



SUFFIELD ROUND ABOUT

FREE

September
2016



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Issue 9

SUFFIELD SENIOR CENTER & MINI BUS NEWS

145 Bridge Street • Suffield, CT 06078

September Schedule of Programs at the Suffield Senior Center

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

Senior Center Telephone: (860) 668-8830

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The Senior Center will be closed on Monday, September 5th for Labor Day.

September is Healthy Aging Month as well as Emergency Preparedness Month. Because both topics are important, we decided to highlight each of them this month. A workshop is scheduled on Thursday, September 15th at 10:30 a.m. presented by AARP about Life Reimagined and one on Thursday, September 29th at 10:30 a.m. presented by Suffield's Emergency Management Director, Art Groux, about how to prepare for a Town-wide emergency. Further details on these workshops can be found under WORKSHOPS segment of this newsletter. Please join us to learn more about these informative topics.

Care for Me at Home is sponsoring "We Got Rhythm" to entertain us on Tuesday, September 20th at 11:30 a.m. They will also be providing a light lunch afterwards. You must register for this free event by September 15th by calling the Senior Center.

Happy Autumn!

Paula Pascoe
Director



2016 TRIPS

- 9/23 Buddy Jewell \$58
- 9/26 Mohegan Sun Casino \$25
- 10/6 Doo Wop Show \$55
- 10/24 Mohegan Sun Casino \$25
- 10/24 Mohegan Sun Casino \$25
- 12/8 Christmas Around the World

VOLUNTEER NEEDED—to be in charge of selecting and showing movies at the Senior Center beginning in October.

IMPORTANT INFORMATION

SEPTEMBER IS HEALTHY AGING MONTH

10 Tips for Reinventing Yourself This Month:

1. Do not act your age or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news).
3. Smile often. It's contagious and wards off naysayers.
4. Walk like a vibrant, healthy person. Come on. You can do it. Analyze your gait. Do you walk slowly because you have just become lazy or, perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. Stand up straight! You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Check out how much better your neck looks! Fix your stance and practice it every day, all day until it is natural. You will look great and feel better. (Tip: Your waistline will look trimmer if you follow this advice.)
6. How's your smile? Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening. Nothing says old more than yellowing teeth!)
7. Lonely? Stop brooding and complaining about having no friends or family. Do something about it now. Right this minute. Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, Take a class, Invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends, take a computer class or a tutorial session at your cell phone store to keep up with technology, choose a new person every week for your dining out.)
8. Start walking not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

10. Find your inner artist. Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood? (Tip: Sign up now for fall art or music classes and discover your inner artist!)

Four Habits That Will Make You Happier

Written by Lisa Evans from Co. Labs based on The Happiness Equation by Neil Pasricha and modified by Paula Pascoe for space.

All we need is 20 minutes a day to perform one of four happiness habits:

- Take three brisk walks a week—physical activity can impact our mood
- Replay your day—Keep a journal and for 20 minutes, recount one positive experience that happened to you during the day. This can have a tripling effect. First, you have the positive experience. Then, in writing about it, you relive it. If you read what you wrote, you relive it again giving you three positive moments from one experience.
- Do five random acts—committing yourself to five random acts of kindness over a week can have a greater impact on your happiness than exercise. They can be as simple as holding open the door for someone or paying for their coffee.
- Meditate—Meditating for only 20 minutes a day means you're less likely to be affected by distractions allowing you to be more productive during the rest of your day.

WORKSHOPS

Life Reimagined—Reimagining your life can mean new passions to pursue, work that is rewarding, great people to connect with and a healthier and more fulfilling lifestyle. The Suffield Senior Center invites you to experience this 90 minute session that offers a personalized, authentic and thought-provoking approach to help you navigate the next phase of your life on Thursday, September 15th at 10:30 a.m. To register, please call the Senior Center or AARP at 877-926-8300.

How to be Prepared for a Town-Wide Emergency—Art Groux, Director of Emergency Management for the Town of Suffield will talk about the following:

- The power is out. Now what? How to be prepared for when the lights go out;
- Who do I call, if I can?
- What do I need to have ready?
- My oxygen doesn't work?
- What do you mean it is going to take a week to get power back? I have to feed my cat!

Join us at the Senior Center to learn this and more about being prepared for an emergency on Thursday, September 29th at 10:30 a.m.

FOR YOUR HEALTH & WELLNESS/SERVICES...

Blood Pressure Screenings – Held in the Clinic—September 14th & 28th 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, September 20th. 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 September 12th.

ARTS & CRAFTS

SUFFIELD KNITTERS—Taking the summer off. See you in September!

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 September 1st 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—Certified Notary Public with a background check, Joan Scata. 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 for September 13th.

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

DATES TO SAVE

- October 5th at 10 a.m. – The Polish Heritage Society of Suffield will be hosting a live concert of Polish music at the Senior Center. The orchestra, consisting of seven talented musicians from Connecticut and Western Massachusetts, will perform the most popular ethnic Polish folk songs brought to Suffield by Polish immigrants who settled here in the early 1900's. Jim Turke, a Suffield resident and professional musician, has assembled the musicians for this free concert and has written the music for the program.
- October 11th – Medicare workshop: Aetna 10 a.m.
- October 13th – Masonicare presents "Healthy Eating" at 10:30 a.m.
- October 18th – Medicare workshop: Health New England 10 a.m.
- October 22nd – Scare-It-Up-Suffield Scarecrow Contest and fun outing day
- October 25 – Medicare workshop: United Healthcare
- October 27th – Eating Well for One or Two - Easy tips for preparing balanced meals and snacks
- November 1 – Medicare workshop: Connecticare

MINI BUS

SEPTEMBER SPECIAL TRIPS

- 9/1—Walmart pick up starts at 8:30 a.m.
- 9/2—Lunch at J & G's in East Granby pick up at noon
- 9/6—Holyoke shopping pick up starts at 9 a.m.
- 9/13—Big E pick up starts at 9 a.m.
- 9/15—Walmart pick up starts at 8:30 a.m.
- 9/16—Lunch at the Tavern pick up at noon
- 9/20—Tanger Outlets at Foxwood's Casino pick up starts at 8:30 a.m.
- 9/30—Lunch at Maine Fish in East Windsor pick up at noon

Special trips require five passengers.

SEPTEMBER LUNCH MENU

All lunches are \$3.50

Wednesday, 9/7 Lasagna Tossed salad Roll with butter Dessert	Thursday, 9/8 Polish Dinner-stuffed cabbage, pierogi & kielbasa Dessert
Wednesday, 9/14 Baked haddock Rice pilaf Vegetable Dessert	Thursday, 9/15 Pizza in a bowl Garlic bread Dessert
Wednesday, 9/21 Meatloaf Mashed potatoes w/gravy Vegetable Dessert	Thursday, 9/22 BLT Onion rings Dessert
Wednesday, 9/28 Shake 'N Bake chicken Baked potato Coleslaw Dessert	Thursday, 9/29 Hot dog Baked beans Corn bread Dessert

Please make reservations 24 hours in advance.



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 9/12-10/28 (no class 10/10). 20 classes for \$70.

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

Combo Cardio Yoga—4:30 p.m.-5:45 p.m. T&Th 9/13-10/27. 14 classes for \$52.50.

Exercise Classes continued . . .

Pilates with Yoga—9 a.m.—10 a.m. M-W-F 9/12-10/28 (no class 10/10). 20 classes for \$70.

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.

UPDATE YOUR BRIDGE SKILLS—7 week session beginning Thursday, September 8th and running through October 20th 9:30 a.m.—11:30 a.m. Lessons covered include: Lesson 1 - Scoring, honors, opening one of a suit. Lesson 2 - Overcalls, etiquette, special situations Lesson 3 - Stayman and Transfers

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;"> <p>The Dine Around Group will be dining at Roberto's in East Windsor on Thursday, September 15th at 1 p.m. Newcomers are warmly welcomed!</p> </div>			8:00 Billiards 1 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 6:30 Parkview Glenn	8:00 Billiards 2 Library/Computers 8:30 Wii Bowling 10:00 Bunco 12:00 Cards
LABOR DAY 5 Senior Center & Mini Bus Closed	8:00 Billiards 6 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters	8:00 Billiards 7 Library/Computers 8:30 A Stroke of Color 9:30 Computer Assist. 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 8 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 6:30 Brandywine II	8:00 Billiards 9 Library/Computers 8:30 Wii Bowling 10:00 Bunco
8:00 Billiards 12 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 13 Library/Computers 9:00 CHOICES 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color 4:30 Combo Cardio Yoga	8:00 Billiards 14 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 15 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing Chair massage 10:30 Life Reimagined 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 16 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards 19 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 20 Library/Computers Footcare 8:30 AARP Driving Course 10:00 Line Dancing Dominos 11:30 We've Got Rhythm* 12:15 Lunch * 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga	8:00 Billiards 21 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 22 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	8:00 Billiards 23 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards 26 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 27 Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga	8:00 Billiards 28 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 29 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Emergency Prepared -ness 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga	8:00 Billiards 30 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards