OCTOBER 2026

# THE CENTER CONNECTION

## Coin Collecting

Thursday, October 15 - 1:00 pm

Facilitator: Blair Soucy, Professional Coin Dealer

Blair Soucy has been collecting coins for 50 years and is a professional coin dealer. Blair's program talks about the state of the hobby today, the U.S. Mints and its products, the gold and silver bullion market, and provides a general overview of coin and currency collecting. You are encouraged to bring any coins or currency for Blair to look at to give you an idea of value and rarity. There will be plenty of time for questions and answers.

**Please register online through your MyRec account or call 860-763-7425.**

## Improve Your Health: Lifestyle Care Program

**Thursday, October 15 at 10:00 AM - Introductory Session**

Looking to improve your health and build positive habits? Join this free Lifestyle Care Program for adults 60+. The program includes 26 lifestyle sessions, 26 fitness sessions, and one-on-one sessions with a Registered Dietitian, plus support, community, and fun giveaways.

**Please register online through your MyRec account or call 860-763-7425.**

## Drop Dead Fun: Halloween Extravaganza

### Part 1: Halloween Party & Costume Contest
### Thursday, October 29 at 1:30 pm

Join us for a spooktacular Halloween Party with sweet treats, refreshments, and good company! Costumes are optional, but enter our Costume Contest for a chance to win a prize—Best Costume or Most Creative.

**Please register online through your MyRec account or call 860-763-7425.**

### Part 2: Coffin Craziness Presentation
### Thursday, October 29 at 2:45 pm

Presenter: Michael Miller, Former President of the Enfield Historical Society

Discover the fascinating and sometimes bizarre ways people once sought to preserve their loved ones after death as we explore unusual funeral inventions — including Thompsonville's glass coffins — and the creative, practical, and downright strange ideas of the past!

**Please register online through your MyRec account or call 860-763-7425.**

Sponsored by: The FRIENDS of the Enfield Senior Center & Enfield Historical Society

**Hours**
Monday, Wednesday, Thursday: 8 am - 8 pm
Tuesday & Friday: 8 am - 5 pm

(860) 763-7425
299 Elm Street, Enfield, CT 06082

### Registration Dates for October Classes

Resident: Opens Monday, September 21 at 8:30 am
Non-Resident: Opens Monday, September 28 at 8:30 am

Registrations accepted in-person and online until classes are full.

**ENFIELD SENIOR CENTER CLOSED - OCTOBER 12**

# 1 Save the Dates!

## Friendsgiving Luncheon
## Thursday, November 5 at 12:00 pm

Join us for a special Friendsgiving Luncheon featuring a delicious catered meal by Angelina's of Enfield, dessert by JoJo's Cookies, free gifts, and a raffle. All proceeds benefit the Enfield Food Shelf.
Sponsored by: Commission on Aging and the Friends of the Enfield Senior Center.

**Fee & Registration**

- $2 ticket fee required to attend. Tickets may be purchased in advance with **cash only** and picked up at the Enfield Senior Center front desk. Tickets are required for entry.
- Bring one non-perishable food item for the Enfield Food Shelf on the day of the luncheon.
- First come, first served. Limit of 100 attendees.
- Purchase your ticket early!

## Veteran's Day Appreciation Celebration
## Thursday, November 12 at 1:30 pm

The Enfield Senior Center will host a special celebration honoring our veteran members and recognizing those who made the ultimate sacrifice in service to our country. This event is an opportunity to express our gratitude for the dedication and service of our veterans. Refreshments will be provided.

Honor Photo Wall: Veteran members are invited to provide a photo of themselves during their time in service to be displayed at the Enfield Senior Center, recognizing and honoring those who have served our country. Photos may be dropped off at the Senior Center or emailed to SeniorCenter@enfield.org. Please include the individual's first and last name and branch of service with each photo.

**Registration required. Veterans and guests please register online through your MyRec account or call 860-763-7425.**

## Holiday Craft Fair
## Saturday, November 21
## 8:00 am to 12:00 pm

Looking for unique gifts? Stop by our Holiday Craft Fair for a great selection of handmade items, decorator fabrics, sewing machines, and more!

**Quilt Raffle:**
Tickets are $2.00 and are **currently available** at the Enfield Senior Center. Winner will be selected after completion of craft fair on Saturday, November 21.

**Dickens' Village Raffle:**
Tickets are $1.00 and **currently available** at the Enfield Senior Center. One lucky winner will take home a special set of 1984 Department 56 Dickens' Village Collection pieces!

**Teacup Basket Raffles:**
Raffle tickets are two (2) for $1.00. Tickets will be available at Holiday Craft Fair on Saturday, November 21 until 12:00 pm

**70' x 81'**
**Handcrafted by ESC Sassy Sewers**

# 2 Fitness Classes

R = Resident
NR = Non-Resident

**Yoga - All Levels**
**Mondays, Oct. 5 - 26 | 8:15 – 9:15 am | R$15 NR$19**
Instructor: Terry Stearns **| NO CLASS Oct. 12**
**Tuesdays, Oct. 6 - 27 | 9:00 - 10:00 am | R$15 NR$19**
Instructor: Carleen Sarno **| NO CLASS Oct. 13**
**Wednesday, Oct. 7 - 28 | 5:30 - 6:30 pm | R$20 NR$25**
Instructor: Terry Stearns
**Thursday, Oct. 8 - 29 | 6:00 - 6:45 pm | R$15 NR$19**
Instructor: Shelly Ansaldi **| NO CLASS Oct. 15**
These classes are for active seniors who want to incorporate mat work on the floor into their yoga practice.
Limit: 20 Participants

**Yoga - Chair and Standing**
**Tuesdays, Oct. 6 - 27 | 10:00 – 10:45 am | R$15 NR$19**
Instructor: Carleen Sarno **| NO CLASS Oct. 13**
Designed for older adults, yoga positions are modified for chair or standing. Limit: 25 Participants

**Chair Exercise**
**Mondays, Oct. 5, 19 & 26 | 11:00 – 12:00 pm | Free**
**Tuesdays, Oct. 6 - 27 | 11:00 - 12:00 pm | Free**
**Thursdays, Oct. 8 - 29 | 11:00 - 12:00 pm | Free**
Improve flexibility, coordination and stamina by following along to this video-led exercise program.
Limit: 40 Participants

**Beginner Line Dancing**
**Mondays, Oct. 5 - 26 | 1:00 – 2:00 pm | R$12 NR$15**
Instructor: Donna Meyer **| NO CLASS Oct. 12**
Learn line dancing at a beginner level - fun & easy dances with lots of basic steps. Limit: 25 Participants

**Line Dancing to Different Rhythms**
**Mondays, Oct. 5 - 26 | 2:00 – 3:00 pm | R$12 NR$15**
**Wednesdays, Oct. 7 - 28 | 1:30 - 2:30 pm | R$16 NR$20**
Instructor: Donna Meyer **| NO CLASS Oct. 12**
This class mixes different tempos and rhythms with fun while line dancing. Limit: 25 Participants

**Boxilates**
**Mondays, Oct. 5 - 26 | 5:00 – 5:45 pm | R$15 NR$19**
Instructor: Lisa Nadeau **| NO CLASS Oct. 12**
This class combines both cardio, kickboxing, and mat Pilates.
Limit: 30 Participants

**Zumba**
**Mondays, Oct. 5 - 26 | 6:15 – 7:00 pm | R$15 NR$19**
Instructor: Kelly Phillips **| NO CLASS Oct. 12**
Easy-to-follow dance moves create a dynamic and exciting workout. Limit: 30 Participants

**Fit & Fun**
**Mondays, Oct. 5 - 26 | 7:10 – 7:55 pm | R$15 NR$19**
Instructor: Kelly Phillips **| NO CLASS Oct. 12**
The Everything Class! Stretch, Strength, Core, Balance, and a little cardio too. Limit: 30 Participants

**Chair Volleyball**
**Wednesdays, Oct. 7 - 28 | 3:00 – 5:00 pm | Free**
Chair volleyball is played with a beach ball and modified volleyball net. Rules are comparable to regular volleyball except you must stay seated. **It is required that you become an Enfield Senior Center member and sign a waiver to play**.
Limit: 30 Participants

**POWerBall**
**Wed., Oct. 7 - 28 | 9:30 – 10:15 am | R$20 NR$25**
Instructor: Lisa Nadeau
This class challenges different muscle groups using light hand weights and an exercise ball for upper body strength, core strength, and balance. Standing exercises are also incorporated for a well-rounded class.
Limit: 18 Participants

**Cardio Drumming**
**Thursdays, Oct. 8 - 29 | 6:55 – 7:40 pm | R$20 NR$25**
Instructor: Kelly Phillips
Use drumsticks and an exercise ball to achieve a full body workout all done to fun music. For all skill levels.
Limit: 20 Participants

**POW! People on Weights**
**Monday, Oct. 5 - 26 | 10:00 - 10:45 am | R$15 NR$19**
**Wed., Oct. 7 - 28 | 11:30 – 12:15 pm | R$20 NR$25**
**Friday, Oct. 9 - 30 | 10:30 - 11:15 am | R$20 NR$25**
Instructor: Lisa Nadeau **| NO CLASS Oct. 12**
This class trains the entire body using light weights, bands, and your body weight. The instructor will accommodate your unique goals. This class is for all skill levels.
Limit: 35 Participants

**Stretch & Flex**
**Wed., Oct. 7 - 28 | 10:30 – 11:15 pm | R$20 NR$25**
**Friday, Oct. 9 - 30 | 11:30 - 12:15 pm | R$20 NR$25**
Instructor: Lisa Nadeau
This class incorporates stretching, flexibility, and balance into one class. Exercises will be standing and sitting in chairs. This class is for all skill levels.
Limit: 35 Participants

# 3 Arts & Crafts

R = Resident
NR = Non-Resident

### Jewelry Making
**Friday, October 2 |** 9:30 – 11:30 am
R $5 NR $6
Make your own handmade jewelry for a fraction of the cost of buying it. Create a one-of-a-kind piece from Sandy's huge collection of beads. Tools are provided; Beads and findings purchased from instructor.

### Paint Party
**Monday, October 5 |** 1:00 – 3:30 pm
R $20 NR $25
Explore your creativity. In this class, Sandy will guide you as you create a beautiful 11 x 14 inch Migrating Birds painting. All supplies are included. Limit: 15 participants.

### Ceramics
**Thursdays, October 8 - 29 |** 9:30 – 11:30 am
R $20 NR $25
Learn ceramics, from preparing greenware to finishing or firing the piece. Greenware is an additional cost.

### Jewelry Workshop
**Monday, October 19**
1:30 – 7:30 pm - R $12 NR $15
1:30 – 4:30 pm - R $6 NR $8
4:30 – 7:30 pm - R $6 NR $8
Make your own handmade jewelry for a fraction of the cost of buying it. Create a one-of-a-kind piece from Sandy's huge collection of beads. Tools and beads are provided; Findings purchased from instructor.

### Coloring for Stress Relief
**Thursday, October 15 |** 1:00 – 3:00 pm
Free
Coloring generates wellness and creativity. Please join us for an afternoon of pencil coloring and socialization.

### Heritage Crafts
**Mondays, October 5 - 26 |** 10:00 am – 12:00 pm
Free **| NO GROUP Oct. 12**
Do you enjoy knitting, crocheting, sewing and crafts? Bring your projects in, sit, craft, and visit. This group also creates items for our gift shop and craft fairs.

### Sassy Sewers
**Wednesday, October 14 & 28 |** 12:00 – 2:00 pm
Free
Do you enjoy quilting and sewing? Join us to help create the quilts that are raffled off at the craft fairs, as well as, sewing items for our gift shop.

### Creative Stitches
**Wednesdays, October 7 - 28 |** 9:30 - 11:30 am
Free
Do you wish to learn or want to brush up on your knitting and crocheting? Do you have a talent to share? We welcome all skill levels. This group creates items for our gift shop and craft fairs.

***New!***

**Bloom Planted:**
**Dry Flower Ornament Workshop**
**Tuesday, November 24 - 2:30 pm**
R - $18 NR - $23

Registration and payment must be completed in person at the Senior Center. Cash or check only.

**Minimum of 8 participants needed to run class.**
**Maximum – 25 participants**

Learn how to preserve flowers to make lasting art. Create beautiful one of a kind ball ornaments using the natural colors from nature. Perfect for the holidays or as decor for all year round

**Deadline to register for class: Wednesday, November 18.**

# 4 Other Programs

## Monthly Birthday Party

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

TED Ideas worth spreading

## TED Talks

### Ilissa Ocko: The Fastest Way to Slow Climate Change Now

**Tuesday, October 13, 1:30 pm**

Free

"Cutting methane is the single fastest, most effective opportunity to reduce climate change risks in the near term," says atmospheric scientist Ilissa Ocko. That's because, unlike carbon dioxide, methane's warming power doesn't come from a gradual buildup over time but is almost entirely from recent emissions. Ocko identifies three main sources of methane pollution which, if addressed, could dramatically slow down the rate of global warming within years -- not decades. "This is the methane moment," Ocko says.

### China's New Invention Could Replace Printers Forever

**Tuesday, October 27, 1:30 pm**

Free

Printer ink can cost thousands of dollars per gallon, but Chinese scientists may have found an alternative: laser-based, inkless printers using reusable paper that can be erased and reprinted dozens of times.

The technology could dramatically cut printing costs—but could it also create a new dependence on China for office hardware? The end of expensive ink—or a new geopolitical trap?

## Ask The...

The following services are available for a free 15-minute consultation. Dated services run from 10:00 to 11:45 am. **Call the Senior Center at 860-763-7425** to schedule an appointment.

**Legal Consultation:** October 20
(guidance from general practice law firm)

**Ask the Lawyer:** October 28
(advice from practicing Elder Law attorneys)

**Hospice Care Consultant:** Call to schedule an in-person or phone appointment. (guidance in all stages of hospice)

**Ask the CPA:** Call to schedule a phone appointment.

**Ask the Realtor**: Call to schedule an in-person or phone appointment. (Seniors Real Estate Specialist)

**Ask the Home Inspector:** Call to book a phone appointment. (info about new home purchase, resell, and improvements)

**Home Care Consultant** – Call to schedule an in-person or phone appointment. (Home Helpers Home Care)

## Medicare Open Enrollment Period

**October 15 - December 7, 2026**

Time to review what the 2027 changes to your current 2026 plan will do to your out-of-pocket costs. You can review your current Prescription Drug Plan and choose a lower cost one for next year. If you have a Medicare Advantage Plan, you can change from one Advantage Plan to another or go from Advantage Plan back to Original Medicare. Changes made by December 7, 2026, will become effective on January 1, 2027.

## CHOICES Counseling

Will St.George, CHOICES Counselor, offers free 45 minute appointments on a limited basis at the Senior Center. CHOICES appointments are for persons either enrolled or looking to enroll in Medicare, turning 65, or who has other health insurance but are eligible for Medicare. To book an appointment, call 860-763-7425.

# 5 Tech, Movies, & Trips

## Movies

### Sheep Detectives

Friday, Oct. 16
1:30 pm
FREE

The Sheep Detectives is a family-friendly comedy-mystery film about a clever flock of sheep that tries to solve the murder of their beloved shepherd.

Snacks provided by: FRIENDS of the Enfield Senior Center

### Ghostbusters: Afterlife

Friday, Oct. 23
1:30 pm
FREE

When a single mom and her two kids arrive in a small town, they begin to discover their connection to the original Ghostbusters and the secret legacy their grandfather left behind.

Snacks provided by: FRIENDS of the Enfield Senior Center

### Documentary: Halloween: 25 Years of Terror

Friday, Oct. 30
1:30 pm
FREE

This documentary explores the "Halloween" films, featuring interviews with cast and crew. It takes a behind-the-scenes look at the making of the movies, including the successes and controversies.

## Technology Classes

### Using MyRec to Register for Programs

**Wednesday, October 14**
1:30 - 3:30 pm
R $4  NR $5
Limit: 10 participants
Instructor: Dara Febres

Learn how to find Senior Center programs, register, and pay through MyRec — all from the convenience of home.

### Using Public Computers

**Wednesday, October 28**
1:30 - 3:30 pm
R $4  NR $5
Limit: 10 participants
Instructor: Dara Febres

Learn the basics of using public computers, including navigating the desktop, accessing the internet, and safely browsing online.

### Drop-in Tech Help

**Wednesday, October 21**
1:30 - 3:30 pm
FREE
Having trouble navigating your laptop, iPhone, Android, or other device? Come in to get some help from our tech expert Dara.
No appointment needed.

## Trip Registration

**Registration Date:** Friday, Oct. 23 at 9:30am
**For Day Trip:** Tribute to the Platters
Trip registration will be held in the computer lab. For more information on this trip, please visit our website or pick up a flyer at the front desk. Payment for trips can be made by **CHECK OR MONEY ORDER ONLY**. Payment is due when registering. Registration is first come, first serve. **Doors open at 8:00am**.

# 6 Games & Books

## Games and Cards

**Cribbage**
**Mondays**, 12:45 pm – 3:00 pm
Dining Room

**Duplicate Bridge**
**1st & 3rd Mondays**, 12:45 pm - 3:30 pm
Dining Room

**Poker**
**Mondays & Thursdays,** 12:30 pm - 4:30 pm
Billiards Room

**Hand & Foot**
**Mondays & Thursdays**, 12:45 pm - 4:00 pm
Dining Room

**Setback**
**Tuesdays**, 12:45 - 4:00 pm
Dining Room

**Hand, Knee & Foot**
**Wednesdays**, 12:45 pm - 4:00 pm
Dining Room/Billiards Room

**Fun Bingo!**
**Wednesdays**, 10:45 am – 11:45 am
Drop-in and play a few games for small cash prizes. Cost is 50 cents per card. Please bring exact change. Dining Room.

**Bridge**
**Wednesdays**, 12:30 - 3:30 pm
Billiards Room

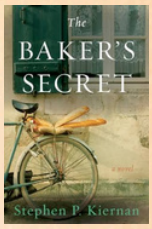
**Mahjong**
**Wednesdays,** 1:00 pm - 4:00 pm
Dining Room

**Wii Bowling**
**Thursdays**, 5:00 pm - 7:45 pm

**Billiards**
**Tuesday, Thursday & Friday**, 8:00 am - 4:45 pm
**Monday & Wednesday**, 8:00 am - 7:45 pm

**Cornhole, Bocce, & Croquet**
Weather Permitting.

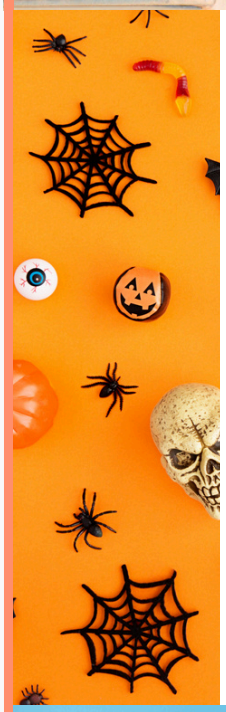
## Afternoon Book Chats




**Baker's Secret**
**by Stephen P. Kiernan**
**Wednesday, October 14**
**2:30pm**

After her kind mentor is arrested because of his Jewish heritage, a young baker's apprentice in Normandy engages in discreet resistance activities, baking contraband loaves of bread for the hungry using surplus ingredients taken from occupying forces.

November Book: Homecoming by Kate Morton



## TRIVIA

**TREATS AND PRIZES**

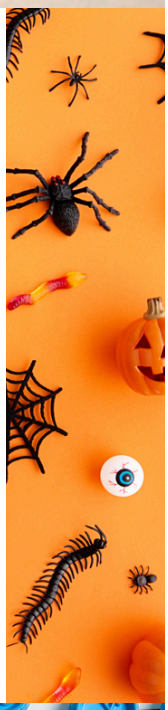
WITH NICOLE MATSON FROM

Home Helpers®

NEW DATE! (2nd TUESDAY OF MONTH)

October 13 at 1:30 p.m.

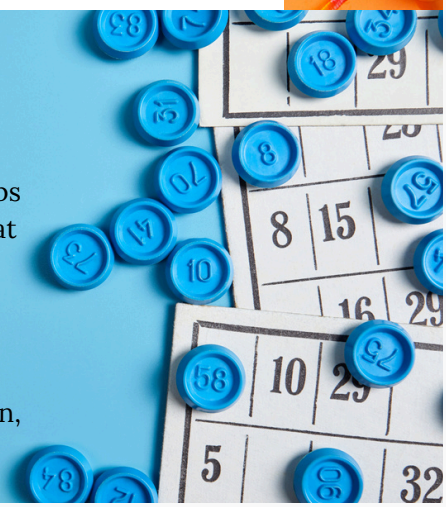
ENFIELD SENIOR CENTER



## Bingo

**Tuesdays, 6:30 pm**
**at the Enfield Senior Center**

Purchase a minimum of three strips for $15. Have fun and help us out at the same time! All proceeds are donated to the Friends of the Enfield Senior Center and other local non-profits. Sponsored by Enfield Senior Citizen's Association, Inc.



# 7 Wellness Programs

## Beyond the Scale

**Wednesdays, October 7 - 28**
**11:00 am - 12:00 pm**

A weekly support group for those that need a little extra help in their weight loss journey.

## Community Café

CRT provides this elderly nutrition program to persons 60 years or older. Meals are served on Monday, Wednesday, & Friday when the Senior Center is open. Suggested donation is $3.00. Reservations or cancellations should be made no later than noon the business day before by calling 860-763-7428. **New members must fill out paperwork before making reservations.** Please call 860-763-7428 for more information.

## Stroke Support Group

**Wednesday, October 7**
**10:00 - 11:00 am**

Join others for support, friendship, and education. If you have any questions please contact Amanda Lizotte through phone or email at 413-565-1796 or at alizotte@baypath.edu.

**Meetings are held at the Enfield Senior Center.**

## *New!* Grief Support Group

**Tuesday, October 13**
**11:00 am - 12:00 pm**

A welcoming group offering support, understanding, and encouragement for those coping with the loss of a loved one. Come together with others who are experiencing grief, share your thoughts and feelings in a safe and supportive environment, and find comfort in knowing you are not alone. No registration is required—everyone is welcome.

## PRIME Fitness Center

**Monday, Wednesday, Thursday**
Open: 8:00 am - 8:00 pm
**Tuesday & Friday**
Open: 8:00 am - 5:00 pm

Please call **860-272-3554** to learn how to register as a new member. **Fee based membership**, Silver Sneakers, Silver & Fit and Renew Active accepted.

## Low Vision Support Group

**Wednesday, October 21 from 1:00 – 2:00 pm**

The Low Vision Support Group provides a welcoming space for individuals with vision loss to connect, share experiences, and access to helpful education and resources. All are welcome.

Guest speaker: Diane Weaver Dunne, Executive Director, CRIS Radio. "CRIS Radio provides audio access to printed materials for individuals who are blind or unable to read due to other print disabilities."

**Any questions? Please contact Muriel Capocci at 860-741-0857 or m.capocci@cox.net**

## Bereavement Support Group

**Monday, October 26 from 1:00 – 2:00 pm**

Grief is a personal journey, and everyone is welcome, no matter where they are in the grieving process. Whether your loss is recent or years ago, this supportive group offers a safe place to share, listen, and connect with others who understand. Discussions include helpful resources, coping strategies, and information, with time for compassion, encouragement, and meaningful conversation.

**No registration required.**
**Any questions? Please call 860-763-7425.**

# 8 Presentations & Safety Information

## Bats: Diversity and Conservation in Connecticut and Beyond

**Wednesday, October 28 at 6:00 pm**

Presenter: Devaughn Fraser, Wildlife Biologist, CT DEEP

Dr. Fraser will introduce the nine species of bat we have here in Connecticut, and discuss the methods used to monitor and protect these valuable members of our community.

**Please register online through your MyRec account or call 860-763-7425.**

Sponsored by: Enfield Garden Club

## Coffin Craziness Presentation

**Thursday, October 29 at 2:45 pm**

Presenter: Michael Miller, Former President of the Enfield Historical Society

Discover the fascinating and sometimes bizarre ways people once sought to preserve their loved ones after death. This October, explore unusual funeral inventions—including Thompsonville's glass coffins—and the creative, practical, and downright strange ideas of the past.

**Please register online through your MyRec account or call 860-763-7425.**

Sponsored by: Enfield Historical Society

## Canadian Rockies & Glacier National Park Trip Presentation

**Tuesday, October 20 at 2:00 pm**

Presenter - Friendship Tours

Interested in exploring the Canadian Rockies? Join us for a presentation about our upcoming trip, August 15–21, 2027. Learn more about the beautiful destinations, exciting sightseeing opportunities, and what to expect on this unforgettable adventure.

**Please register online through your MyRec account or call 860-763-7425.**

## TRIAD Safety

**Candle Safety**

- Place candles in sturdy, nonflammable holders such as metal, glass, or ceramic that are large enough to collect wax.
- Always keep candles out of reach of children and pets.
- Never leave burning candles unattended. Extinguish all candles before leaving the room or going to sleep.
- Do not carry a lit candle during a power outage. Use a flashlight instead.
- Keep candle wicks trimmed to ¼ inch. Extinguish the candle if the flame becomes too high. Once the candle cools, re-trim the wick to ¼ inch. This helps the candle burn slower and produce less smoke.
- Do not use candles near plants.
- Consider using flameless candles as a safer alternative.

## Scam Safety

**Connecticut Department of Revenue Services**

Scammers are impersonating the Connecticut Department of Revenue Services (DRS) and calling residents about a supposed tax refund. The caller may claim you are owed money and ask for your Social Security number, bank routing number, or account number to process the payment.
Do not provide any personal or banking information. Hang up immediately.
If you have questions about your tax return, contact DRS directly at 860-297-5962 or DRS@ct.gov.

Remember: Never give personal or bank information to an unexpected caller.

# 9 Senior Services

## Senior Citizen Services

**Enfield Loaves and Fishes**
A free meal seven days per week.
Call 860-741-0226

**Meals on Wheels**
Home-delivered lunches available Monday - Friday.
Call 860-763-0400

**Enfield Food Shelf**
786 Enfield Street, Enfield, CT 06082
Call 860-741-7321 or visit enfieldfoodshelf.org

**Department of Social Services**
Provides advocacy, planning, and delivery of services with public, private, and community-based organizations.
Call 860-253-6395

**Dial-a-Ride**
Provides transportation for Enfield residents age 60 and over or those physically disabled to destinations within town.
Call 860-272-3545

**Nutmeg Senior Rides**
Call 860-758-7833
www.nutmegseniorrides.org

**Veterans and Senior Services**
Congressman Joe Courtney's Enfield Office
Call 860-741-6011
www.Courtney.house.gov
**Monthly Meeting: October 6 at 9:30am**

## Medical Equipment Loan Program

The Senior Center maintains a limited inventory of donated durable medical equipment to loan out free of charge. Items include toilet seats, commodes, bath transfer benches, walkers, and canes. Limited incontinence products are also available.

**If donating an item; please thoroughly clean all items before dropping them off.**
**Call 860-763-7425 for availability.**

## AARP CT Smart Driver Program

**Thursday, Nov. 19, 2026 from 1:00 - 5:00 pm**
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 payable to AARP the day of the class. Registration is required by calling 860-763-7425. Space is limited.

**Online Course:**
http://www.aarpdriversafety.org

## Footcare

**$40.00 per person**

Foundations Foot Care, LLC will provide 30 minute footcare sessions by a registered nurse at the Senior Center. Cash or check payment will be given directly to the provider that day. **Please call 860-763-7425 to schedule an appointment.**

A session may entail:
- Nail & Foot Assessment
- Diabetic Foot Health
- Prevention Education
- Routine Nail Care
- Ingrown Nail Care
- Callus/Corn Care

## 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 accept donations and memorials to further their mission. Donations envelopes are available at the Senior Center.

Thank you to the following for their donations:
- Patricia Knapp
- Laurie Cavanaugh
- Sam & Chris Porcello
- Ron & Charlene Biathrow
- Kiwanis Club Foundation
- Robert Hetu
- Anonymous
- Wilfried Klein
- Amy-Beth Sirard
- William St. George
- Gina Umgelter
- Nancy Couture

## ENFIELD SENIOR CENTER REGISTRATION PROCEDURE

Registration for October classes will begin on **Monday, September 21 for residents** and **Monday, September 28 for non-residents.** Pre-registration will be required for some programs. Please refer to the class description.

• Classes are no longer listed on the registration form. Please find a list of offerings from the Newsletter which can be found on the Senior Center website, Senior Center MyRec site, Facebook page, Instagram, or through our subscribed email blast.

• Please note that the new registration form has a release and waiver section at the bottom of the form. **Participants are required to fully fill out and sign the form.**

• Participants may **only register themselves,** due to limited class sizes.

• Acceptable **forms of payment** are debit/credit card, cash, check, or money order made payable to the Enfield Senior Center.

• Participants who have a credit from cancelled classes in their MyRec Wallet may apply it to their registration.

• Mail-in registrations will be accepted and put in a hold folder **to be entered at random** after the initial registration based on your residency.

For more information, the registration form, and the program class offering, please visit our **MyRec website at:** www.enfieldseniorcenter.com

**Sign up early as class size is limited and slots are awarded on a first come first served basis.**

## WITHDRAWAL POLICY

Refunds are not given unless for a medical reason upon receipt of a doctor's note. A program credit to be used for another Senior Center program may be given on a case by case basis.

# Enfield Senior Center Activity Registration Form

**299 Elm Street, Enfield, CT 06082**
**Phone: 860-763-7425 Website: www.enfield-ct.gov/Senior-Center**

## Member Information

Name: _____ Phone: _____

Address: _____ DOB: _____

City: _____ State: _____ Zip: _____

Emergency Contact: _____ Phone: _____

## Medical Information

Are there any medical concerns or special needs that we should be aware of? If yes, please list here:

_____

_____

*For complete information concerning the HIPAA Compliance Program, visit our website at www.enfield-ct.gov or call the Senior Center for more information.*

## Program Information

| Program Name | Day (circle) | Time | Fee |
|---|---|---|---|
| _____ | M / T / W / Th / F | _____ | $ _____ |
| _____ | M / T / W / Th / F | _____ | $ _____ |
| _____ | M / T / W / Th / F | _____ | $ _____ |
| _____ | M / T / W / Th / F | _____ | $ _____ |
| | | **Total** | $ _____ |

## Release & Waiver

In consideration for participating in the above-referenced program/activity sponsored by the Senior Center Division of the Town of Enfield, I hereby waive and release the Town of Enfield, its agents, officers and employees, whether paid or voluntary, from and against any and all claims, suits, actions, damages, liabilities, costs, expenses and or judgements, including attorney's fees and court costs, which may arise from my participation in the above-referenced program/activity or any illness or injury resulting there from, either directly or incidentally.

I hereby represent that I understand and am familiar with the nature and type of activities in which I will participate as part of the above-referenced program activity. I further represent that I am in good physical and mental health condition and that I am unaware of any physical or health condition that would affect my ability to participate in the above-referenced program/activity.

I acknowledge that I will be solely responsible for the furnishing of safeguards and appropriate equipment for protection against injury.

Photo Release: The Senior Center reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Senior Center use only and may be used in future catalogs, websites, brochures, pamphlets, and/or flyers.

I have read this document and understand and agree to its terms and conditions.

_____ _____

**Participant Signature** **Date**