



SUFFIELD

ROUND ABOUT

August 2018
V19 Issue 8



SUFFIELD SENIOR CENTER & MINI BUS NEWS

145 Bridge Street • Suffield, CT 06078

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Marylou Brewster Assistant

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

Senior Center Telephone:(860) 668-8830

Mini Bus Telephone:(860) 668-3844

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Volunteers are a very important part of what makes the Suffield Senior Center successful. They are a great group of people who give of their time in helping to make things run smoothly. We want to show our appreciation by inviting all Suffield Senior Center volunteers to our Volunteer Appreciation Luncheon on Tuesday, August 28th at 12 noon at Season's Restaurant at Suffield by the River. Thank you Suffield Rotary Club for sponsoring this luncheon so we can show our volunteers just how important they are to us. Please let us know if you are able to attend by Monday, August 20th.

If you haven't already noticed the cubical in the Game Room, we are excited to announce that Nikki Lengyel, Suffield's Youth Services Coordinator, has joined us at the Senior Center. Since joining the Town's team, Nikki hit the ground running getting involved with all sorts of programs for youth including Suffield's Prevention Council. We plan to do some intergenerational programming throughout the year as well. Although the Game Room is being modified into a youth center, rest assured that our programs take priority. We are thrilled to have your support in providing a safe, welcoming location for our Suffield youth right here in our Senior Center. Say hello to Nikki when you see her!

Be sure to check out our Save the Dates section.

Happy Summer & Stay Cool!
Paula Pascoe
Director



SUFFIELD MINI BUS



Trips require 5 passengers and are weather permitting. Call 860-668-3844 to make a reservation.

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|-----------------|--|
| Thursday, 8/2 | Walmart Shopping
Pick up begins at 8:30 a.m. |
| Friday, 8/3 | Lunch at Ruby Tuesday's & Dairy Cream for dessert
Pick up begins at noon |
| Tuesday, 8/7 | Holyoke Shopping
Pick up begins at 9 a.m. |
| Friday, 8/10 | Lunch at Suffield Pizza
Pick up begins at noon |
| Tuesday, 8/14 | Windsor Court Shopping
Pick up begins at 9 a.m. |
| Thursday, 8/16 | Walmart Shopping
Pick up begins at 8:30 a.m. |
| Monday, 8/20 | Bingo Night K of C
Pick up begins at 5 p.m. |
| Friday, 8/24 | Lunch at Saybrook Fish
Pick up begins at noon |
| Wednesday, 8/29 | Senior Center Movie
Pick up begins at 5 p.m. |
| Thursday, 8/30 | Geissler's East Windsor
Pick up begins at 8:30 a.m. |
| Friday, 8/31 | Lunch at Tucker's in Southwick
Pick up begins at noon |



- 8/7 1 p.m.— "Game Night"
 8/14 1 p.m.— "Chappaquiddick"
 8/21 1 p.m.— "I Feel Pretty"
 8/29 6 p.m.— "The Leisure Seeker"

Reservations are only required for August 29th movie by Monday, August 27th.



Grandparents' Day Celebration—Friday, 9/7 at 4:30 p.m. Pizza party, Drum Circle Event, craft project & ice cream sundaes! Enjoy a fun FREE evening with or without your grandchildren! Sponsored by Home Helpers Home Care of North Central CT, Suffield Youth Services, Suffield Senior Center, and Nicholson & Carmon Funeral Home. Sign up by September 4th.

Random Acts of Kindness—Tuesday, 9/11 at 10 a.m. Join us for a fun & inspirational FREE activity sponsored by Seabury Care Now and Visiting Nurses. Inspire others through randomly placed rocks along the way or give the rock to make someone's day! Bring your own rock, Seabury will supply the paint. Bring a friend. Please sign up by September 7th.



DIY Wood Sign Workshop—Tuesday, 9/18 at 10 a.m. Only \$45 includes all materials and supplies. Select your own theme on the registration form (available at the Senior Center or Senior Center's page of the Town's website at www.suffieldct.gov). Registration and payment deadline is September 13th.



Beat PD Today—Mondays 7/23—9/17
11:30 a.m.-12:15 p.m. 8 classes for \$40.

Cardio Fit—M/W/F 10:10 a.m. 9/10—10/26
20 classes for \$70.

Chair Exercise—Wednesdays at 11:20 a.m.
\$2/class or FREE with your donation of a
non-perishable food item.

Combo Cardio Yoga—T & Th 4:30 p.m.
9/11—10/25 14 classes for \$52.50.

Beginner Line Dancing—Wednesdays at 1
p.m. \$2/class.

Line Dancing—Every T & Th at 10 a.m. \$2/
class.

Pilates with Yoga—M/W/F 9 a.m. 9/10-
10/26 20 classes for \$70.

Yoga—Every Wed at 6:30 p.m. Contact
Mary Callender at 860-462-8397 for more
information.

to your *health*

Blood Pressure Screenings—8/8 & 8/22 at
11 a.m. – sponsored by Emergency Aid
Association.

FootCare—Tuesday, August 21st. Fee is \$29.
Call to schedule your appointment today!

Hearing Screenings—NOVA Hearing
Services provides FREE screenings and
services, and will answer any questions you
have regarding hearing or hearing devices.
Call to schedule an appointment for 8/6.



AARP Driving Refresher Course:

9/18 at 8:30 a.m. Registration required.

Ask the Attorney – First Thursday of each
month. Please call for an appointment.

Benefits Check Up—Wednesday, August
29th at 10 a.m. NCAAA trained counselors
will be available to help low income
Medicare eligible seniors and persons with
disabilities identify and apply for benefit
programs such as Medicare Part D Extra
Help, Medicare Savings Program, SNAP,
Medicaid, and LIHEAP (assists with lowering
the cost of heating your home.

Medicare is complicated! Trained volun-
teers are available to provide unbiased
assistance on the first Wednesday and third
Saturday of each month. Call for an
appointment.

Medicare & You: Tuesday, August 7th at 10
a.m. Kate McCloskey of Stateline Senior
Services is hosting this workshop to give you
answers to your questions regarding
enrolling in Medicare, the different parts of
Medicare, the different stages of drug
coverage (including the donut hole), when to
enroll, and the differences between original
Medicare and a Medicare Advantage Plan.
Whether you are getting ready to retire or
are already on Medicare, this workshop will
be helpful!

Parkinson's Peer Support Group meets
monthly on the second Monday of each
month at 10:15 a.m. Topics vary monthly.
Refreshments are served. The next meeting
is August 13th. For more information, call
Janet at EAA at (860)668-1986.



• Card Making Class

August 14th at 9:30 a.m. Create four beautiful cards that you will be so proud to give someone. Cost is \$10 and includes all materials and instructions. Please sign up by August 9th.

• Round Table With...

Julie Oakes, Director of Facilities with the Town of Suffield will be our guest on Tuesday, August 21st at 1:30 p.m. to talk about what is going on with our buildings in Town.

• Healthy Creations Cooking Demo

August 28th at 2:30 p.m. Chef Alex from Stonebrook Village is our guest chef this month. You must register by August 23rd (so we ensure there is enough for everyone).

• Veterans Coffee Hour:

August 24th at 8:30 a.m. with Wayne Rioux, Veteran and Veteran’s Liaison from Hartford Healthcare at Home. This is a great opportunity for Veterans to come together, ask questions, share stories, and build relationships.

Bingo – Every Wed. & Thurs. at 1 p.m.

Bunco – Every Mon. at 1 p.m. & Fri. at 10 a.m. \$5/person.

Mah Jongg Group—Every Monday at 9:30 a.m.

Set Back—Every Tuesday at 1 p.m.

Various Card Games – Every Mon. at 1 p.m. , every Wed. & Thurs. at 2 p.m.

**All lunches are \$3.50 and include dessert, coffee/tea & cold beverage
Reservations Required**

Wednesday 8/1
Stuffed peppers
Rye bread & butter

Thursday 8/2
Tortellini tossed with fresh vegetables & feta cheese served with garlic bread

Wednesday 8/8
Roasted pork tenderloin
Twice baked potatoes
Garden roasted veg.

Thursday 8/9
Roasted turkey with gravy, mashed sweet potatoes, stuffing, cranberry sauce

Wednesday 8/15
Swedish meatballs over egg noodles
Chef’s choice veg.

Thursday 8/16
BBQ—spare ribs & chicken thigh
Fresh corn on-the-Cob & pasta salad

Wednesday 8/22
Chicken parmesan
Pasta with sauce

Thursday 8/23
Tuna salad in a pita
Sliced cucumbers
Chips



Wednesday, 8/29
Our own crab cakes
Roasted potatoes
Fresh, local veg.

Thursday, 8/30
Everything bagel dog
baked beans, garden sliced tomatoes



Copper Hill Country Club at 1 p.m. 8/24. For more information, call Sue at 860-668-5866.

The Town of Suffield, Senior Center & Mini Bus Transportation, operates its programs and services without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964. Any person who believes they have been aggrieved by any unlawful discriminatory practice under Title VI may file a Title VI complaint with the Suffield Senior Center, 145 Bridge Street, Suffield CT 06078 (860)668-8830 or filed directly with the CTDOT, 2800 Berlin Turnpike, P.O. Box 317546, Newington, CT 06131-7546. If information is needed in another language, contact (860)668-8830 or hearing impaired dial 7-1-1. Jeśli informacje są potrzebne w języku polskim, skontaktuj się z 860-668-8830.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		9:00a CHOICES 1 9:30a Comp. Asst. 12:00p Lunch 1:00p Bingo/Knitters 1:00p Beg. Line Dance 2:00p Cards 6:30p Yoga	9:30a Comp. Asst. 2 10:00a Line Dancing 10:30a Ask the Atty. 12:00p Lunch 1:00p Bingo 2:00p Cards	10:00a Bunco 3 12:00 Cards
9:30a Mah Jongg 6 11:30a Beat PD 11:30a PD Peer 1:00p Bunco 1:00p Cards 1:00p Hearing Screening	10:00a Line Dancing 7 10:00a Medicare & You 1:00p Movie 1:00p Set Back	9:30a Comp. Asst. 8 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo/Knitters 1:00p Beg. Line Dance 2:00p Cards 6:30p Yoga	9:30a Comp. Asst. 9 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards 7:00p Prevention Council	10:00a Bunco 10
9:30a Mah Jongg 13 10:15a Parkinson Support Mtg. 11:30a Beat PD 11:30a PD Peer 1:00p Bunco 1:00p Cards	9:30a Card Making 14 10:00a Line Dancing 1:00p Movie 1:00p Set Back	9:30a Comp. Asst. 15 12:00p Lunch 1:00p Bingo/Knitters 1:00p Beg. Line Dance 2:00p Cards 6:30p Yoga	9:30a Comp. Asst. 16 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	10:00a Bunco 17 12:00 Cards
9:30a Mah Jongg 20 11:30a Beat PD 11:30a PD Peer 1:00p Bunco 1:00p Cards	8:30a Footcare 21 10:00a Line Dancing 1:00p Movie 1:00p Set Back 1:30p Round Table With....	9:30a Comp. Asst. 22 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo/Knitters 1:00p Beg. Line Dance 2:00p Cards 6:30p Yoga	9:30a Comp. Asst. 23 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards 5:30p Brandywine II	8:30a Veterans Coffee 10:00a Bunco 24
9:30a Mah Jongg 27 11:30a Beat PD 11:30a PD Peer 1:00p Bunco 1:00p Cards 5:30p Brandywine I	10:00a Line Dancing 28 12:00p VOLUNTEER LUNCHEON 1:00p Set Back 2:30p Healthy Creations Cooking Demo	9:30a Comp. Asst. 29 10:00a Benefits Check 12:00p Lunch 1:00p Bingo/Knitters 1:00p Beg. Line Dance 2:00p Cards 6:00p Movie 6:30p Yoga	9:30p Comp. Asst. 30 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	10:00a Bunco 31 12:00 Cards 

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