



SUFFIELD ROUND ABOUT

FREE

June
2016



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SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

June 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

June 15th is World Elder Abuse Awareness Day (WEAAD) – this was launched in 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of an older person.

Every year an estimated 5 million older Americans are victims of elder abuse, neglect, or exploitation. And that's only part of the picture: Experts believe that for every case of elder abuse or neglect reported, as many as 23 cases go unreported. In general, elder abuse refers to intentional or neglectful acts by a caregiver or "trusted" individual that lead to, or may lead to, harm of a vulnerable elder. Physical abuse; neglect; emotional or psychological abuse; financial abuse and exploitation; sexual abuse; and abandonment are considered forms of elder abuse.

Most cases of elder abuse go undetected. Don't assume that someone has already reported a suspicious situation. The agency receiving the report will ask what you observed, who was involved, and who they can contact to learn more. You do not need to prove that abuse is occurring; it is up to the professionals to investigate the suspicions.

To report suspected abuse in our community, you can contact Adult Protective Services at 888-385-4225 in state, 800-203-1234 out of state, and if it is an emergency 911.

Join us on Thursday, June 23rd at 10:30 a.m. for a presentation from Dorian Long, Department of Social Services/Protective Services on the warning signs and resources for assistance in an elder abuse situation. Learn how to identify it and take control. Please register for this FREE presentation by Monday, June 20th. You will be glad you did.

Paula Pascoe
Director

2016 TRIPS

- 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

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

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.

WORKSHOPS

Memory Across the Lifespan—What happens to our memory as we get older? The good, the bad, and the endless search for our car keys. Clinical psychologist and Suffield resident, Dr. Charles Zantor, will boil down the relevant research and provide us with a practical overview on the subject of everyday memory. The more we learn about how our memory works, the more interesting it becomes. Tips on how to remember better will be included. Bring questions and short examples for discussion. This free workshop will be held on Thursday, June 16th at 10:30 a.m. You will receive \$1 off lunch that day by attending. Please register for this workshop and lunch by calling the Senior Center by June 13th.

AARP Driving Refresher Course—Refresh your driving skills and knowledge of the rules of the road. Learn techniques for handling left turns, right-of-way and roundabouts. Discover proven driving methods to help keep you and your loved ones safe on the road. Take the AARP Smart Driver classroom course on Tuesday, June 14th at 8:30 a.m. and you could save money on your car insurance! Please call the Senior Center to register. \$15 for AARP members and \$20 for non-members payable to the instructor the day of the class.

CONCERT IN THE COURTYARD STARRING JACK AND HIS GUITAR

DATE: Sunday, June 26th

TIME: 1 p.m. – 3 p.m.

Join us for an enjoyable afternoon listening to Jack and His Guitar in our courtyard. Mid-way through the concert you'll enjoy some light refreshments sponsored by Home Helpers North-Central CT.

This is a **FREE** event, but please sign up by calling the Suffield Senior Center at 860-668-8830.

In the event of rain, the concert will be held indoors.



FOR YOUR HEALTH & WELLNESS/SERVICES...

Blood Pressure Screenings – Held in the Clinic—June 8th & 22nd at 11 a.m. – sponsored by Emergency Aid Association.

Chair Massage—Licensed Massage Therapist Kathy Hughes is available on the first and third 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, June 21st. 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 June 6th.

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 June 2nd 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.

MINI BUS

June Special Trips:

- Thursday, 6/2—Walmart
- Friday, 6/24—Lunch at The Tavern
- Tuesday, 6/28—Holyoke Mall shopping
- Thursday, 6/30—Walmart

Special trips require five passengers.





JUNE LUNCH MENU

Wednesday, 6/1 Kielbasa w/sauerkraut Rice pilaf Vegetable Dessert	Thursday, 6/2 Tortellini soup Chicken salad on a roll Dessert
Wednesday, 6/8 Salisbury steak w/gravy Mashed potatoes Vegetable Dessert	Thursday, 6/9 Ham & cheese quiche Fruit salad Dessert
Wednesday, 6/15 Baked haddock Baked potato Vegetable Dessert	Thursday, 6/16 Meatball grinder Chips Dessert
Wednesday, 6/22 Lasagna Tossed salad Dessert	Thursday, 6/23 Cheeseburger on a roll French fries Dessert
Wednesday, 6/29 Oven fried chicken Vegetable macaroni salad Dessert	Thursday, 6/30 Taco salad plate Dessert

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

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 6/27-7/20 (no class 7/4) 10 classes for \$35.

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 6/27-7/20 (no class 7/4), 10 classes for \$35.

Exercise Classes continued . . .

Gentle Relaxation Yoga—8:30 a.m.-9:30 a.m. T & Th 7/5-7/28 \$25 payable to Kathleen Matchett.

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

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-lyla 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 Maggie McFly's in Manchester at the Buckland Mall on Thursday, June 16th at 1 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:00 Billiards 1 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 2 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing Chair Massage 10:30 Ask the Attorney 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	8:00 Billiards 3 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards 6 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 1:00 Hearing Screening 6:00 A Stroke of Color	8:00 Billiards 7 Library/Computers 10:00 Line Dancing Dominos Suffield Womans Club 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Ballroom Dancing Zumba Gold 7:00 Hathaway Farms	8:00 Billiards 8 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 9 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 5:30 Brandywine II 6:00 A Stroke of Color	8:00 Billiards 10 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards 13 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 6:00 A Stroke of Color 6:30 Suffield Meadow	8:00 Billiards 14 Library/Computers 8:30 AARP Driving Course 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Ballroom Dancing Zumba Gold	8:00 Billiards 15 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 16 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing Chair Massage 10:30 Memory Workshop 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 17 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards 20 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 21 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 6:30 Ballroom Dancing Zumba Gold	8:00 Billiards 22 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 23 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Elder Abuse 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 6:00 A Stroke of Color	8:00 Billiards 24 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards 27 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 5:30 Brandywine 6:00 A Stroke of Color	8:00 Billiards 28 Library/Computers 10:00 Line Dancing Dominos 12:00 KML program 1:00 Bridge A Stroke of Color Suffield Knitters 6:00 Relay for Life 6:30 Ballroom Dancing Zumba Gold	8:00 Billiards 29 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 30 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 6:00 A Stroke of Color	