



SUFFIELD ROUND ABOUT

FREE

February
2016



Volume 17
Issue 2

SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

February Schedule of Programs at the Suffield Senior Center

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

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Director's Corner

The Senior Center will be closed Monday, February 15th for Presidents' Day.

AARP Tax-Aide volunteers will be preparing tax returns for low/middle income taxpayers with special attention to those aged 60 and older during the months of February and March on Thursdays. Please review the information regarding this service and what you need to bring with you on page 3 of this newsletter and make your appointment today!

Friends of Suffield's 29th Annual Senior Valentine Social will be held at the Senior Center on Saturday, February 13th 2-5 p.m. In case of snow, the Social will be held on Sunday, February 14th. Join us for an afternoon of music, bingo, door prizes, and crowning of our King and Queen as well as a delicious dinner. Reservations are required and can be made by calling Lori at 860-668-5122.

Winter Exercise Session II registration forms will be available mid-month.

Paula Pascoe

2016 TRIPS

- 2/22 Mohegan Sun Casino \$25
- 3/28 Mohegan Sun Casino \$25
- 4/12 Chocolatorium \$72
- 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 Motown \$54
- 6/16-27 Alaska 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 \$25
- 11/28 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.

HAPPY BIRTHDAY to all who have a birthday in February including:

Ted Carron 2/1	Bruno Smilgys 2/11	Ken Klass 2/20
Anita Barrett 2/1	Marlene Peichert 2/11	Gloria Magliozzi 2/21
Marina Marasi 2/1	Bruce Remington 2/11	Henry Putala 2/21
Irvina Holbrook 2/2	Marilyn SarTori 2/11	Connie Dougan 2/22
Susan Wessner 2/2	Carol Milionis 2/12	Priscilla Viets 2/22
Irene Poppel 2/4	Mary Margotta 2/13	George Taravella 2/22
Donna Horrigan	Alice Goldrick 2/13	Ann Connelly 2/22
Jennifer Hayashida 2/5	Robert Martin 2/13	Nancy Drenzek 2/22
George Hall 2/5	Dorothy Blakely 2/14	Diane O'Grady 2/22
Margie Osowiecki 2/6	Dorothy Pearse 2/14	Lotte Kampfmann 2/24
Diane Mandirola 2/6	Joan Bedard 2/14	Rosemary Tweeddale 2/25
Claire O'Connor 2/7	Antoinette Wingfield 2/14	Gloria Hudak 2/25
Joan Cerrato 2/7	Shirley Bienvenue 2/14	Ronald Wozniak 2/25
Josephine Kosman 2/7	Kathleen Gay 2/14	Adrienne Perry 2/25
Mary Marion 2/8	Rita Beauregard 2/15	Raymond Gaudreau 2/25
Roger Pryor 2/8	Marilyn Jackins 2/15	Roxane Telesha 2/25
Sue Simmons-Stahl 2/8	Wilfred Roy 2/15	Stephanie Bulgier 2/26
Orysia Smilgys 2/9	Brenda Lucas 2/16	Jane Parent 2/26
Terry Duwell 2/9	Helen Olisky 2/16	Bonnie Lareau 2/26
Helen Curry 2/9	George Dalrymple 2/16	Evelyn Sredzienski 2/27
Kathleen Badura 2/9	Jay Loevy 2/16	Constance Haskell 2/27
Rose Austin 2/10	Barbara Falkowski 2/17	Janet Banks 2/27
Sarah Leahey 2/10	Ski Supinski 2/17	Wesley Solostium 2/27
Kathleen Matchett 2/10	Toni Rowse 2/17	Claire Nachmann 2/27
Janet Elinskas 2/10	Brenda Shimkus 2/18	JoAnne Butterworth 2/27
Robert Riordan 2/10	Irene Edmonds 2/18	Barbara Moreau 2/27
Joyce Henderson 2/10	Clara Sanborn 2/18	Sue Brault 2/28
Jane Feng 2/10	Robert Oldread 2/19	Lavern O'Malley 2/28
Mary Parish 2/10	Mary Babbitt 2/19	Fran Papuga 2/28
Viola Turek 2/11	Florence Drouin 2/20	Robert Ryder 2/29

TURN YOUR HOME'S CLUTTER INTO CASH

Looking for simple ways to eliminate the clutter from your home? Attend this 45-minute workshop and learn:

- The smart process to eliminate clutter
- How to use Craigslist, eBay & Facebook to sell your items
- Get rid of unused items using a "curb alert"
- Do you have collectables you want to sell?
- Use a camera to help you eliminate clutter
- Understanding estate sales
- Using "home clean-out services"
- The best places to donate your goods

Join us on Thursday, February 25th at 10:30 a.m. Sign up for lunch that day and you will receive \$1 off. Register by February 19th by calling the Senior Center. Join us for some fun!

ASSISTANCE PROGRAMS & SERVICES

Ask the Attorney – Elder Law Attorney, Marcia Hess will be available on February 4th 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.

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.

**FOR YOUR HEALTH
& WELLNESS/SERVICES. . .**

Blood Pressure Screenings – Held in the Clinic—February 10th & 24th – sponsored by Emergency Aid Association.

Foot Care – Held in the Clinic

Foot care nurses will be at the Senior Center on Tuesday, February 16th. 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 February 1st.

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.

IMPORTANT INFORMATION**AARP Tax-Aide for Tax Year 2015**

Volunteer AARP IRS-certified tax counselors will be available on Thursdays during the months of February and March to provide free basic tax assistance and electronic tax preparation services. A separate appointment is necessary for each person needing a tax return.

This program is intended to provide services to low/middle income taxpayers with special attention to those aged 60 and older. Taxpayers with lengthy and/or complex returns are advised to seek paid tax assistance.

Taxpayers are reminded that they **MUST** bring the following:

- Identification and Social Security card for anyone living in the home or that may be listed on the tax return
- Health insurance coverage verification information for taxpayer, spouse and all dependents
- Last year's tax returns
- W-2s, W-2Gs and 1099s showing wages, interest, dividends, pensions, IRAs, unemployment income, certain gambling winnings forms
- Social Security benefit statements
- Broker statements showing transactions-purchases, sales, costs, dates
- Medical and dental expenses and insurance premiums paid
- Taxes paid-estimated, property/real estate, vehicle, with dates paid
- Charitable donations and other credits with supporting documentation
- Checkbook (if direct deposit of any refund is desired-recommended).

If married, generally, both husband and wife must be present as signatures are required. Returns cannot be prepared for taxpayer(s) if they resided in, or worked in, another state and need a return for that state. All returns are prepared online and are transmitted electronically to the IRS and CT-DRS. The only paper returns that are prepared are those that must be on paper per the IRS.

Schedule your appointment today!

FEBRUARY LUNCH MENU

Wednesday, 2/3
Pot roast
Mashed potatoes
Carrots
Dessert

Thursday, 2/4
Corn chowder
Seafood stuffed pita
Dessert

Wednesday, 2/10
Manicotti
Tossed salad
Italian bread
Dessert

Thursday, 2/11
Turkey biscuit
pot pie
Dessert

Wednesday, 2/17
Scalloped potatoes & ham
Vegetable
Dessert

Thursday, 2/18
Meatloaf
Mac & cheese
Dessert

Wednesday, 2/24
Chicken marsala
Rice pilaf
Vegetable

Thursday, 2/25
Polish dinner-stuffed
cabbage, pierogi &
kielbasa

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

Soup and crackers are available on Mondays, Tuesdays & Fridays 11:30 a.m.—12:30 p.m. for \$2. No reservations are needed.

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. M-W-F 1/4-2/26, 22 classes for \$66.

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

Combo Cardio/Yoga— 4:30 T-Th 1/5-2/25, 16 classes for \$60.

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

Exercise Classes continued . . .

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 —Tuesdays at 6:30 p.m. Call Otilya 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.

Scrabble— There is a Scrabble game started in the Game Room. Take a turn or two and keep track of the score on the sheet provided. If you're interested in forming a group to play Scrabble with, let Paula know so we can schedule it.

The Dine Around Group will be dining at the Maine Fish Market in East Windsor on Thursday, February 18th at 1 p.m. For more information, call Sue at 860-668-5866. Newcomers are warmly welcomed!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Billiards Library/Computers 1 9:00 Pilates with Yoga 9:30 Mah Jongg 10:00 Cardio Fit 1:00 Cards 2:00 Hearing Screenings 6:00 A Stroke of Color	8:00 Billiards Library/Computers 2 10:00 Dominos Line Dancing Suffield Womans Club 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:00 Relay for Life Mtg. 6:30 Zumba Gold	8:00 Billiards Library/Computers 3 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assistance 10:10 Cardio Fit 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards Library/Computers 4 8:30 AARP Tax Assist. 9:30 Computer Assist. 10:00 Line Dancing 10:30 Ask the Attorney 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	8:00 Billiards Library/Computers 5 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards Library/Computers 8 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	8:00 Billiards Library/Computers 9 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Zumba Gold	8:00 Billiards Library/Computers 10 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 6:30 Yoga	8:00 Billiards Library/Computers 11 8:30 AARP Tax Assist. 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 5:30 Brandywine II 6:00 A Stroke of Color	8:00 Billiards Library/Computers 12 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
Presidents' Day Senior Center Closed 15	8:00 Billiards Library/Computers 16 Footcare 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga Zumba Gold	8:00 Billiards Library/Computers 17 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 Library/Computers 18 8:30 AARP Tax Assist. 9:30 Computer Assist. 10:00 Line Dancing 10:30 Turn Clutter to Cash 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	8:00 Billiards Library/Computers 19 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards Library/Computers 22 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 6:00 A Stroke of Color Parkview Glenn	8:00 Billiards Library/Computers 23 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Zumba Gold	8:00 Billiards Library/Computers 24 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 Library/Computers 25 8:30 AARP Tax Assist. 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	8:00 Billiards Library/Computers 26 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards Library/Computers 29 9:30 Mah Jongg 1:00 Cards 6:00 A Stroke of Color				