

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

News Release: Week of September 26, 2022

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

**October Newsletter:**

The October newsletter is now available online at [www.enfield-ct.gov/seniors](http://www.enfield-ct.gov/seniors) or is available for pickup at the Senior Center. Registration for October programs has begun and will be accepted until classes are full.

**Mindfulness Meditation:**

Tuesday, September 27, 12:30-1:15pm.

Visualizing your peaceful and beautiful place. \$3.00.

**Fun Bingo:**

Wednesday, September 28, 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, September 28, 12:00pm.

Parkway Pavilion & Rehab join Community Café luncheon participants on the last Wednesday of the month to help celebrate their birthdays. All participants enjoy a birthday cupcake and birthday members receive a swag bag.

**Yoga Special:**

Wednesday, September 28, 6:30-7:30pm.

Join Carleen Sarno for a specialty yoga class which includes gentle stretching followed by an extended deep relaxation, or savasana, as we transition from summer to fall with ease and grace. Please bring a yoga mat, small pillow, and blanket. Resident \$5.00, non-resident \$6.00.

**Trivia, Treats & Prizes:**

Thursday, September 29 at 1:30pm.

Nicole Matson from Home Helpers will quiz you on trivia, provide you with treats and reward you with prizes. Free.

**Ancient Cities of the Mediterranean:**

Thursday, September 29, 1:30-3:30pm.

Join Bob, the "Travel Guy," as we journey to 7 cities, travel on 7 seas, and visit a city located on 7 hills. We will travel to Rome, Santorini Island, the famous cities of Ephesus, Istanbul, Athens, and Dubrovnik.

We end the trip in Venice after stopping at two other scenic Greek islands, ancient cities, major religious sites, spectacular scenery and best of all, it's free. Reserve your seat by calling 860-763-7425.

**Cornhole:**

Fridays, 9:30am – 1:30pm (or by request)

Outside by the gazebo. Learn what the craze is all about! Free.

**Afternoon Dance:**

Friday, September 30, 1:30-3:30pm.

Enjoy an afternoon of music and dancing to the sounds of Richie Mitnick on the keyboards. Free.

**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: September 28

Ask the Realtor: October 5

Legal Consultation: October 18

Ask the CPA: October 19

**Special Thank You:**

To: Angie, Brenda, and Claire (ABC Decorating Committee) for decorating the interior of the Senior Center for the fall.

To: Senior Center staff for decorating outside at the main entrance of the Senior Center.

To: The Enfield Garden Club for donating the newest outdoor mini library full of gardening books.

The Center looks fabulous with all its colorful decorations! We are ready for fall.