



SUFFIELD ROUND ABOUT

FREE

March
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Issue 3

SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

March 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 Friday, March 25th in observance of Good Friday

We are excited to welcome the Suffield Mini Bus to its new location at the Suffield Senior Center! Same phone number, same drivers, same great service! Help us help them feel right at home.

Happy birthday to all those who have a birthday in March! We have so much information to share with you in our newsletters that we will be posting birthdays each month on the bulletin board.

If you enjoy walking, consider walking in our Great Room. You won't have to worry about the weather and it's available most afternoons. Give us a call to see when it's free.

Everyone knows it's tax season. What everyone doesn't know is they become even more a target of scammers because of it. There is an article by our own Captain Rick Brown from the Suffield Police Department included in this newsletter on telephone scams, including IRS telephone scams. We are also holding an Elder Financial Abuse workshop sponsored by Webster Bank this month where we will be discussing various scams and identity theft. We want to provide you with every tool and resource possible to avoid being scammed.

Paula Pascoe
Director

2016 TRIPS

- 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 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.

TELEPHONE SCAMS
Captain Rick Brown, Suffield Police Department

Every year thousands of people fall victim to telephone scams. Suffield residents are not immune. Everyone is a potential target. Fraud is not limited to race, ethnic background, gender, age, education, or income. Older people are often targeted because the caller assumes they may live alone, have a nest egg, or may be more polite toward strangers.

The Suffield Police Department has taken a number of scam complaints over the past several years. We would like to offer our "Top five" tips that we think will help you avoid falling victim to a phone scam.

"TOP FIVE WAYS TO RECOGNIZE AND AVOID A SCAM"

1. Use your caller ID. If you do not recognize the person calling, allow the call to go to the answering machine or voice mail. This will allow you to listen to the message and determine if it is legitimate or a scam call. It will also help you avoid having to deal with the high pressure tactics of a scammer. The scammer relies on a sense of urgency to get you to release personal or financial information.
2. Do not give out your personal information such as your name, address, telephone number, or social security number to a stranger. Keep your identity private until you are certain you can trust the person requesting it.
3. Do not pay any money. Criminals will call up unsuspecting people and tell them they won a lottery or other sweepstakes. The only catch is that the individual must send money via a bank wire transfer to pay for some costs. When accepting a prize of any kind, the recipient should not have to send any money. Remember that wiring money is like sending cash. Criminals know it is next to impossible to reverse the transaction or trace the money. Criminals will insist on third party payments for this reason. Do not wire money to strangers or to anyone who claims to be a relative in an emergency and wants to keep the request a secret.
4. Do not agree to deposit a check and wire money back. Deposited funds by law need to be made available by a bank within days of the transaction, but it will often take weeks for the bank to realize it was a fraudulent check. If the check turns out to be a fake, you are responsible for paying back the bank. No matter how convincing the story, someone who overpays with a check is almost guaranteed to be a scam artist.
5. When in doubt, call us. The Suffield Police Department is here to help you. We will be glad to assist you in identifying the validity of a phone call or offer.

An aggressive and sophisticated phone scam targeting taxpayers has been making the rounds throughout the country. Callers claim to be employees of the IRS, but they are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Or, victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

Note that the IRS WILL NEVER: Call to demand immediate payment, nor will the agency call about taxes owed without first having mailed you a bill; demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe; require you to use a specific payment method for your taxes, such as a prepaid debit card; ask for credit or debit card numbers over the phone; or threaten to bring in local police or other law-enforcement groups to have you arrested for not paying.

If you believe you have fallen victim to a scam or are trying to be scammed, please report it immediately to the Suffield Police Department at 860-668-3870.

FOR YOUR HEALTH & WELLNESS/SERVICES. . .

Blood Pressure Screenings – Held in the Clinic—March 9th & 23rd – sponsored by Emergency Aid Association.

Foot Care – Held in the Clinic

Foot care nurses will be at the Senior Center on Tuesday, March 15th. 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 March 7th.

Joint Replacement—People are living longer and remaining more active. No one has time for pain. More than one million Americans have a hip or knee replaced each year, and others have shoulder or ankle replacements. The decision to have a joint replacement is between you and your doctor. However, if you have questions regarding what to expect following your joint replacement, you won't want to miss this informative lecture by Jennifer Meier, MPT, CLT, CKTP, Cert MDT, from Suffield Health and Wellness Center on March 24th at 10:30 a.m. She will discuss expectations for rehab as well as returning to the activities you enjoy. Please register for this informative lecture by March 21st by calling the Senior Center.

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

ASSISTANCE PROGRAMS & SERVICES

Ask the Attorney – Elder Law Attorney, Marcia Hess will be available on March 3rd 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, acknowledgments, 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.



NEW

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.

Elder Financial Abuse—Gail Albetski, VP Branch Manager of Webster Bank will present this valuable workshop to discuss how people are targeted for financial losses. She will talk about current scams circulating on the telephone, e-mail or the web. She will also distribute information on how to avoid identity theft and what to do if your identity is stolen. This FREE workshop will be held on Thursday, March 17th at 10:30 a.m. You will receive \$1 off lunch that day by attending. Please register for this important workshop and lunch by March 14th by calling the Senior Center.

MARCH LUNCH MENU

Wednesday, 3/2	Thursday, 3/3
Salisbury steak w/gravy	Eggplant parm. Grinder
Mashed potatoes	Chips
Vegetable	Dessert
Dessert	
Wednesday, 3/9	Thursday, 3/10
Baked haddock	Cream of broccoli soup
Baked potato	Chicken salad sandwich
Vegetable	Dessert
Dessert	
Wednesday, 3/16	Thursday, 3/17
Stuffed cabbage	Individual pizza (cheese, mushrooms, pepperoni, hamburger) & dessert
Rye bread	
Dessert	
Wednesday, 3/23	Thursday, 3/24
Chicken broccoli casserole	Roast beef sandwich
Roll with butter	French fries
Dessert	Dessert
Wednesday, 3/30	Thursday, 3/31
American chop suey	Beef pot pie
Salad & bread	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. M-W-F 3/14-4/29 (no class 3/25) 20 classes for \$60.

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

Pilates with Yoga—10:10 a.m.—11:10 a.m. M-W-F 3/14-4-29 (no class 3/25), 20 classes for \$60.

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 Cracker Barrel in East Windsor on Thursday, March 10th at 1 p.m. Newcomers are always warmly welcomed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00 Billiards 1 Library/Computers 10:00 Dominos Line Dancing Suffield Womans Club 1:00 Bridge A Stroke of Color Suffield Knitters 6:00 Relay for Life Mtg.	8:00 Billiards 2 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga MU 9:30 Computer Assistance 10:10 Cardio Fit MU 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 3 Library/Computers 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 6:00 A Stroke of Color 6:30 Zumba Gold Parkview Glenn	8:00 Billiards 4 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga MU 10:00 Bunco 10:10 Cardio Fit MU 12:00 Cards
8:00 Billiards 7 Library/Computers 9:00 Pilates with YogaMU 9:30 Mah Jongg 10:10 Cardio Fit MU 1:00 Cards 6:00 A Stroke of Color	8:00 Billiards 8 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga	8:00 Billiards 9 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with YogaMU 9:30 Computer Assist. 10:10 Cardio Fit MU 11:00 Blood pressure 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 6:30 Yoga	8:00 Billiards 10 Library/Computers 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 6:30 Zumba Gold	8:00 Billiards 11 Library/Computers 8:30 Wii Bowling 9:00 Pilates with YogaMU 10:00 Bunco 10:10 Cardio FitMU
8:00 Billiards 14 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	8:00 Billiards 15 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 16 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 17 Library/Computers 8:30 AARP Tax Assist. 9:30 Computer Assist. 10:00 Line Dancing 10:30 Elder Financial Abuse 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 18 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards 21 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 22 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga	8:00 Billiards 23 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 24 Library/Computers 8:30 AARP Tax Assist. 9:30 Computer Assist. 10:00 Line Dancing 10:30 Joint Replacement 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	Good Friday Senior Center Closed 25
8:00 Billiards 28 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 29 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga	8:00 Billiards 30 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 31 Library/Computers 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 6:30 Zumba Gold	MU-Make up