



***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	
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 ðrechargeö with movement and meditation
11:20 am -12:15 pm	Roy Moeckel: ðCT Prime Timers: Social connection for mature gay & bisexual menö
12:25-1:15 pm	Lunch
1:20 -2:10 pm	ðWhat do you <i>really</i> need to know about emergency preparedness?ö 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.

