



SUFFIELD ROUND ABOUT

November 2021
V22 Issue 111



SUFFIELD SENIOR CENTER & MINI BUS NEWS

145 Bridge Street • Suffield, CT 06078

Paula J. Pascoe Director

Marylou Brewster Assistant

Marzena Heimowski Transportation Scheduling

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

Take Care of Your Mental Health

American Foundation for Suicide Prevention

Approximately one in five seniors will suffer from a mental health condition according to the CDC. These conditions can affect even the toughest, most resilient people. And these illnesses do not just affect quality of life—mental health conditions can seriously affect your physical health. Untreated depression, for example, can dramatically increase the mortality rate for those with heart disease, or even lead to suicide.

- Let your doctor know how you've been feeling—be honest about your experience including thoughts of suicide.
- Review your medications with your doctor—medications can also increase one's risk for depression and other mental health conditions.
- Chronic medical conditions increase your risk of depression—if you have heart disease, diabetes, arthritis or other chronic medical conditions.
- Be patient and stick with the treatment—mental health conditions are real illnesses and it takes time for your brain to recover. Sometimes it can take weeks before you get back to your normal self.
- Be social—social and emotional support reduces risk of mental illness and physical illness.
- Stay active—exercise keeps your brain healthy. It protects against cognitive decline, boosts memory, and improves decision-making and sleep.
- Get good sleep—our sleeping patterns change with age, but some people have more trouble sleeping than others as they grow older. If you are having trouble sleeping, talk to your doctor.
- Keep your environment safe—if you're having thoughts of suicide: be safe about lethal means. If you own a firearm, entrust it to a friend until you feel well enough to take it back. Be safe about medication and do not drink excessively.
- Please refer to Page 4 for a list of resources.

Happy Thanksgiving from all of us at the Senior Center & Mini Bus!

Paula Pascoe

Director

SUFFIELD MINI BUS



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

- | | |
|-----------------|--|
| Tuesday, 11/2 | Election Day to the Polls
Pick up begins 10 a.m. |
| Thursday, 11/4 | Walmart-pick up starts at
8:30 a.m. |
| Tuesday, 11/9 | Lunch at Longhorn's
Pick up begins at 11 a.m. |
| Tuesday, 11/16 | Westfarms Shopping
Pick up begins at 10 a.m. |
| Thursday, 11/18 | Walmart-pick up begins
8:30 a.m. |
| Friday, 11/19 | Lunch at Francesco's
Pick up starts at noon |
| Tuesday, 11/23 | Shopping at Trader Joe's
Pick up begins at 9 a.m. |
| Monday, 11/29 | MGM Casino
Pick up begins at 9 a.m. |
| Tuesday, 11/30 | Lunch at Skyline
Pick up begins at 11 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.

Card Making with Karen—Second Tuesday of the month at 10 a.m.

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

Library—open every day.

Ping Pong & Pool—open every day.

Interested in something else? Let us know!



Blood Pressure Screenings—11/10 & 10/24 at 11 a.m. – sponsored by Suffield Community Aid.

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

Hearing Screenings—NOVA Hearing Services provides FREE screenings and services. Call for a 11/10 appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco</p>	<p>ELECTION DAY 2</p> <p>9:00a Active & Fit 9:30a Chair Stretch 10:00a Line Dancing Medicare-Aetna</p>	<p>3</p> <p>9:00a Pilates/Yoga 10:00a CHOICES 10:30a Active & Fit Advanced 12:00p Lunch 1:00p Bingo, Knitters 2:00p Cards 3:30p Veterans' Assist</p>	<p>4</p> <p>8:30a Workout with Bands 9:30a Chair Strength 10:00a Line Dancing 10:30a Ask the Atty. 12:00p Lunch 1:00p Bingo 2:00p Cards</p>	<p>5</p> <p>9:00a Pilates/Yoga 10:00a Bunco</p>
<p>8</p> <p>9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco</p>	<p>9</p> <p>9:00a Active & Fit 9:30a Chair Stretch 10:00a Line Dancing Card Making 11:30a Parkinsons Support</p>	<p>10</p> <p>9:00a Pilates/Yoga 10:30a Active & Fit Advanced 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo, Knitters Hearing Screen 2:00p SENIOR SCAMS 3:30p Veterans' Assist</p>	<p>11</p> <p>Veterans' Day Senior Center & Mini Bus Closed</p>	<p>12</p> <p>9:00a Pilates/Yoga 10:00a Bunco</p>
<p>15</p> <p>9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco CSEA Mtg.</p>	<p>16</p> <p>9:00a Active & Fit 9:30a Chair Stretch 10:00a Line Dancing</p>	<p>17</p> <p>9:00a Pilates/Yoga 10:30a Active & Fit Advanced 12:00p Lunch 1:00p Bingo, Knitters 2:00p Cards 3:30p Veterans' Assist</p>	<p>18</p> <p>8:30a Workout with Bands 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards</p>	<p>19</p> <p>9:00a Pilates/Yoga 10:00a Bunco</p>
<p>22</p> <p>9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco</p>	<p>23</p> <p>9:00a Active & Fit 9:30a Chair Stretch 10:00a Line Dancing 11:30a Red Cross Blood Drive</p>	<p>24</p> <p>9:00a Pilates/Yoga 10:30a Active & Fit Advanced 12:00p Lunch 1:00p Bingo, Knitters 2:00p Cards 3:30p Veterans' Assist</p>	<p>25</p> <p>Thanksgiving Senior Center & Mini Bus Closed</p>	<p>26</p> <p>Thanksgiving Senior Center & Mini Bus Closed</p>
<p>29</p> <p>9:00a Pilates/Yoga 9:30a Mah Jongg 1:00p Bunco</p>	<p>30</p> <p>9:00a Active & Fit 9:30a Chair Stretch 10:00a Line Dancing 11:00a Caregiver Support Group</p>			



Active & Fit—With personal trainer, Joseph Hicks Tuesdays at 9 a.m. November 23– December 21. Five classes for \$18. Ten classes for \$35.

Active & Fit Advanced—With personal trainer, Joseph Hicks. Wednesdays at 10:30 a.m. November 3– December 15. Seven classes for \$18. Seven classes for \$35. You must complete a fitness test with Joseph prior to taking this class.

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—November 1-December 17, 20 classes for \$70. Monday, Wednesday and Friday at 9 a.m.

Workout with Bands—With Joseph Hicks on Thursdays at 8:30 a.m. Five classes for \$18. November 4-December 16. Bands included.



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
 Promo Code: DRIVING SKILLS



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

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.

Mental Health Resources

- Visit: Your primary care provider, mental health professional, walk-in clinic, emergency department or urgent care;
- Find a mental health provider at findtreatment.samhsa.gov or mentalhealthamerica.net/finding-help;
- Suicide Prevention Lifeline: 1-800-273-8255; Veterans: Press 1
- Call 911 for emergencies.

SUFFIELD SENIOR CENTER & MINI BUS



November Menu

WEDNESDAYS

Cabbage roll, lasagna, egg-plant parm & garlic stick 3

Fish Sandwich 10
Broccoli & cheese soup

Thanksgiving Dinner \$8* 17
Turkey, gravy, mashed Potatoes, stuffing, green bean Casserole, cranberry sauce

Ham & scalloped potato Casserole, vegetable 24

***Thanksgiving Dinner is limited to 40 people due to COVID**

THURSDAYS

Roast beef & provolone Pinwheels, chips & pickle 4

Veterans' Day Senior Center Closed 11

Personal Pizza Sausage, onions & peppers 18

Thanksgiving Day Senior Center Closed 25

Please make lunch reservations by noon the day prior.

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



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.