



# SUFFIELD

## ROUND ABOUT

October 2021  
V22 Issue 10



### SUFFIELD SENIOR CENTER & MINI BUS NEWS

**145 Bridge Street • Suffield, CT 06078**

Paula J. Pascoe Director

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

E-Mail: ..... Ppascoe@suffieldct.gov

The Suffield Senior Center and Suffield Community Aid are pleased to announce that we have been officially designated as a Community Focal Point for Aging Services through North Central Area Agency on Aging. This designation was received after demonstrating our commitment to the role as a visible, recognized place where community members can find information and gain access to a full range of aging services. Now more than ever, older adults and individuals with disabilities need to be able to identify trusted sources of information delivered in an unbiased and person-centered manner. We are excited to be welcomed to the North Central Area Agency on Aging (NCAAA) team!

### Medicare Open Enrollment

Medicare open enrollment begins October 15, 2021 and continues through December 7, 2021. Please check out one of our information workshops hosted by Stateline Senior Services and make an appointment with our trained CHOICES Counselor, Sheri Burger.

### SCAMS (Seniors, Children, & Adults Maintaining Safety)

Protect yourself and your families from harmful scams and online threats by attending the following 90 minute discussions at Suffield Town Hall and via Zoom at 6:30 p.m.:

- |               |   |
|---------------|---|
| September 30: | Robin Saunders, Ph.D.-"Cyber Safety: Cyber Sense & Nonsense"  |
| October 14:   | Sgt. Kate Cummings-"Social Media Safety: Tips to Keep Your Family Safe"   |
| October 28:   | Julia Figueroa, AVP Security and Facilities Officer at Windsor Federal Savings & Loan-"Scams: Awareness to Avoidance" |
| November 10:  | Lt. Ryan Burrell-"Senior Scams & How to Avoid Them" Held at the Suffield Senior Center at 2 p.m.                      |

Registration is recommended: [www.suffield-library.org](http://www.suffield-library.org)

*Paula Pascoe*

## SUFFIELD MINI BUS



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

- |                      |   |
|----------------------|---|
| Tuesday, 10/5        | Lunch at Munich Haus<br>Pick up begins 11 a.m.  |
| Thursday, 10/7       | Walmart-pick up starts at 8:30 a.m.   |
| Friday, 10/15        | Lunch at Zanto's<br>Pick up begins at noon  |
| Tuesday, 10/19       | Clinton Outlets<br>Lunch at Lenny & Joes<br>Pick up begins at 8:30 a.m.               |
| Thursday, 10/21      | Walmart-pick up begins 8:30 a.m.  |
| Monday, 10/25        | MGM Casino<br>Pick up starts at 9 a.m.  |
| Tuesday, 10/26       | Lunch at Red Robin<br>Pick up begins at 11 a.m.                                       |
| Thursdays in October | Enfield Shopping<br>Pick up begins:<br>Early trip: 9:15 a.m.<br>Late trip: 11:30 a.m. |



**Bingo** – Every Wed. & Thurs. at 1 p.m. \$1 per card. Please bring your own marking chips.

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

**Card Games** – Every Wed. & Thurs. at 2 p.m.

**Dominos**—Every Tuesday at 9:30 a.m. We will teach you!

**Knitting**—Every Wednesday at 1 p.m. Bring your project or something you could use help with!

**Library**—open every day.

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


**Ping Pong & Pool**—open every day.



**Blood Pressure Screenings**—10/13 & 10/27 at 11 a.m. – sponsored by Suffield Community Aid.

**FootCare**—Fee is \$30. Call to schedule your appointment today for October.

**Hearing Screenings**—NOVA Hearing Services provides FREE screenings and services. Call for a 10/6 appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:00a Pilates/Yoga 10:00a Bunco
<b>4</b> 9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco	<b>5</b> 9:00a Active & Fit 9:30a Dominos Chair Stretch 10:00a Line Dancing	<b>6</b> 9:00a Pilates/Yoga 10:00a CHOICES 12:00p Lunch 1:00p Bingo, Knitters Hearing Screen 2:00p Cards 3:30p Veterans' Assist	<b>7</b> 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	<b>8</b> 9:00a Pilates/Yoga 10:00a Bunco
<b>11</b> Columbus Day Senior Center & Mini Bus Closed	<b>12</b> 9:00a Active & Fit 9:30a Dominos Chair Stretch 10:00a Line Dancing Card Making Class	<b>13</b> 9:00a Pilates/Yoga 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo, Knitters 2:00p Cards 3:30p Veterans' Assist	<b>14</b> 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	<b>15</b> 9:00a Pilates/Yoga 10:00a Bunco
<b>18</b> 9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco CSEA Mtg.	<b>19</b> 9:00a Active & Fit 9:30a Dominos Chair Stretch 10:00a Line Dancing Medicare Workshop: ConnectiCare	<b>20</b> 9:00a Pilates/Yoga 12:00p Lunch 1:00p Bingo, Knitters 2:00p Cards 3:30p Veterans' Assist	<b>21</b> 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	<b>22</b> 9:00a Pilates/Yoga 10:00a Bunco
<b>25</b> 9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco	<b>26</b> 9:00a Active & Fit 9:30a Dominos Chair Stretch 10:00a Line Dancing Medicare Workshop: United Health 11:00a Caregiver Support Group	<b>27</b> 9:00a Pilates/Yoga 12:00p Lunch 1:00p Bingo, Knitters Beat PD Today Hearing Screen 2:00p Cards 3:30p Veterans' Assist	<b>28</b> 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	<b>29</b> 9:00a Pilates/Yoga 10:00a Bunco



OCTOBER | *Cyber Security Awareness Month*



**Chair Stretch & Strength**—Tuesdays at 9:30 a.m. for stretch and Thursdays at 9:30 a.m. for strength. FREE.

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

**Pilates with Yoga**—September 13-October 29, 20 classes for \$70. Monday, Wednesday and Friday at 9 a.m. Registration deadline is September 10.

**Senior Active & Fit**—With personal trainer, Joseph Hicks Tuesdays at 9 a.m. September 14-November 16. Ten classes for \$35. Registration deadline is September 10. You can visit his website at [www.teamjtraining.com](http://www.teamjtraining.com).



Due to the continued spread of COVID-19 and the new variant, AARP made the decision to extend their nationwide in-person event closure until January 1, 2022.

AARP continues to offer an online course and will offer a special 25% off discount through December 31, 2021.

Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org)  
Promo Code: DRIVING SKILLS



Stateline Senior Services will present, for informational purposes, the following workshops for open enrollment:

- ConnectiCare-Tuesday, 10/19 at 10 a.m.
- United Healthare-Tuesday, 10/26 at 10 a.m.
- Aetna-Tuesday, 11/2 at 10 a.m.



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

**Bereavement Support Group:**  
Masonicare is partnering with Suffield Community Aid to offer a 6 week in-person support group for persons who are grieving the loss of a loved one. The group will meet at SCA, 450 South Street, Suffield, beginning Friday October 1<sup>st</sup> from 10:00 AM – 11:30 AM. The program is offered at no cost with light refreshments. Registration is required and the expectation is that participants will be fully vaccinated. Please call SCA for more information, 860-668-1986.

**Dementia Caregiver Support Group**—Presented by Alzheimer’s Association. Last Tuesday of each month at 11 a.m. Facilitated by Nicole Matson. For more information, you can call Nicole at 860-810-6123.

**Medicare is complicated!** Sheri Burger, trained Medicare volunteer, is available to provide unbiased assistance on the first Wednesday of each month. Call for an appointment.

**Parkinson’s Peer Support Group**—Call Janet Frechette at SCA (860-668-1986) and let her know you’re coming!

**Veterans Assistance**-Every Wednesday at 3:30 p.m. Fritz can be reached at 860-758-0418 or by email at [veterans@suffieldct.gov](mailto:veterans@suffieldct.gov).





## October Menu



### WEDNESDAYS

Meatloaf  
Mashed Potatoes & Gravy  
Vegetable

6

Pineapple Pork Stir-Fry  
Rice  
Vegetable

13

Garlic Butter Italian  
Sausage Sandwich  
Broccoli & Apple Salad

20

Creamy Vegetable Soup  
Chicken Salad on a Roll

27

Please make lunch reservations by  
noon the day prior.

Lunches are \$4 and include  
coffee, tea, cold beverage &  
dessert.



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### THURSDAYS

Our own Cream of  
Mushroom Soup  
White Cheddar & Apple  
Grilled Cheese

14

Praline Pecan French Toast  
Sausage Links  
Fruit Salad

21

Salsa Chicken Breast  
Foil Packs

28

Baked Haddock  
Oven Fries  
Coleslaw

NO ACT OF  
*kindness,*  
NO MATTER HOW  
SMALL, IS EVER  
WASTED.

— AESOP



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.