



SUFFIELD ROUND ABOUT

FREE

May
2016



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Issue 5

SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

May Schedule of Programs at the Suffield Senior Center

Paula J. Pascoe Director

Marylou Brewster Assistant

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

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The Senior Center will be closed Monday, May 30th in observance of Memorial Day.

Director's Corner

We have huge and exciting plans for our garden this year. We anticipate planting, weather permitting, by the end of this month.

We will be growing tomatoes, beans, carrots, cucumbers, and a variety of squash. We use the bounty of our garden in our meals that are prepared right on site. We also share extra produce with our members.

Do you enjoy gardening but don't have the space or time? We could use all the help we can get in planting, watering, weeding, and picking. Let me know if you are interested!

Paula Pascoe
Director

2016 TRIPS

- 5/17-19 Showtime in Penn Dutch Country \$419
- 5/23 Mohegan Sun Casino \$25
- 6/14 Best of Mowtown \$54 CANCELLED
- 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.

New CT Election Law Regarding Permanently Physically Disabled Electors—Permanent Absentee Ballot Status is now available for permanently physically disabled electors.

If you are permanently physically disabled, absentee ballots may be sent to you automatically for each election, primary or referendum, conducted in your municipality without the requirement of applying for a ballot before each election.

How To Establish: Obtain a certification from your primary care provider, indicating that you are permanently physically disabled and unable to appear in person at your designated polling location and file this certificate with your next absentee ballot application with the Town Clerk.

How To Maintain: Reply, within 30 days, to the notice sent to you every January verifying your address.

How To Remove: You can request to be removed from this status, you are not longer registered to vote in Suffield, or if your address changed without notifying Registrar of Voters.

How To Register To Vote—There are two ways you can register to vote in CT. You are able to register online if you have a CT DMV ID, otherwise, you are able to complete a paper registration card and deliver it to the Registrar of Voters before the registration deadlines. CT also has Election Day Registration available.

Election Dates and Deadlines

Election Day is Tuesday, 11/8

Online Voter Registration Deadline is 11/1

Mail Postmark Voter Registration Deadline is 11/1

In-Person Voter Registration Deadline is 11/1

Absentee Ballots Available 10/7

Absentee Ballots Returned to the local Town Clerk (or will not be counted) - 8 p.m. Close of Polls

You are able to apply for an absentee ballot for the following reasons:

- Active service in the US armed forces
- Absence from town during all hours of voting
- Illness
- Physical disability
- Your religion forbids secular activity on that day
- Your performance of duties as an election official at a polling place other than your own during all hours of voting

Questions-call the Registrar of Voters at 860-668-3850.

WORKSHOPS

Is a Reverse Mortgage Right For You? - Join us on Thursday, May 12th at 10:30 a.m. to learn from Michael Savenelli, Sr., of Province Mortgage Associates, whether a reverse mortgage is right for you. He'll discuss the do's and don'ts and answer any questions to determine if it's right for you.

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.

FOR YOUR HEALTH & WELLNESS/SERVICES...

Blood Pressure Screenings – Held in the Clinic—May 11th & 25th at 11 a.m. – sponsored by Emergency Aid Association.

Chair Massage—Licensed Massage Therapist Kathy Hughes is available 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, May 17th. 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 May 2nd.

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 May 5th 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

May Special Trips:

- May 3—Evergreen Walk/South Windsor
- May 5—Walmart/East Windsor
- May 13—Lunch at Angelina's/Enfield
- May 19—Walmart/East Windsor
- May 20—Lunch at 99/Enfield
- May 24—Westbrook Outlet shopping and Lunch at Fish Tale
- May 27—Lunch at Maine Fish/East Windsor
- May 30—Memorial Day no bus



MAY LUNCH MENU



Wednesday, 5/4 BBQ chicken leg quarter Oven roasted potatoes Vegetable Dessert	Thursday, 5/5 Individual pizza with hamburger & mushroom Chips Dessert
Wednesday, 5/11 Shepard's pie Bread & butter Dessert	Thursday, 5/12 Manicotti Marinated cucumbers Garlic bread Dessert
Wednesday, 5/18 Macaroni & cheese Tossed salad Dessert	Thursday, 5/19 Crispy chicken sand- wich w/ lettuce & tom. 4-bean salad Dessert
Wednesday, 5/25 Stuffed peppers Bread & butter Dessert	Thursday, 5/26 Tuna grinder w/ lettuce & tomato, french fries 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 5/9-6/24 (no class 5/29) 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—9 a.m.—10 a.m. M-W-F 5/9-6/24 (no class 5/29), 20 classes for \$60.

Exercise Classes continued . . .

Combo Cardio/Yoga— 4:30 T-Th 5/10-6/16. 12 classes for \$45.

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-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 Nutmeg Restaurant in East Windsor on May 12th at 1 p.m. Newcomers are always warmly welcomed.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Billiards 2 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 3 Library/Computers 10:00 Line Dancing Dominos Womans Club 1:00 Bridge A Stroke of Color Suffield Knitters 6:00 Relay for Life	8:00 Billiards 4 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 5 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 6 Library/Computers 8:30 Wii Bowling 10:00 Bunco
8:00 Billiards 9 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 10 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Ballroom Dancing	8:00 Billiards 11 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 12 Library/Computers 9:30 Computer Assist. 10:00 NO Line Dancing 11:00 Reverse Mortgages 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 13 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards 16 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 17 Library/Computers Footcare 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Ballroom Dancing	8:00 Billiards 18 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 19 Library/Computers 9:30 Computer Assist. 10:00 NO 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 20 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards 4:00 Volunteer Dinner (Rescheduled from /April)
8:00 Billiards 23 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 24 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Ballroom Dancing	8:00 Billiards 25 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 26 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	8:00 Billiards 27 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
30 MEMORIAL DAY Senior Center Closed	8:00 Billiards 31 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:00 Relay for Life 6:30 Ballroom Dancing			