



SUFFIELD

ROUND ABOUT

December 2021
V22 Issue 12



SUFFIELD SENIOR CENTER & MINI BUS NEWS

145 Bridge Street • Suffield, CT 06078

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Hours: Monday through Thursday 8am-3pm • Friday 8am - noon

Senior Center Telephone: (860) 668-8830

Mini Bus Telephone: (860) 668-3844

E-Mail: Ppascoe@suffieldct.gov



Tips for Winter Wellness

There are a number of techniques that can help keep your immunity high and your body in good condition to support wellness all season long so that you can enjoy the chillier months.

Get Up & Moving

Winter brings fewer hours of sunlight during the day, and per the National Sleep Foundation, darkness naturally causes the brain to release melatonin, a hormone that triggers sleepiness. Exercise can counteract this drowsiness.

Add Herbal Supplements

Herbal supplements can help support overall health. For example, the supplement turmeric, derived from root extracts of the *Curcuma longa* plant, is widely regarded to have numerous positive health implications.

Get Ample Rest

The National Sleep Foundation recommends older adults get at least 7-8 hours of sleep each night for optimal health.

Boost Immunity

During the winter months, when fresh fruit can be harder to find, supplements like Echinacea & Vitamin C from Nature's Way can be another source of vitamin C.

Maintain Skin Health

You can take steps to minimize painful redness and flakiness or cracking by regularly moisturizing your skin with fragrance-free lotions and herbal oils.

Note: Always consult your healthcare provider when contemplating new ideas to promote better health.

(Courtesy of Family Features)

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We look forward to an exciting 2022! On behalf of the staff of the Suffield Senior Center & Mini Bus, may you and yours enjoy a joyous Holiday Season and a Happy New Year!

Paula Pascoe
Director



SUFFIELD MINI BUS



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

- Thursday, 12/2

Walmart Shopping
Pick up begins at 8:30 a.m.
- Tuesday, 12/7

Westfarms Shopping
Pick up begins at 9 a.m
- Friday, 12/10

**Dinner at Captain Jimmy
Followed by Singing Tree
In Agawam**
Pick up begins at 3:30 p.m.
- Tuesday, 12/14

Bright Nights Forest Park
Pick up begins at 4:30 p.m.
- Thursday, 12/16

Walmart Shopping
Pick up begins at 8:30 a.m.
- Tuesday, 12/21

Holyoke Shopping
Pick up begins at 9 a.m.
- Tuesday, 12/28

Lunch at Ruby Tuesday's
Pick up begins at 11 a.m.
- Wed. 12/29

MGM Casino
Pick up begins at 9 a.m.
- Thursday, 12/30

Lunch at Sofia's
Pick up begins at 11 a.m.

No bus service 12/23, 12/24 & 12/31

INCLEMENT WEATHER POLICY REMINDER:
We follow the Suffield School System-we are closed if schools are closed. If there is a delayed opening, we open at 10 a.m. We also post our status on WFSB Channel 3.



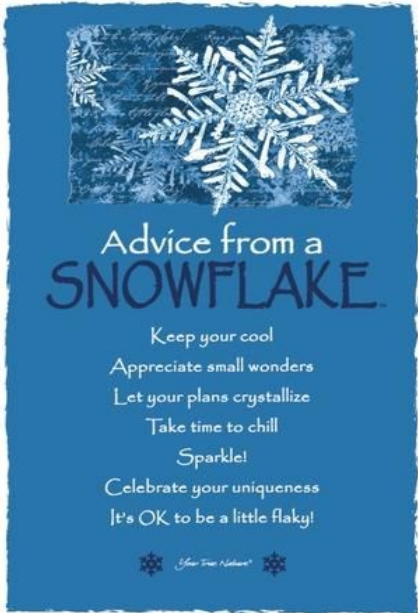
- Bingo** – Every Wed. & Thurs. at 1 p.m.
- Bunco** – Every Mon. at 1 p.m. & Fri. at 10 a.m. \$5/person.
- Card Making with Karen**—Second Tuesday of each month at 10 a.m.
- Knitting**—Every Wednesday at 1 p.m. Bring your project or something you could use help with!
- Library**– Open every day.
- Pickleball**—In-door court and equipment Call for court availability.
- Ping Pong & Pool**—open every day.
- Interested in something else? Let us know!**



- Blood Pressure Screenings**—12/8 & 12/22 at 11 a.m. – sponsored by Suffield Community Aid.
- FootCare**—Wednesday, 12/22. Fee is \$30. Call to schedule your appointment today!
- Hearing Screenings**—NOVA Hearing Services provides FREE screenings and services. Call for a 12/1 appointment.



- 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 Thursday 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.



- Ask the Attorney** – First Thursday of each month. Please call for an appointment.
- Dementia Care Giver Support Group** meets on the last Tuesday of the month at 11 a.m. at the Senior Center. Build a support system with people who understand. For more information, call Nicole Matson at (860)810-6123.
- Medicare is complicated!** Trained volunteers are available to provide unbiased assistance. Call for an appointment. Open enrollment ends December 7th.
- 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.



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

SUFFIELD SENIOR CENTER & MINI BUS**WEDNESDAYS**

Parmesan crusted chicken 1
Buttered noodles &
vegetable

American Chop Suey 8
Tossed salad

Creamy chicken noodle
Soup with spinach 15
Tuna sandwich

HOLIDAY PARTY 22

Please make lunch reservations by
noon the day prior. 2

Lunches are \$4 and include
coffee, tea, cold beverage, and
dessert. 9



16

23

THURSDAYS

Salisbury Steak, mashed
Potatoes/gravy &
vegetable

Bacon, cream cheese
Cheddar chicken, baked
Potato & vegetable

Shepard's Pie
Rye bread

Hot dog & beans
With cornbread

Annual Holiday Party
Sponsored by Suffield Police Department



Wednesday, December 22th
Doors open at 11:30 a.m.
\$10 per person-money will be donated to
Suffield Community Aid's Fuel Bank



Share an afternoon of good food, friends, and festivities with us

Seating is limited to 40 due to COVID restrictions



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.

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Like us on: facebook®		1 9:00a Pilates/Yoga 10:00a CHOICES 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters Hearing Screen 3:30p Veterans Assist.	2 8:30a Workout w/ Bands 10:00a Line Dancing 10:30a Ask the Atty. 12:00p Lunch 1:00p Bingo	3 9:00a Pilates/Yoga 10:00a Bunco
	6 9:00a Pilates/Yoga 1:00p Bunco	7 9:00a Active & Fit 9:30a Chair Stretch	8 9:00a Pilates/Yoga 11:00a Blood Pressure 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters 3:00p Veterans Assist.	9 8:30a Workout w/ Bands 10:00a Line Dancing 12:00p Lunch 1:00p Bingo
	13 9:00a Pilates/Yoga 1:00p Bunco 1:00p CSEA Mtg.	14 9:00a Active & Fit 9:30a Chair Stretch 10:00a Card Making 11:30a Parkinsons Peer Support	15 9:00a Pilates/Yoga 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters 3:00p Veterans Assist.	16 8:30a Workout w/ Bands 10:00a Line Dancing 12:00p Lunch 1:00p Bingo
	20 1:00p Bunco	21 9:00a Active & Fit 9:30a Chair Stretch 11:00a Caregiver Support	22 8:00a Footcare 11:00a Blood Pressure 12:00p Holiday Party 1:00p Bingo/Knitters 3:00p Veterans Assist.	23 10:00a Line Dancing 12:00p Lunch 1:00p Bingo
	24 Holiday Break			
27 Holiday Break	28 Holiday Break	29 Holiday Break	30 Holiday Break	31 Holiday Break

