



SUFFIELD ROUND ABOUT

FREE

April
2016



Volume 17
Issue 3

SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

April Schedule of Programs at the Suffield Senior Center

Paula J. Pascoe Director

Marylou Brewster Assistant

Hours: Monday through Thursday 8am-4pm • Friday 8am - noon

Telephone: (860) 668-8830

E-Mail: Ppascoe@suffieldtownhall.com

Director's Corner

We are so very lucky to have many wonderful volunteers at the Senior Center, thank you!

We would like to honor all volunteers at our Annual Volunteer Recognition Dinner on Friday, April 22 at 4 p.m. You have a choice of one of the following dinner options: Baked haddock, half of a stuffed baked Cornish game hen, or beef tenderloin. Please RSVP with your meal choice by Friday, April 15th.

Paula Pascoe
Director



2016 TRIPS

- 4/12 Chocolatorium \$27
- 4/24-29 Las Vegas \$869
- 4/25 Mohegan Sun Casino \$25
- 5/17-19 Showtime in Penn Dutch Country \$419
- 5/23 Mohegan Sun Casino \$25
- 6/14 Best of Mowtown \$54
- 6/16-27 Alaskan Land & Cruise \$3,479
- 6/27 Mohegan Sun Casino \$25
- 7/25 Mohegan Sun Casino \$25
- 8/18 Beauport Lobster Cruise \$89
- 8/29 Mohegan Sun Casino \$25
- 9/23 Buddy Jewell \$58
- 9/26 Mohegan Sun Casino \$25
- 10/6 Doo Wop Show \$55
- 10/16-20 Colonial Williamsburg & DC \$889
- 10/24 Mohegan Sun Casino \$25
- 10/24 Mohegan Sun Casino \$25
- 12/8 Christmas Around the World \$56

Trip flyers are available with more detailed information on each trip at the Senior Center.

IMPORTANT INFORMATION

Emergency Check Up Call—We are currently updating the list of residents in the community who would benefit from a check-up call during a town or state-wide emergency. Residents who use oxygen or need electricity for medical equipment are strongly encouraged to register. This information will be kept confidential and only used in the event of an emergency as declared by the First Selectman. If you or someone you know would like to be included on this list, please see Paula or MaryLou for a form. The form can also be obtained on the Senior Center's page on the Town web-site at www.suffieldtownhall.com.

Bereavement Support Group—Masonicare Partners Home Health & Hospice is partnering with Emergency Aid Association to offer an eight-session support group to persons who are grieving the loss of a loved one. The group will meet at the Emergency Aid building located at 450 South Street in Suffield on Friday mornings beginning April 1st and ending in May. The program is offered at no cost and a light lunch will be provided. The Suffield Mini Bus will be available to assist with transportation, but residents must call and reserve in advance. Registration is required and space is limited. Please call Emergency Aid Association for more information at (860)668-1986.

MINI BUS

The Suffield Mini Bus is a pre-scheduled transportation service designed to aid and supplement qualified Suffield residents in their transportation needs for activities of daily living. The service is designed to enhance the quality of life for our clientele in their quest to remain independent and self sufficient.

Transportation is provided to Suffield residents over the age of 60 as well as permanently disabled persons. It is expected that riders be able to independently enter and exit the vehicle. If a rider uses a wheelchair or needs special assistance, the rider must be accompanied by a personal aide or companion.

MINI BUS continued...

Daily Schedule

Monday a.m.—Grocery shopping in Enfield. Pick up begins around 9:30 a.m. You are allowed one hour at the store.

Tuesday a.m.—Medical appointments between 10 a.m. and 2 p.m. In Town errands.

Wednesday—In Town errands and medical appointments as well as Hartford medical appointments. Hartford appointments should not be scheduled after 2 p.m.

Thursday—Enfield Mall shopping

Early trip: Pick up starts around 9:30 a.m.

Return at either 12 noon or 2 p.m.

Late trip: Pick up starts around 11:30 a.m.

First and third Thursday of each month—Walmart in East Windsor for 1 1/2 hour shopping. Pick up starts around 8:30 a.m.

Friday a.m.—Enfield grocery shopping at a store of your choice for 1 1/2 hours. Pick up starts around 8:30 a.m.

The daily schedule is a general overview of transportation. If you have questions or transportation needs not addressed here, please call us at 860-668-3844 and we will do our best to accommodate you.

There is an annual donation request of \$35 for a single person and \$50 per couple. All donations are tax deductible. Please make your check payable to Suffield Mini Bus.

Reserve Fund Donations—Greatly appreciated are the additional donations made to the Suffield Mini Bus Reserve Fund. We are proud that Suffield taxes have never been required for the purchase of our vehicles. All vehicles have been purchased through grants and donations made by our riders and their families. If you would like to contribute to this fund, please make your check payable to Suffield Mini Bus Reserve Fund and mail it to Suffield Senior Center & Mini Bus at 145 Bridge Street, Suffield, CT 06078.

FOR YOUR HEALTH & WELLNESS/SERVICES...

Blood Pressure Screenings – Held in the Clinic—April 13th & 27th – sponsored by Emergency Aid Association.

Chair Massage—We welcome Licensed Massage Therapist Kathy Hughes on the first Thursday of each month for chair massages, by appointment, between the hours of 10 a.m. and 1 p.m. The fee is \$10 for 15 minutes or \$20 for 30 minutes. Call to schedule your appointment today!



Foot Care – Held in the Clinic

Foot care nurses will be at the Senior Center on Tuesday, April 19th. Fee is \$29. Please call the Senior Center if you need an appointment.

Hearing Screenings—NOVA Hearing Services will provide FREE hearing screenings, clean hearing aids and check batteries and answer any questions you may have regarding your hearing or hearing devices. These screenings will be offered the first Monday of each month at 1 p.m. Call to schedule an appointment for April 4th.

ARTS & CRAFTS

SUFFIELD KNITTERS—Meets every Tuesday at 1 p.m. You don't need to be an expert, just bring your project and have some fun! Great and growing group of people-join us.

A STROKE OF COLOR ART CLASSES—Lynda Montefusco, TDA, conducts classes in oils, acrylics, colored pencil, and pen & ink. She also offers decorative painting in your choice of medium. Please contact Lynda at 860-888-9558 for more information or to join a class.

ASSISTANCE PROGRAMS & SERVICES

Ask the Attorney – Elder Law Attorney, Marcia Hess will be available on April 7th from 10:30 a.m. to 12:00 noon to answer any legal questions or discuss topics relating to seniors. Please call for an appointment.

Certified Notary Public Services—The Suffield Senior Center is pleased to welcome Certified Notary Public with a background check, Joan Scata. Joan is a Suffield resident who has graciously offered her services to the Senior Center. She has been serving the state of Connecticut for over 20 years. She is a member of the National Notary Association. She is able to assist you with oaths, acknowledgements, determining identity, oaths & affirmations, affidavits, depositions & subpoenas to deponents, wills, living wills, signature by mark, re-finance closings (fee associated), and reverse mortgages (fee associated). Joan can meet you at the Senior Center during normal business hours at your convenience. To schedule an appointment, please call Joan at 860-977-7337.

CHOICES Counseling: Our CHOICES counselor is available to assist you on such topics as Medicare, Medicaid, Medicare Supplement Insurance, and Long Term Care Insurance by appointment. Please call the Senior Center to schedule your appointment.

Computer Assistance – Free computer assistance is available each Wednesday and Thursday beginning at 9:30 a.m. in the Computer Lab.

Social Security Workshop—Thursday, April 14th at 10:30 a.m. sponsored by Webster Bank. The workshop will focus on Social Security: Advanced filing strategies, benefits eligible when a spouse passes away, and proper ways to maximize benefits. Please register for this FREE workshop by April 8th. Those who register and attend will receive \$1 off lunch that day. You will also need to register for lunch.

Office of Congressman Joe Courtney—Karen Wesliza from Congressman Courtney's office will be available on Thursday, April 21st at 10:30 a.m. to answer questions regarding Social Security, Medicare or assist in addressing any questions/issues with any other Federal agency.



APRIL LUNCH MENU



Wednesday, 4/6	Thursday, 4/7
Meatloaf	Cream of asparagus soup
Scalloped potatoes	Turkey sandwich
Vegetable	Dessert
Dessert	
Wednesday, 4/13	Thursday, 4/14
Parmesan crusted chicken	Swedish meatballs
Rice pilaf	over noodles
Vegetable	Vegetable
Dessert	Dessert
Wednesday, 4/20	Thursday, 4/21
Stuffed cabbage	Seafood stuffed pita
Rye bread	Chips
Dessert	Dessert
Wednesday, 4/27	Thursday, 4/28
Pasta with meat sauce	Hot dog on a roll
Tossed salad	Macaroni salad
Dessert	Dessert

Reservations should be made by noon the day prior. Lunches are \$3.50.

Soup & crackers available Mondays, Tuesdays, & Fridays for \$2.

EXERCISE CLASSES

Beginner Line Dancing – Every Thursday from 3 p.m.—4 p.m. \$2/class payable to the instructor.

Cardio Fit— 10:10 a.m.-11:10 a.m. M-W-F 5/2-6/29 (no class 5/29) 25 classes for \$75.

Chair Exercise—Wednesdays at 11:20 a.m. FREE with your donation of a non-perishable food item.

Pilates with Yoga—9 a.m.—10 a.m. M-W-F 5/2-6/29 (no class 5/29), 25 classes for \$75.

Exercise Classes continued . . .

Combo Cardio/Yoga— 4:30 T-Th 3/15-4/29 (no class 4/12 & 4/14) 12 classes for \$45.

Line Dancing – Every Tuesday and Thursday at 10 a.m. Cost is \$2 per class payable to the instructor.

Pilates with Yoga—9 a.m. M-W-F 1/4-2/26, 22 classes for \$66.

Yoga – Every Wednesday evening beginning at 6:30 p.m.; please contact Mary Callender at 860-668-5047 or 860-462-8397 for more information on this Wednesday evening program.

Zumba Gold —Thursdays at 6:30 p.m. Call Oti-lya at 860-881-3533 for more information or to register.

GAMES

Bingo – Every Wednesday and Thursday beginning at 1 p.m.; \$1 per card to play.

Bridge – Every Tuesday beginning at 12:30 p.m. in the Card Room; you do not need to be an expert!

Bunco – Every Friday at 10 a.m. Fee is \$5 per person which is prize money.

Dominos – Every Tuesday beginning at 10 a.m. in the Card Room.

Mah Jongg Group – Every Monday beginning at 9:30 a.m. in the Card Room.

Pool – Our pool tables are open during normal business hours.

Various Card Games – Every Monday, beginning at 1 p.m. and every Wednesday and Thursday beginning at 2 p.m. in the Card Room; stop by and see if there's a game for you!

Wii Bowling—Every Friday beginning at 8:30 a.m.

The Dine Around Group will be dining at the Barn in Granby, CT on Thursday, April 14th at 1 p.m. New-comers are always warmly welcomed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			8:00 Billiards 1 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards	
8:00 Billiards 4 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 6:00 A Stroke of Color	8:00 Billiards 5 Library/Computers 10:00 Line Dancing Dominos Womans Club 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:00 Relay for Life	8:00 Billiards 6 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assist. 10:10 Cardio Fit 11:00 Blood pressure 11:20 Chair Exercise 12:00 Lunch Equipment Tune Up 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 7 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing Chair Massage 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga 5:30 Parkview Glenn 6:00 A Stroke of Color 6:30 Zumba Gold	8:00 Billiards 8 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards 11 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards CSEA Chapter 410 6:00 A Stroke of Color 6:30 Suffield Meadow Board Meeting	8:00 Billiards 12 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters	8:00 Billiards 13 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assist. 10:10 Cardio Fit 11:00 Blood Pressure 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 14 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Social Security Workshop 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 5:30 Brandywine II 6:00 A Stroke of Color 6:30 Zumba Gold	8:00 Billiards 15 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards 18 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 6:00 A Stroke of Color 7:00 ZPC Meeting	8:00 Billiards 19 Library/Computers Footcare 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga	8:00 Billiards 20 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assist. 10:10 Cardio Fit 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 21 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Congressman Courtney's Office Q& A 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga 6:00 A Stroke of Color 6:30 Zumba Gold	8:00 Billiards 22 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards 4:00 Volunteer Recognition Dinner
8:00 Billiards 25 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 5:30 Brandywine I 6:00 A Stroke of Color	8:00 Billiards 26 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga	8:00 Billiards 27 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assist. 10:10 Cardio Fit 11:00 Blood pressure 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 28 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga 6:00 A Stroke of Color 6:30 Zumba Gold	8:00 Billiards 29 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards