

Enfield Senior Center
299 Elm Street, Enfield, CT 06082
860-763-7425
News Release for the Week of March 22, 2021

It is with great sadness that I am letting people know that I am leaving my position as Senior Center Manager with the Town of Enfield. I have thoroughly enjoyed my tenure here, and I appreciate having had the opportunity to meet so many wonderful individuals. I would like to thank all the people that have supported me and made my days here enjoyable. I am going to miss coming here daily. I would like to take a moment to express how great it has been knowing each of you and I have cherished our times together. Even though I will miss my colleagues and the community. I am looking forward to this new challenge and to start this new phase of my career.

The Senior Center is planning to open on a “hybrid” model starting on April 5. Hybrid programming will offer participants to attend programming in person or virtually from home. Prime Fitness will also reopen for participants wanting to exercise in our fitness center. All COVID guidelines will be in place and spaces will be limited. All programs will require pre-registration with exception of the Prime Fitness center.

Registration:

Registration for virtual and in person programming will begin on Monday, March 22 at 8:30 am – 11:00 am for **Residents** and Monday, March 29 at 8:30 am – 11:00 am for **Non-Residents**.

Prime Fitness Center:

Prime Fitness will open on April 5, 8:00 am – 4:00 pm. No appointments are necessary. There will be a limit of 12 participants at one time. Once capacity is reached exercisers will have to wait until someone leaves.

Below are some of the wonderful programs at the Senior Center. Please call 860-763-7425 or email seniorcenter@enfield.org.

Tech Time – The second Wednesday of the month at 10:00 am. Audra Lauf from comfort Keepers will answer any tech questions you may have. (**registration is required**)

Virtual Bingo – Thursday, April 15, 2:00 pm. Sponsored by Home Helpers and The Ivy, email nmatson@homehelpershomecare.com to register.

Virtual Bingo – Friday, April 30, 1:30 pm. Prizes sponsored by Stonebrook Village. (**registration is required**)

Virtual History for Fun – Monday, March 22, 2:00 pm. The Women of The Wild West.

Movies:

The War with Grandpa – Friday April 9, 1:30 pm – 3:30 pm. \$2 will be collected at the door.

Wild Mountain Thyme – Friday, April 23, 1:30 pm – 3:30 pm. \$2 will be collected at the door.

Computer Classes:

Introduction to Facebook – Wednesday, April 7, 1:30 pm.

Drop in Tech Help – Wednesday, April 14, 1:30 pm.

Computer 101 – Wednesday, April 21, 1:30 pm.

TED Talks:

The One Minute Secret to Forming a New Habit – Thursday, April 8, 1:30 pm.
How to Get Better at the Things You Care About – Thursday, April 22, 1:30 pm.

March Ask the... Programs

The following services are available via phone and are free 15-minute consultations from 10:00 am to 11:45 am. Call the Senior Center at 860-763-7425 to schedule an appointment.

Ask the Lawyer: Wednesday, March 31.

Ask the Realtor: Open availability. Call 860-593-4248 to set up appointment.

Ask The CPA: Open availability. Call 860-741-3716 to set up appointment.

Exercise Classes:

All exercise classes are both in person and virtual unless otherwise stated.

Yoga All Levels - Mondays, 9:00 am – 10:00 am, April 5-26. **No class April 19.**

Beginning Line Dancing – Mondays, 1:00 pm – 2:00 pm, April 5-26. **In person only.**

Line Dancing to Different Rhythms – Mondays, 2:00 pm – 3:00 pm, April 5-26. **In person only.**

Yoga All Levels - Tuesdays, 9:00 am – 10:00 am, April 6-27

Yoga Chair and Standing - Tuesdays, 10:00 am - 11:00 am, April 6-27.

Zumba – Tuesdays, 11:30 am – 12:30 pm, April 6-27. **In person only.**

Body 360 - Wednesdays, 11:30 am – 12:15 pm, April 7-28.

POW! - People on Weights - Wednesdays, 12:30 pm - 1:15 pm, April 7-28.

Simply Stretch and Strengthen – Thursdays, 10:30 am - 11:30 am, April 8-29.

Stability Ball Training - Thursdays, 1:00 pm – 2:00 pm, April 8 - 29.

Body 360 - Fridays, 11:30 am - 12:15 pm, April 9-30.

POW! – People on Weights - Fridays, 12:30 pm – 1:15 pm, April 9-30.

Crafts

(registration is required, due to materials sign up is limited)

All Craft Classes are in person.

Mandala Dot Painting – Tuesday, April 6, 1:30 pm – 3:30 pm.

Spring Wreath – Tuesday, April 20, 1:30 pm – 3:30 pm.

Paint Party – Monday, April 26, 1:00 pm – 3:00 pm.

Take it and Make it Cards – Friday, April 30, 9:30 am – 11:30 am.