

Hello Our Senior Center friends:

I will call it irony: the same month that I publish a newsletter article on the hazards of isolation, we are all isolated due to the virus. We would like to offer our members the opportunity to connect by phone with other members for an occasional chat while this is going on. You can do so by calling the Senior Center (203 312-5665) and giving us permission to give your phone number to another senior and vice versa. Some suggestions for conversation starters are:

- Where did you grow up?
- What was/is your family like?
- What do you like to cook/eat?
- Share one memory from your teens
- What event in recent years stands out to you the most? Why?

Hearing another's voice can be really helpful. We also have a number of trusted members of the schools staff who would be happy to connect with you for conversation or to see if they can help you in any way. Think about it and let us know.

Calling another family member or friend whom you haven't had a chance to talk to in a while might be a good idea, too. You just might catch them at home. In addition, we'd like to share some fun sites to keep you busy:

- The Metropolitan Opera is launching "Nightly Met Opera Streams" beginning tonight at 7:30 with Bizet's Carmen. <https://www.metopera.org/>
- Need some exercise? Take a look at our Bodies in Motion Class <https://vimeopro.com/user53774442/town-of-new-fairfield-events/video/265064616>
- Here's our own Senior Center play from August: [You're Only Old Once](#)
- Here's a site for some free games: <https://guideforseniors.com/blog/senior-online-games/>
- Don't spend all your time looking at a screen, though. Get out. Take a walk. See how many birds you can identify while the leaves are still off the trees.
- Take care of yourself and do let us know if you need anything.

As you probably know, things are currently in a state of flux everywhere. We understand that people are anxious about Tax-aid, trips, food and many other things. As soon as we know definitively about any of these, we will let you know.

Kathy Hull
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