEW

NEW

## Scrapbook Crop

Tuesdays, 1:30-4 pm  
Jan 3, 1 class  
Feb 7, 1 class  
R \$3 NR \$4 per class

Join us to share ideas, organize your photos and get them into your scrapbooks.

## UFOs: Un-Finished Objects

12 pm-4 pm  
Thursday, Jan 5, 1 class  
Tuesday, Jan 31, 1 class  
Thursday, Feb 2, 1 class  
FREE

Are you finding yourself drowning in UFOs: Un-Finished Objects? The holidays are upon us. Use this time to finish those holiday gifts. Work weekly crafting time into your schedule to see craft projects through to completion. Enjoy lots of space and the company of others to complete your projects.

Class dates may change according to instructor schedules after the publication date of this issue.

Please keep a copy of the registration form for the most accurate and up-to-date class information.

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Bill McCloskey

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Kate McCloskey

# 8 Trips

**SAVE THE DATES! Stop by for trip flyers with more detailed information.**  
*Trip details, dates, and pricing subject to change.*



## The Best of Maple Sugar Season in Massachusetts: North Hadley Sugar Shack, Farm Table Restaurant at Kringle Candle

**Tuesday, March 14, 2017**

The Farm Table Restaurant at Kringle Candle in Bernardston, MA invites you to a special Maple Sugar Luncheon. Gourmet menu includes: Apple, Dried Cranberry & Walnut Salad topped with Maple Balsamic Dressing over Baby Spinach, Choice of: Cider & Maple Mustard Butter Roasted Salmon, served with Grilled Asparagus and Herb Roasted Fingerling Potatoes or Maple and Citrus Lacquered Seared Breast of Duck, served with Bacon Caramelized Brussel Sprouts and Whipped Sweet Potatoes. Dessert will be Bourbon Bread Pudding with Maple & Pecan Ice Cream. This beautiful restaurant is an experience to remember. There will be free time to shop the Kringle Candle store. Then it's off to visit the North Hadley Sugar Shack in North Hadley, Massachusetts. Our guided tour will follow the maple syrup process. View boiling

of sap, the tapped trees, & everyone will receive a Sweet Maple Treat! Trip sign-up date is: Friday, January 6, 2017, 10 am, Senior Center Dining Room. Cost: \$95 per person.

## West Point Dress Parade with Lunch at the Hotel Thayer

**Saturday, April 29, 2017**

West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance on the parade grounds of the beautiful West Point Academy. The Cadets march in full uniform, in cadence with the military music, presenting arms in unison. Lunch at the Hotel Thayer for a bountiful buffet. Guided tour of West Point highlights Cadet Chapel, Trophy Point, and Hudson River lookout. Trip sign-up date is: Friday, February 24, 2017, 10 am, Senior Center Dining Room. Cost: \$101 per person.

## Holland, Michigan Tulip Time Festival

**Tuesday-Tuesday, May 9-16, 2017 (8 days/7 nights/14 meals)**

We're off to the pretty town of Holland, Michigan, on the shores of Lake Michigan to view beautiful tulips. Before we land

in Holland, MI, we'll stop at the Rock N Roll Hall of Fame in Cleveland for a musical trip down memory lane. In Michigan, you'll enjoy a guided tour of Holland. Here you'll see the rich Dutch culture and celebration of the tulips, Windmill Island, the home of DeZwaan Windmill, Klompen dancing and Dutch specialty shops. We will visit Nelis' Dutch Village, a recreation of the Netherlands 150 years ago where people wear wooden shoes and colorful costumes as they dance in the streets. And, you won't want to miss a stop at Veldheer's Tulip Garden with 5 million tulips in bloom this week. Special reserved grandstand seats have been set aside for the colorful Muziekparade, a festival highlight. In Dearborn, Michigan, we visit the Henry Ford Museum, where Henry Ford stored his vast private collection and Greenfield Village, where you'll travel back in time to America in the mid-1800s. The journey home crosses Southern Ontario to Niagara Falls, with dinner at the famous revolving restaurant, atop the Skylon Tower overlooking the Falls. And, in Geneva, NY we stop for lunch and wine tasting at Ventosa New York State Vineyards. Cost: \$1695 per person/double occupancy.

## Montreal & Quebec City

**Saturday-Tuesday, August 26-29, 2017**

**4 days/3 nights/4 meals**

This 4-day trip will begin in the St. Lawrence River Valley and the City of Montreal. Your hotel in downtown Montreal is in the historic Old Port District near where the city first settled. The first night includes an introductory tour of the city. Sightseeing includes a stop at the beautiful Notre Dame Basilica, Dominion Square in the heart of Montreal. Next admire the spectacular view from Mont Royal and visit world famous St. Joseph's Oratory overlooking the western part of the city. The trip will then follow the scenic St. Lawrence River to Quebec City, the heart of French Canada. The Quebec guide will take you on a stroll on the Boardwalk at Dufferin Terrace by the Chateau Frontenac and visit Place Royale, where Samuel Champlain first settled over 400 years ago. The trip will also visit the healing shrine of St. Anne de Beaupre and scenic Montmorency Falls. The journey home will include a stop for bargain shopping at Duty Free. Cost: \$779 per person/double occupancy. Detailed flyer available at the Enfield Senior Center. Reservations are

currently being accepted at the Enfield Senior Center front desk. \$100 each deposit due by March 26, 2017 to hold your reservation.

## Mamma Mia, Westchester Dinner Theatre

**Wednesday, May 24, 2017**

Once seated at your reserved table, you'll select from an excellent menu and enjoy a pre-show lunch. Enjoy a matinee performance at the Westchester Dinner Theatre located in Elmsford, NY of "Mamma Mia".

It's Abba's greatest hits woven into 3 wonderful love stories. A young girl about to be married, her mother about to confront the past, and the best love story of all. So many great songs including "Mamma Mia" and "Dancing Queen". A great, fun show with lots of energy. For more information, pick up a detailed trip flyer at the Enfield Senior Center. Sign-up date is March 3, 2017 at 10:00 a.m. at the Enfield Senior Center. Cost: \$107 per person.



## Ogunquit, ME – Nubble Lighthouse Cruise

**Monday-Wednesday, June 5-7, 2017**

**3 days/2 nights/2 breakfasts/2 dinners**

Enjoy 2 nights at the Meadowmere Resort – centrally located within walking distance from Ogunquit Village, Perkins Cove and Ogunquit Beach. Enjoy rooms with a balcony or patio, relax by the indoor and outdoor pools, all set on 4 acres in beautiful Ogunquit. A welcome dinner marks your arrival. Board the Finestkind III for the Nubble Lighthouse Cruise along the scenic rocky coast of Southern Maine with views of York's elegant homes and breathtaking photo ops of the Nubble Lighthouse. Time to stroll Perkins Cove, a picturesque little fishing village that's home to local artisans, specialty shops and Oceanside eateries. Then it's off to Foster's Downeast Clambake to dig into their prize-winning chowder, mussels, lobster, corn, potatoes, onions, rolls, and fresh Maine Blueberry Crumb Cake. We will depart Maine and head south for Newburyport, Massachusetts, a historic seaport located north of Boston on the seacoast of

New England for a locally guided historic driving tour through Newbury where the first settlers landed, drive by some of the 17th century homes and point out notable architecture and stories of the famous people who lived here. Visit the Museum of Old Newbury and explore the quaint Main Street of Newburyport for shopping before heading home. Cost: \$409 per person double occupancy. For more information, pick up a detailed trip flyer. Reservations are currently being accepted at the Enfield Senior Center Front Desk.

## Canadian Rockies

**Saturday-Friday, Sept. 2-8, 2017 Vancouver, Kamloops, Lake Maligne, Banff, Calgary**

This 7-day journey will begin in Vancouver, British Columbia and end in Calgary, Alberta. This adventurous trip includes a Vancouver city tour which includes Stanley Park, Chinatown, Gastown and the world famous steam-powered clock, the 2010 Olympic torch and village. Transportation from Kamloops to Jasper is via Rail Canada and what a journey it will be as you view the pristine Canadian wilderness along the way. On this trip we'll visit the Columbia Icefield Highway, with snow-capped mountains, rushing rivers, and impressive cliffs, this being one of Canada's most scenic motorways. We'll also stop at Athabasca Falls and board a snow coach ride for a glacier walk. In Jasper, we'll venture to the Athabasca River for a gentle rafting trip, the same route once used by Fur Traders. We will also cruise on Lake Maligne and enjoy an afternoon walk into Maligne Canyon. A visit to Yoho National Park is included and we will also explore Moraine and Emerald Lakes and a walk to the Lower Johnson Canyon Waterfall. No visit would be complete without a stop at Lake Louise where we'll walk the paved path along the edge of the lake to enjoy the peaceful beauty. Maybe you'll see a moose, bear or caribou on the evening Wildlife Safari. Cost \$3259 per person/double occupancy. For more information, pick up a detailed trip flyer.

**Book Early and Save!**

**Secure your reservation by Jan. 31, 2017, and receive a \$200 discount.**

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## The Wonders of Italy

**Tuesday-Friday,  
April 25-May 5, 2017**

Relax on an overnight flight into Rome "The Eternal City". Enjoy a walking tour of the famous Spanish Steps and Trevi Fountain. This trip will include a visit to the Vatican City with entrance to the Vatican Museum and the Sistine Chapel, a motor-coach tour of Rome featuring Quirinale, Piazza Navona, Pantheon, and Campo dei Fiori. An ancient city tour of Rome and a visit to the Roman Colosseum will also be included. In Sorrento, you'll take the high speed ferry over to Capri for a guided tour of the island. There will also be free time in Sorrento for exploring. A guided tour is included of the picturesque coastal village of Positano and of the Amalfi Coast, which includes entry to the Amalfi Dome Closter. Enjoy the Tuscan countryside on your way to Florence. Piazza Santa Croce, Palazzo Vecchio, Cathedral of Santa Maria Dei Fiori, and the famous "Gates of Paradiso" will be visited in your guided tour of Florence. A stop at the Accademia Museum to see the original Statue of David will also be included. A trip to Italy would not be complete without experiencing the wine region for wine-tasting and exploring. A guided tour of Pisa where we will see the famous Leaning Tower of Pisa will highlight your trip. Entry into the medieval cathedral at the Piazza dei Miracoli (Square of Miracles) is included. You'll also experience a guided tour of the renaissance-era city of San Gimignano. A feast at a local Tuscan "Agriturismo" (Italian Farm) for a delicious Tuscan dinner featuring regional specialties, wines, and olive oil will bid farewell before you depart for home. Cost: \$4899 per person/double occupancy.

**Detailed trip flyers are available  
at the Senior Center.**



## Alaska Land & Cruise

**Sunday-Friday,  
June 11-23, 2017**

Your adventure begins with your flight to Fairbanks Alaska. A fun-filled day in Fairbanks includes a city tour and a cruise down the Chena River on the Riverboat Discovery Sternwheeler along with free time for exploring on your own. Travel onboard the Wilderness Explorer, Royal Caribbean's Glass-Domed railcars to Denali. Upon arrival, head out on the Tundra Wilderness Tour, deep into Denali Park. There will be free time to explore Anchorage and visit the Alaska Native Heritage Center, where you will learn about the various native cultures of Alaska. Before boarding the beautiful Millennium Cruise Ship for the next 7 nights, you'll enjoy a Resurrection Bay Wildlife Cruise, where you'll experience breathtaking views of jagged cliffs and marine wildlife. On this cruise, you'll visit Hubbard Glacier, the largest tidewater glacier in North America. There'll be stops along the way in Juneau, Skagway, Icy Strait Point, and Ketchikan. Cruise the Inside Passage before bidding farewell in Vancouver, British Columbia. Call the Enfield Senior Center for cabin availability and pricing.

**Detailed trip flyers are available at  
the Senior Center.**



## Incredible Iceland

**Thursday-Wednesday,  
Oct. 19-25, 2017, 7 days/8 meals**

Your journey to Iceland begins with a non-stop overnight flight to Reykjavik, Iceland on Icelandair. Upon arrival, you'll be greeted and escorted to breakfast and a Reykjavik city tour. After your leisurely afternoon you'll embark on a Northern Lights (Aurora Borealis) excursion in search of the entrancing and magical display of beautiful colors across the night sky. A full-day excursion is planned to the Snaefellsnes Peninsula to see white and black sand beaches, bird cliffs, spectacular mountains, volcanic craters and charming fishing villages. You'll also visit Iceland's south coast. During the guided excursion, you'll encounter wide plains, dramatic sea cliffs and spectacular waterfalls and views of the Hekla and Eyjafjallajokul volcanoes and the beautiful village of Vik. Vik is considered to be one of the most magical places to take in the Northern Lights experience. On this tour you'll visit the hot spring area of Reykjavik to see the famous Geysir and Strokkur, a magical hot spring that spouts every few minutes, the Golden Falls, Iceland's most famous and impressive waterfall featuring a spectacular double cascade, and Thingvellir National Park. And, before you depart, you'll experience the world-famous Blue Lagoon. This natural spa is based around the geothermal seawater in the lagoon. Cost: \$2999 per person.

**Detailed trip flyers are available  
at the Senior Center.**



**MARK YOUR  
CALENDARS!**

**Look what's being  
planned for 2017-18**

**July 20, 2017: Sail Away on Mystic Argia**

**July 27, 2017: Block Island Adventure**

**Aug. 17, 2017: Saratoga Racetrack**

**Nov. 5, 2017: National September 11**

**Memorial Museum**

*Trips and dates subject to change.*

# 10 Clinics, Screenings & Support

## SCREENINGS AND CLINICS

### Ask the Occupational Therapist

**Tuesday, Jan. 10, 9-10:30 am**

Brian Nyberg, OTR/L LNHA from Parkway Pavilion will be at the Senior Center every second Tuesday of the month to answer your questions. If you are having any concerns about arthritis, exercise or aches that will not go away, make an appointment for a consultation.

### Balance Screening

**Tuesday, Jan. 17, 10 am-Noon**

Evergreen Health Care Center is offering an individualized balance screening every third Tuesday. Call the Senior Center office to make your appointment.

## Blood Pressure Screenings

**First & third Wednesdays of each month, 10 am-Noon; Second & fourth Wednesday of each month, 10:30 am-Noon**

Free blood pressure and blood sugar screenings are offered. No appointment needed, just stop in.

## Foot Care Clinic

**Friday, Jan. 13, 8:30 am-3 pm**

*By appointment only*

Registered nurses from Pedi-Care trim nails and check for foot health problems. Cost is \$29. Home visits available for homebound seniors for an additional cost.

## Foot Care Clinic – Evenings

**Wednesday, Jan. 11, 1-7:30 pm**

*By appointment only*

This same wonderful service is now available with convenient evening hours. Cost is \$29.

## SUPPORT GROUPS

### Alzheimer's Caregiver Support Group

**Tuesday, Jan. 17, 9-11 am**

If you are caring for someone with Alzheimer's Disease, you have unique concerns and issues. Visiting Nurse and Health Services of Connecticut will provide a monthly facilitated support group to help you find the resources and care you need. Every third Tuesday, meet with others who understand.

### Bereavement Support Groups – Registration Required

**Mondays, 5:30-7 pm**

Call Jo Ann Taft, Bereavement Counselor for registration, schedule and location at Home and Community Health Services, 860-763-7612.

## Blood Cancer Support Group

**First Thursday of each month; Jan. 5, 6-7:30 pm**

This family support group is open to adult patients and family members who are coping with Acute and Chronic Leukemia, Non-Hodgkin Lymphoma, Hodgkin's Disease, Multiple Myeloma, Myelodysplastic Syndrome or Myeloproliferative Disorders. Facilitated by Dr. Jay Burton of Springfield Medical Associates. Please call 413-789-0200 for more information.

## Diabetes Support Group

**Thursday, Jan. 12, 1-2 pm**

*No meeting in December*

Sponsored by Johnson Memorial Medical Center. If you or a loved one live with Diabetes and are looking for more help from others who share the same condition, then please join us. We meet the second Thursday of every month.

## Gluten-Free Support Group

*Facilitated by Michelle Mattia, Registered Dietitian from Shop Rite of Enfield.*

**Wednesday, Jan. 18, 6:30-7:30 pm**

Share challenges, successes and helpful tips with others. Regular meetings are held the third Wednesday of every other month at the Enfield Senior Center. Light refreshments are served. Please RSVP to insure that enough gluten-free samples will be available. Contact Michelle at 860-253-4173 or michelle.mattia@wakefern.com.

## Stroke Support Group

**Tuesday, Jan. 10 10 am**

Join others for support, friendship, laughter and education. Facilitated by Visiting Nurse & Health Services of CT, Inc. If you have questions, please call: Sandie Pino, MSW, LCSW, Visiting Nurse & Health Services of CT 860-872-9163.

## WELLNESS PROGRAMS

### Chair Massage and Reflexology

**Friday, Jan. 6 & 20, 12-2:45 pm**

*By appointment only*

Holly Battige, Licensed Massage Therapist, brings two forms of complementary, stress reducing and muscle relaxing therapies to the Senior Center. Holly, who specializes in geriatric massage, will be available for Chair Massage and Reflexology, where gentle pressure is applied to specific points of the feet during the foot massage. Book a 30-minute session by calling the office. The cost is \$25 and is payable at your appointment.

### Reiki

**Thursdays 5-7:30 pm**

*By appointment only*

Reiki is a healing technique that promotes relaxation and stress reduction. You are fully clothed during a session and, different than massage, no touch or a light touch is applied. Reiki is a popular means of relaxing, calming and healing. Reiki Master, Stacey Ford brings this therapy to the Enfield Senior Center. The cost is \$25 for a 25 minute session and is payable at your appointment. Please make an appointment for a Reiki session by calling the Senior Center office.

### T.O.P.S.

**Wednesdays, 12:30-2:30 pm**

Take off pounds sensibly. Meet with others for support and strategies for losing weight.

## WEALTH PRESERVATION GROUP, INC.

*Working to Preserve Your Wealth*

### FREE SEMINAR SERIES

## “How to Avoid the Top IRA and 401k Legacy Planning Mistakes”

**Wednesday, January 25 • 1:00 P.M.**

**Enfield Senior Center**

**Do you have a distribution plan that is built to last OR destined to fail?**

- Will 45% of your IRA go to taxes instead of your loved ones?
- Why do the majority of people reposition their 401k into an IRA?
- Why can a stretch IRA double or triple your non-spouse beneficiary's inheritance?
- Will a nursing home attach your IRA and spend it down?

***If you own an IRA or 401k, you won't want to miss this informative presentation.***

***Reserve your spot today!***

**1-800-679-2771**

***Join us in supporting our neighbors, donate a food item to benefit the Enfield Food Shelf***



John G. Dee  
President

# Seminars

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## SEMINARS

Please call the Senior Center office at 860-763-7425 to register for these free seminars.

Assistive Hearing Devices are available in the front office for all programs.

### Eating Healthy in the New Year

Sponsored by Evergreen Healthcare Center

Wednesday, Jan. 4, 1 pm

Make a New Year's Resolution to be a healthier you! Eating healthy can be easy, tasty, and budget friendly. Learn how to choose foods that will help you control your weight, have more energy and prevent chronic disease. Presented by Dietician Karen Lafayette.

### Crisis Management Workshop

Sponsored by Comfort Keepers

Wednesday, Jan. 11, 1 p.m.

Snow date: Wednesday, Jan. 18, 1 pm

Learn what to expect in the event of a health emergency, observation and admission to a hospital, who pays for what, home care, community resources available and much more.

Panel includes: Catherine Williamson, CDP, MS-Gerontologist, Adjunct Faculty at Asnuntuck Community College, Manager at Comfort Keepers Home Care; Susan Ashe, Director of Social Work for Blair Manor Skilled Nursing and Rehabilitation Center; Erin Maloney, EMT for Enfield Emergency Medical Response Team and Fire Department; Officer Phil Thomas, Crime Prevention Officer, Enfield Police Department

### The IRA and 401K Seminar: How to Leave Your Retirement Plans to Your Loved Ones Instead Of the IRS

John G. Dee, President Wealth Preservation Group, Inc.

Wednesday, Jan. 25, 1 pm

Learn critical information everyone must know about their retirement plans. Is your IRA a tax time bomb? What are the advantages of converting a 401K to a IRA? Will the IRS be your biggest beneficiary of you retirement plan?

## LANGUAGE ARTS

### Italian Conversational Group

Monday Jan. 9, 2-4 pm

FREE

Learn about the language, culture and historical background of Italy. Taught by native speaker, Anthony Trichilo, explore the country in a fun and relaxed atmosphere. Class meets on the first Monday of the month.

### Journaling as a Transformative Tool

Thursday Jan. 5 & 19, 10 am

FREE

Many people find keeping a journal a way to understand themselves, release stress, resolve conflicts or express their creativity. Members will draw upon a variety of exercises and techniques to begin the process. There is no charge for this group and you are encouraged to bring a notepad and pen. The members will help to determine the direction the group will take. The group will meet the first and third Thursday of the month.

### Workshop for Poets

Friday Jan. 13, 10 am-12 pm

FREE

Lighthearted and stimulating reading and writing of your own work will be the focus. Let's learn together and challenge each other! But, most importantly, let's have fun! The group will meet on the second Friday of every month.

## TRIAD SAFETY CORNER

TRIAD is a group of community volunteers who work with emergency responders to keep seniors safe in the community. Each month a member of TRIAD will write a few safety reminders. This month's tips come from Yoke Tworosch.



### SAFETY ON ICE

- **Walking on ice:**

Go out only if absolutely necessary.

- **Check your soles:**

On snowy or icy days, wear soles with treads, such as boots, or sneakers. Their grooved bottoms have traction on slippery surfaces.

- **Leave your hands out:**

Don't stick your hands in your pockets. Your hands help you balance. If you do slip, your hands can help break your fall and lessen the impact.

- **Walk slowly in icy spots:**

Ice can hide under those white patches so pay special attention and go slowly so you can catch yourself if you start to slip.

- **Take shorter strides:**

Small steps keep your center of gravity over your legs, giving you more control.



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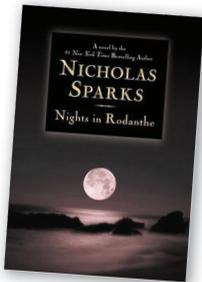
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# 12 Clubs & Meetings

## Book Discussion Group Tuesday, Jan. 17, 3 pm

The January book is *Nights in Rodanthe* by Nicholas Sparks (256 pages). Books are placed on reserve at the Enfield Public Library and are available the first week of any given month. Meetings occur on the third Tuesday of each month.



## Enfield Single Seniors Wednesday, Jan. 18, 6 pm

If you are single, 55+ and are interested in a group to socialize with, join us on the 3rd Wednesday of each month in the Dining Room. Make new friends and enjoy a variety of outings. *For information call Helen Olander, Coordinator, at 860-253-9188.*

## Genealogy Group Tuesday, Jan. 3, 6 pm

Bring your questions, share tips, exchange information, and bring your laptop to explore online, using our free Wi-Fi. This unfacilitated group meets the first Tuesday of every month.

## Goldtones Choral Group Thursdays, 10 am

Lend your voice to this friendly group. Throughout the year, the group entertains at community venues and presents concerts at the Enfield Senior Center.

## Investment Club Thursday, Jan. 12 & 26, 2 pm

Share information and discuss smart investment strategies. No money is collected or pooled, as this group meets for discussion only, on the second and fourth Thursday of each month.

## Train Club Tuesday, Jan. 24, 6:30 pm

A hobby club for train enthusiasts. Socialize with others who share your interest in trains on the fourth Tuesday of each month. Join the fun and bring a train or two. The club runs HO Scale models at each meeting.

## Weather Closings at the Senior Center

When the Enfield Public Schools are closed because of inclement weather, the Enfield Senior Center programs are canceled.

The building is open for drop in activities.

Notification of cancellation is posted on WFSB, Facebook and Twitter.

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# Programs & Services

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## PROGRAMS & SERVICES OFFERED AT THE ENFIELD SENIOR CENTER

### AARP Smart Driver Program

**Thursday, Jan. 26, 1:30-5:30 pm**

AARP sponsors monthly driver safety classes at the Enfield Senior Center on the fourth Thursday of the month. The cost is \$15 for AARP members and \$20 for non-members of AARP. Please register by calling 860-763-7425 and bring a check payable to AARP on that day.

### Alzheimer's Association Office Hours

**Thursday, Jan. 26, 10 am-2 pm**

A representative from the Alzheimer's Association will hold office hours at the Enfield Senior Center every fourth Thursday to discuss any concerns, address information and referral needs, and help in any way possible. Please schedule a 30-minute appointment by calling the Senior Center office. Walk-ins are welcome as time permits.

### Ask the CPA

**Wednesday, Jan. 11, 9 am-Noon**

Jack Welch, CPA will be available at the Enfield Senior Center for free, 15-minute private appointments. Have your personal accounting questions answered, including those pertaining to pensions, annuities and wealth management. Call the Senior Center office to schedule an appointment.

### Ask the Financial Professional

**Tuesday, Jan. 24, 10 am-Noon**

John Dee, President of Wealth Preservation Group Inc., will be available for 15-minute private appointments to answer personal money questions. Whether you are looking for safe alternatives for your nest egg or trying to protect your money from probate, unnecessary taxes and nursing homes, you'll get your questions answered on the fourth Tuesday of the month. Call the Senior Center office to schedule your free appointment.

### Ask the Lawyer

**Wednesday, Jan. 25, 10 am-Noon**

Attorney Marcia Hess or Attorney Neil Kraner will be available for 15-minute private appointments at the Enfield Senior Center on the last Wednesday of every month. Call the Senior Center office for your free appointment. There could be a little waiting, because some appointments may take a little longer than others, but this is a great opportunity to have questions answered.

### Ask the Realtor

**Wednesday, Jan. 4, 10 am-Noon**

Shirleen Peabody, Broker Associate of Coldwell Residential Brokerage will be available for private consultations. She is a designated "Senior Real Estate Specialist." She can answer your question on any real estate issue including housing alternatives, selling of the family home or estate, and help you navigate through the maze of financial, legal and emotional issues that accompany the process. Call the Senior Center for an appointment with Shirleen, who is here on the first Wednesday of every month.

### Ask the Social Worker

**Friday, Jan. 6 & 20**

**9 am-Noon at the Senior Center**

Do you have questions that a Social Worker can answer? Would you like to talk about transitions like relocation, adjustment to change and loss, retirement, or healthcare needs? Perhaps you have questions about navigating State and Federal programs or would like to check your eligibility. Schedule a meeting to provide direction or for help with basic needs by calling the Senior Center office at 860-763-7425.

### Community Café

**Weekdays at Noon**

**Reservations:**

**Call 860-763-7428 by noon the day before and leave message.**

A hot, full-course meal is served daily in the Senior Center Dining Room. Menus are available in the Senior Center lobby and on our website. Suggested donation is \$2.50 and you must be age 60 or over.

### Dial-a-Ride

**860-272-3545**

Transportation for Enfield residents over the age of 60 and/or permanently disabled to destinations within town; and, through volunteers, to out-of-town medical appointments.

### Equipment Tune-Up Clinics – Canes, Wheelchairs and Walkers Inspection

*Sponsored by Home Helpers*

*Home Care and Agawam Medical  
Supply Company*

**Tuesday, Jan. 3, 12-1 pm**

Bring in your assistive equipment for a check. Make sure it is in working order and fits properly. This service will be available on a quarterly basis.

### Friends of the Enfield Senior Center

The Friends of the Enfield Senior Center, a nonprofit 501(c)(3) organization, was organized to raise funds in support of the Enfield Senior Center, and accepts donations and memorials to further our mission. A portion of the funds is generated by the Tuesday evening Bingo game, and donations are used to purchase needed items for the Center.

### Internet Access

Bring in your laptop and take advantage of our wireless internet access.

### Legal Consultation

**Tuesday, Jan. 17, 10 am-Noon**

If you have a general legal inquiry or a question about wills, estates, real estate or elder law, call the Senior Center office to schedule a free appointment on the third Tuesday of the month, with Bridgid Murray or Russ Tyler of Tyler & Tyler, Attorneys at Law.

### Little Treasures Gift Shop

**Open during Senior Center hours**

Shop for baby outfits, blankets, afghans and other gift items handcrafted by our talented group of seniors, as well as small trinkets and vintage treasures.

### Meals on Wheels

**Office at Enfield Senior Center**

**860-763-0400 – leave message**

Daily meals and light suppers are delivered weekdays to homebound seniors. Call Coordinator for information.

### Medical Equipment Loan Closet

Elevated toilet seats, commodes, bath transfer benches, walkers and other medical equipment are available at the Senior Center on loan, free of charge, for up to eight weeks.

### Medicare & Part D Assistance

**Fridays, 9-11 am**

**Tuesdays, 6-8 pm**

*By appointment only*

Trained CHOICES volunteers offer information about Medicare supplemental insurance and Part D.

### Recovery Happens

**Thursday, Jan. 5, 9-11 am**

Susan Wilk, Certified Addictions Counselor, will be available for free 20 minute private appointments on the first Thursday of every month. She will offer information, guidance and referrals to anyone concerned about the use and effects of drugs and alcohol. Whether your concern is about yourself or a loved one, she will assist you on the path of hope for recovery. Call the Senior Center office to schedule your free appointment.

## PROGRAMS & SERVICES OFFERED IN THE COMMUNITY

### Allied Transportation Services

860-741-3701, ext. 224

### CT Department of Social Services Assistance

5 N. Main Street, Enfield

860-253-9024 x2272

Help with all state assistance programs.

### Commodity Supplemental Food Program

860-741-7321

Free food once a month for those 60 or over who qualify.

### Enfield Adult Day Center

860-763-7538

### Enfield Grandparents Raising Grandchildren Support Group

860-253-5144

### Enfield Housing Authority

860-745-7493

### Enfield Senior Minor Home Repair Program

860-253-6395

### Foodshare Mobile Unit

860-741-2886

### Food Shelf

860-741-7321

### Loaves and Fishes Soup Kitchen

860-741-0226

### Mark Twain Congregate Weekend Meals

860-763-7519

\$3 donation for home-cooked noon meal on weekends.

### Neighborhood Services

860-253-6396

Help with all entitlement programs.

### Nutmeg Senior Rides

860-758-7833

Alternative transportation for seniors and visually impaired adults.

## ENFIELD ADULT DAY CENTER

Do you need help with your loved one? Are you worried about them being home alone during the day?

**CALL THE ENFIELD ADULT  
DAY CENTER TODAY!**

Your loved one will have a safe place to stay during the day.

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# 14 Ongoing Programs

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## PROGRAM

## DAY

## TIME

### ONGOING RECREATION

<b>Billiards</b>	Three championship tables are available for daily games. Come in anytime to play.	Every Day	
<b>Cribbage</b>	Learn the game, brush up your skills, and spend an enjoyable afternoon playing.	Mondays	12:45-3 pm
<b>Friday Afternoon Dominoes</b>	Please bring your own set of dominoes and join others for a fun game.	Fridays	12:45-4 pm
<b>Fun Bingo</b>	An informal game with small cash prizes.	Wednesdays	10:30-11:30 am
<b>Hand &amp; Foot</b>	No need to register. Just drop in.	Thursdays	12:45-4 pm
<b>Hand, Knee and Foot</b>	Try this new card game.	Mondays	1:30-4 pm
<b>Mahjong</b>	All levels welcome.	Wednesdays	12:30-4 pm
<b>Pinochle</b>	Others will help if you haven't played in awhile.	Wednesdays	12:30-4 pm
<b>Poker</b>		Thursday	12:30-4 pm
<b>Scrabble</b>		Tuesdays	1 pm
<b>Setback</b>	Join us for instruction and play.	Tuesdays	12:45-3:45 pm
<b>Wii Bowling</b>	We will begin at 5 pm by choosing teams and then the play begins. Bring your best game.	Thursdays	5-8 pm

### ONGOING ARTS & CRAFTS - PROGRAMS ARE FREE

<b>Creative Stitches</b>	Welcome all needle crafters. Knitting, crocheting, embroidery and sewing. All skill levels welcome.	Wednesdays	9 am-Noon
<b>Heritage Group</b>	This group works on sewing, knitting, crocheting and craft projects throughout the year.	Mondays	10 am-Noon
<b>Sassy Sewers</b>	Quilters and sewers! Come and share ideas, swap fabric, and show and tell.	2nd & 4th Tuesdays	1-3 pm
<b>Woodcarving</b>	Meet in the Game Room to carve away the morning, share ideas, and swap patterns and techniques.	Tuesdays	9 am-Noon

#### BINGO – THE TUESDAY EVENING GAMES BEGIN AT 6:30!

Play a \$150 Early Bird Bonanza, four \$100 specials, winner-take-all weekly progressive up to \$2,000 and a free quickie game. Purchase a minimum of three strips for \$15. Ice cream sundaes are available for purchase at intermission. Have fun and help us out at the same time! All proceeds benefit the Senior Center programs and services. Assistive Hearing Devices are available in the front office.

#### TUESDAY NIGHT BINGO SUPPER, 4:30-6 PM

Come early and start the evening off with a tasty supper at a reasonable rate. Choose from grilled cheese, hot dogs, hamburgers, onion rings and fries or a weekly special. Top it off with a tempting selection of desserts! You don't need to play Bingo to enjoy!

**Memorial Donations:** Memorial Donations are a meaningful way to remember a loved one while helping others. We gratefully acknowledge those who recently made memorial donations in November 2016.

#### IN MEMORY OF:

**ROGER GEERY**

From:

Ron & Charlene Biathrow

#### IN MEMORY OF:

**MARIE C. HECK**

From:

Douglas J. Heck

#### IN MEMORY OF:

**SHARON RIZZO**

From:

Herman Roy

#### IN MEMORY OF:

**FRANCES SLATTERY**

From:

William & Marie McConnell

**THANK YOU FOR REMEMBERING THE SENIOR CENTER!**

## Super Coupon

All Shoppers Must Present This Coupon To Receive Discount

Valid  
Every  
Tuesday!

# 5% Senior Discount

When You Spend \$25.00 or More.

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Must be 65  
Years or Older.

\$

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With this coupon, and additional purchase of **\$25.00 or more** (Excluding fuel and items prohibited by law). Limit one per family. Good at any ShopRite.  
**Effective thru Tuesday, January 31, 2017.**

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## EARLY BIRD SPECIALS

MON-SAT. 3:30-6PM  
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(Excluding Holidays)

MONDAY & TUESDAY NIGHTS

## PRIME RIB

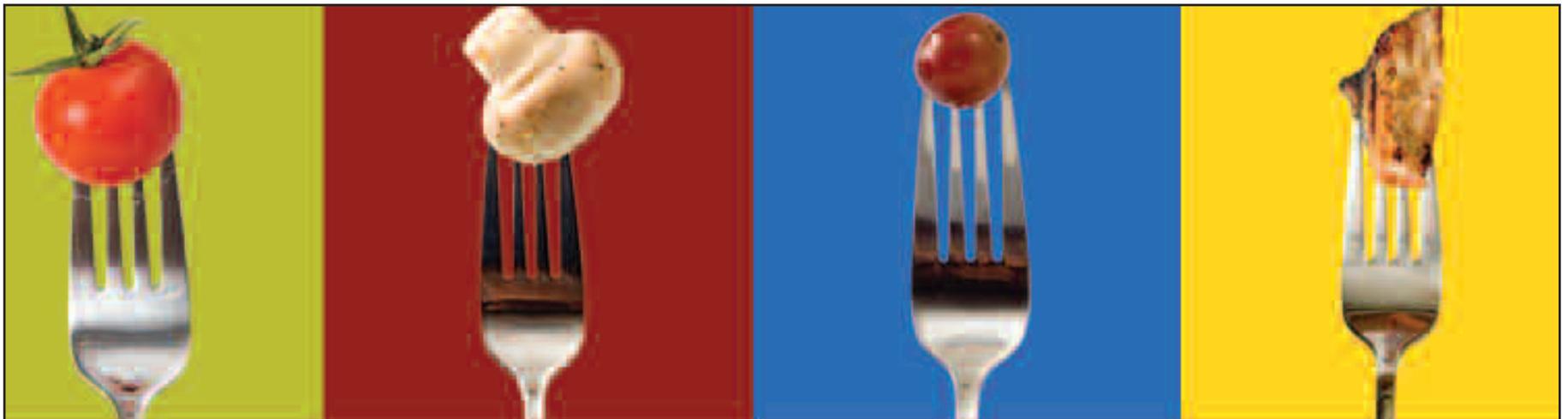
\$12.99

16 oz.  
(Dine in  
ONLY)  
5-9PM

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**NEW**  
**MENU**  
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WATCH HERE FOR GREAT  
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# Enfield Senior Center

JANUARY 2017 NEWSLETTER

*SPECIAL SAVINGS & DISCOUNTS INSIDE*



The Enfield Senior Center

## **The Friends of the Enfield Senior Center Annual Appeal Donor List**

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**November 2016 Donations**

**THANK YOU FOR YOUR GENEROSITY!**

Louis Barbero

Joe & Terry Guccione

United Way

Ron & Charlene Biathrow

Terry & Leana O'Neill

Kenneth & Janet Vosselier

Bruce & Donna Farnsworth

Nanulette Rudolph