



***Come Out and Connect!***

LGBT Adults and Allies of the LGBT Community are invited to join the LGBT Moveable Senior Center--a partnership among multiple Connecticut Senior Centers to connect the LGBT community to mind-body-spirit, to each other, and to services and supports for healthy aging!

The Marilyn Michaelson Senior Center of Bloomfield  
330 Park Avenue  
Bloomfield, CT 06002

Wednesday, April 20  
10:00 am - 3:00 pm

**\*\*\*\*\* RSVP by April 13 \*\*\*\*\*  
860-243-8361**

**Program**

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|--------------------|--|
| 10:00-10:25 am     | Welcome - Continental breakfast - Informal activities/conversation - Independence Unlimited information table                                |
| 10:30-11:15am      | Beth Hugh is back by popular demand! Today she will show you how to “recharge” with movement and meditation                                  |
| 11:20 am -12:15 pm | Roy Moeckel: “CT Prime Timers: Social connection for mature gay & bisexual men”  |
| 12:25-1:15 pm      | Lunch  |
| 1:20 -2:10 pm      | “What do you <i>really</i> need to know about emergency preparedness?” presented by Ellen Mayer of the West Hartford Bloomfield Health Dist. |
| 2:10-3:00 pm       | Social hour with coloring  |
| or                 |  |
| 1:15-3:30 pm       | Bingo (1st card is complimentary; additional cards are \$1 each)   |

The LGBT Moveable Senior Center is sponsored by CCCI as part of “Getting it Right: Creating an LGBT-responsive Organization,” a project funded by the John H. and Ethel G. Noble Charitable Trust and was guided by CT LGBT Aging Advocacy.

