



# SUFFIELD

## ROUND ABOUT

February 2022  
V23 Issue 2



### 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-3pm • Friday 8am - noon

Senior Center Telephone: .....(860) 668-8830

Mini Bus Telephone: .....(860) 668-3844

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

### TAX TIME

Volunteer AARP IRS-certified tax counselors will be available at the Senior Center during the tax season to provide free basic tax assistance and electronic tax preparation services. Appointments are available on Thursdays. Call us to schedule an appointment. A separate appointment is necessary for each person needing a tax return.

The AARP Tax-Aide program is intended to provide services to low/middle income taxpayers with special attention to those aged 60 and older. Taxpayers with lengthy and/or complex returns are advised to seek paid tax assistance.

#### **Taxpayers and AARP tax counselors will always wear masks.**

Taxpayers are reminded that they **MUST bring**:

**Identification and Social Security card** for anyone living in the home, or that may be listed on the tax return;  
Marketplace Health insurance information for taxpayer, spouse and all dependents;

**Last year's tax returns** (we need to have last year's return which may affect 2018 return);

W-2s, W-2Gs and 1099s showing wages, interest, dividends, pensions, IRAs, unemployment income, certain gambling winnings forms, etc;

Social Security benefit statements;

Broker statements showing transactions – purchases, sales, costs, dates;

Taxes paid – estimated, property / real estate, vehicle, with dates paid;

**If itemizing**, medical and dental expenses and insurance premiums paid;

**If itemizing**, charitable donations and other credits with supporting documentation;

Record of EIP3 Economic recovery payments received

Checkbook (if direct deposit of any refund is desired - recommended).

If married, generally, both husband and wife must be present, as signatures are required.

Returns cannot be prepared for taxpayer(s) if they resided in or worked in another state and need a return for that state. Taxpayers who need a MA resident tax return should go to MA.

All taxpayer returns are prepared online, and are transmitted electronically to the IRS and CT-DRS. The only paper returns that are prepared are those that must be on paper per the IRS (i.e. 1040-X).

A CT resident return will be prepared and transmitted electronically as the default for all taxpayers.

The only CT tax refund options are direct deposit or check.

## SUFFIELD MINI BUS



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

- |                |  |
|----------------|--|
| Tuesday, 2/1   | <b>Lunch at Anthony's</b><br>Pick up begins at 11:30am         |
| Thursday, 2/3  | <b>Walmart Shopping</b><br>Pick up begins at 8:30 a.m.         |
| Tuesday, 2/8   | <b>Lunch at Country Diner</b><br>Pick up begins at 11:30 a.m.  |
| Monday, 2/14   | <b>MGM Casino</b><br>Pick up begins at 9 a.m.                  |
| Tuesday, 2/15  | <b>Lunch at LaNotte's</b><br>Pick up begins at 11:30 a.m.      |
| Thursday, 2/17 | <b>Walmart Shopping</b><br>Pick up begins at 8:30 a.m.         |
| Tuesday, 2/22  | <b>Holyoke Shopping</b><br>Pick up begins at 10 a.m.           |
| Thursday, 2/24 | <b>Shopping at Trader Joe's</b><br>Pick up begins at 8:30 a.m. |

No bus service on Monday, February 21st in observance of Presidents Day.

### 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** —2/8 at 9:30 a.m. Make 4 special cards for only \$10!

**Dominos**—Every Tuesday 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.

**Wii Bowling**—Every Wednesday at 10 a.m.



**Blood Pressure Screenings**—2/9 & 2/23 at 11 a.m. – sponsored by Suffield Community Aid.

**FootCare**—Tuesday, 2/23. Fee is \$30. Call to schedule your appointment today!

**Hearing Screenings**—NOVA Hearing Services provides FREE screenings and services. Call for a 2/2 appointment.



**Active & Fit**—With personal trainer, Joseph Hicks Tuesdays at 9 a.m. January 4-February 22. 8 classes for \$30.

**Active & Fit Advanced**—With personal trainer, Joseph Hicks. Wednesdays at 10:30 a.m. January 5-February 23. 8 classes for \$30. You must complete a fitness test with Joseph prior to taking this class.

**Beat Parkinson's Today Boxing & Functional Interval Training**—Mondays at 11 a.m. January 2-February 28. 7 classes for \$35

**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**—with Michelle Rancourt Mondays/Wednesdays/Fridays at 9 a.m. January 3-February 25. 22 classes for \$82. The session is extended to March 11th to account for the Friday classes.

**Workout with Bands**—With personal trainer, Joseph Hicks. Thursdays at 8:30 a.m. January 6-February 24. 8 classes for \$30.

**Yoga**—with Mary Callendar Wednesdays at 6:30 p.m. January 12—February 23. 7 classes for \$70.



**AARP Tax Assistance**—Begins next month. Call the Senior Center at the end of January to schedule your appointment.

**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 on the first Wednesday of each month. Call for an appointment.

**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. For more information, call Janet at SCA at (860)668-1986.

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



**SUFFIELD SENIOR CENTER & MINI BUS**



**WEDNESDAYS**

Meatball Sub 2  
Onion Rings

Ham Casserole with 9  
Broccoli & Rice

Taco Casserole 16  
Corn Pudding

Baked Turkey Pie 23  
Apple & Walnut Salad

Please make lunch reservations by noon the day prior.

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



**THURSDAYS**

3 Stuffed Chicken Breast  
Mashed Potatoes/Gravy  
Vegetable

10 Sausage & White Bean  
Soup & Grilled Cheese

17 Tomato Soup  
Green Salad with Pita &  
Hummus

24 Farmer's Breakfast  
Sausage, Eggs & Cheddar  
Biscuit and Fruit Salad

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
	<p style="text-align: right;"><b>1</b></p> 9:00a Active & Fit 9:30a Chair Stretch 10:00a Dominos	<p style="text-align: right;"><b>2</b></p> 9:00a Pilates w/ Yoga 10:00a CHOICES Wii Bowling 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters/ Hearing Screen 3:30p Veterans Assist 6:30p Yoga	<p style="text-align: right;"><b>3</b></p> 8:30a Workout w/ Bands 9:30a Chair Strength 10:00a Line Dancing 10:30a Ask the Atty. 12:00p Lunch 1:00p Bingo	<p style="text-align: right;"><b>4</b></p> 9:00a Pilates w/ Yoga 10:00a Bunco
<p style="text-align: right;"><b>7</b></p> 9:00a Pilates w/ Yoga 11:00a Beat PD 1:00p Bunco	<p style="text-align: right;"><b>8</b></p> 9:00a Active & Fit 9:30a Chair Stretch 9:30a Card Making 10:00a Dominos 11:00a Parkinson's Peer Support	<p style="text-align: right;"><b>9</b></p> 9:00a Pilates w/ Yoga 10:00a Wii Bowling 10:30a Adv. Active/Fit 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo/Knitters 3:30p Veterans Assist 6:30p Yoga	<p style="text-align: right;"><b>10</b></p> 8:30a Workout w/ Bands 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo	<p style="text-align: right;"><b>11</b></p> 9:00a Pilates w/ Yoga 10:00a Bunco
<p style="text-align: right;"><b>14</b></p> 9:00a Pilates w/ Yoga 11:00a Beat PD 1:00p Bunco CSEA Mtg.	<p style="text-align: right;"><b>15</b></p> 9:00a Active & Fit 9:30a Chair Stretch 10:00a Dominos	<p style="text-align: right;"><b>16</b></p> 9:00a Pilates w/ Yoga 10:00a Wii Bowling 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters 3:30p Veterans Assist 6:30 p Yoga	<p style="text-align: right;"><b>17</b></p> 8:30a Workout w/ Bands 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo	<p style="text-align: right;"><b>18</b></p> 9:00a Pilates w/ Yoga 10:00a Bunco 12:30p Parkinsons Peer Support
<p style="text-align: right;"><b>21</b></p> Senior Center & Mini Bus Closed	<p style="text-align: right;"><b>22</b></p> 9:00a Active & Fit 9:30a Chair Stretch 10:00a Dominos 11:00a Caregiver Support	<p style="text-align: right;"><b>23</b></p> 8:00a Footcare 9:00a Pilates w/ Yoga 10:00a Wii Bowling 10:30a Adv. Active/Fit 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo/Knitters 3:30p Veterans Assist 6:30p Yoga	<p style="text-align: right;"><b>24</b></p> 8:30a Workout w/ Bands 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo	<p style="text-align: right;"><b>25</b></p> 9:00a Pilates w/ Yoga 10:00a Bunco
<p style="text-align: right;"><b>28</b></p> 11:00a Beat PD 1:00p Bunco				