

# BETHEL SENIORS ON THE GO

*The Bethel Senior Center has planned a "soft" opening in October with limited programs. ALL programs are planned with social distancing per the Governor's requirements to assure the safety of all. Please check out our online virtual programs. Please see classes offered & additional information below.*



We would love to see you and wish you a Happy Halloween!

To celebrate Halloween and maintain social distancing we are offering our members a free homemade pumpkin bread. The bread will be given out on Thursday, October 29 from 10:00 a.m. to 11:00 a.m. in the back parking lot of the Clifford Hurgin Municipal building.

(Please enter the back parking lot of of Wooster Street.) Supply will be limited.

**Participants must call in advance to register to pick up the bread.**



Open Enrollment



It's that time again! Open Enrollment begins October 15 through December 7. If you would like to learn about the changes to Medicare and/or consider changing your Medicare prescription plan, this is the time to do so. Bill Caron will be giving a presentation outside in the Gazebo area on the front lawn of the Clifford Hurgin Municipal building on Wed., 10/14, at 1 pm. **Members need to call in advance to participate.** Please bring a lawn chair.

Writing  
Your Memoir



Here's your chance to get your life story down on paper. Join the Writing Your Memoir group and read one of your stories aloud to the group. If you are uncomfortable at first to share your story, you are invited to attend and listen to the interesting stories of other members. The group has met for a few years and welcomes new members. They have published two books of their stories.

This is a unique, very interesting program. Free. **All members must register in advance** per the Governor's guidelines. The group is held on Thursdays, beginning 11/ 5. The time of the program is from 10:30 – 12 noon.

# ZUMBA



We welcome **Matthew Ames** back to the Senior Center on 11/9 from 9:00 a.m. to 10:00 a.m. Matthew will be teaching every Monday.

**All members need to sign up in advance** and may register for one class. The day of your class you can register for the next class. All classes are limited and social distancing will be maintained. Masks are required. **The class is \$4.00 and only exact change will be accepted.**

Please check out Matthew's virtual classes on the Town of Bethel, Senior Center website.

You can do a Zumba or Balance class from the comfort of your own home!



We would like to honor our Veteran members by treating them to a Grab & Go lunch. Maintaining social distancing, members will drive through the back parking lot to pick up a free hot dog lunch & dessert. We appreciate your service and we appreciate YOU! Tues., 11/10 at 12 noon. **All members must register in advance to participate.**

Programs at the Bethel Senior Center at this time:

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Zumba (11/9 start) Adult Meditative Coloring Art Class	Ceramics  Yoga	Bible Study	Knitting Circle (1/2021 start) Writing Your Memoirs (11/5 start)	Chair Yoga

***The rules set for attending the Bethel Senior Center are based on the State of CT Governor's guidelines.***

***Rules for attending the Bethel Senior Center:***

- All participants must wear masks at the Bethel Senior Center and when riding in the van.
- All programs are by appointment only. No walk- in participants are allowed at this time.
- Only registered Bethel Senior Center members may participate in programs.
- Payment for programs should be exact change.
- All reservations for programs and/or trips may be done by telephoning the BSC office, 203-792-3048. No email reservations will be accepted.
- All programs have a limit to the number of participants.
- Participants should bring their own equipment and water bottle. No shared equipment is allowed. (example: own yoga mat) A touchless water fountain is available.
- Participants should not bring personal belongings into the building with the exception of those items needed for class.
- All participants may enter through the back far Senior Center door, located in the back of the Municipal Center building. All other doors will be locked.
- Participants will be allowed in to the building no earlier than 10 minutes prior to a scheduled program.
- Persons without an appointment will not be allowed in to the building.
- All participants will have a health screening prior to entering the Bethel Senior Center.
- Any person experiencing symptoms of Covid-19 will not be allowed in to the building.
- All persons should maintain social distancing while in the Bethel Senior Center at ALL times.
- There will be no congregating at the Bethel Senior Center before or after programs at this time.
- The Senior Center café is closed until further notice. No coffee or meals will be served in the building at this time. A "Grab & Go" meal is available on Wednesdays as a drive by program. Please get additional information by telephoning the Bethel Senior Center.



**The Bethel Senior Center van is on the road again. Space will be limited due to the COVID-19 virus to ensure all passengers are safe. The Bethel Senior Center has installed protective sneeze guards and a HEPA filter to further ensure passenger's safety. ALL PASSENGERS MUST WEAR A MASK TO RIDE IN THE VAN. Social distancing will be maintained while in the van to ensure passenger safety, as well. Please make an appointment to ride in the van by telephoning the Bethel Senior Center at 203-792-3048.**

***We hope to see you soon. Stay safe. Stay healthy.***