



# SUFFIELD ROUND ABOUT

March 2022  
V23 Issue 3



## 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

### **Where would you go if you could?**

What if transportation was not an issue in getting you to your destination at night and on weekends when the Mini Bus is not operating? Perhaps you want to go to a restaurant, the cemetery, a birthday party, a church service or a friend's house?

Good News! You can! In conjunction with Nutmeg Senior Rides, Suffield Community Aid has funding to assist financially qualified residents, age 65 and older or individuals with a disability, to get to where you want to go. Nutmeg Senior Rides provides door-through-door transportation for any purpose, 365 days a year.

Call Suffield Community Aid at 860-668-1986 to see if you qualify!

### **Pool Anyone?**

We're looking for pool players on Thursdays 9:30 a.m.—11:30 a.m. for 8 or 9 ball. Just show up.

Lessons are available to beginners or intermediate as well.

Call the Senior Center to schedule your lesson!

Looking forward to spring!

*Paula J. Pascoe*

Director



## SUFFIELD MINI BUS



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

- Tuesday, 3/1      **Lunch at Jimmy Chen's**  
Pick up begins at 11:30am
- Thursday, 3/3      **Walmart Shopping**  
Pick up begins at 8:30 a.m.
- Tuesday, 3/8      **Manchester Shopping**  
Pick up begins at 9 a.m.
- Friday, 3/11      **Lunch at Suffield Pizza**  
Pick up begins at 11:30a.m.



- Tuesday, 3/15      **Museum of American Art**  
**Tickets are \$12**  
**Lunch at Staropolska**  
Pick up begins at 9 a.m.
- Thursday, 3/17      **Walmart Shopping**  
Pick up begins at 8:30 a.m.
- Tuesday, 3/22      **Trader Joe's Shopping**  
Pick up begins at 8:30 a.m.
- Tuesday, 3/29      **Lunch at Saybrook Fish House**  
Pick up begins at 11 a.m.



- 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** —3/8 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**—Check for availability. A few people are anxious to get a team together! We are interested in hearing from you if there is an activity you would like to initiate!



- Blood Pressure Screenings**—3/9 & 3/23 at 11 a.m. – sponsored by Suffield Community Aid.
- FootCare**—Tuesday, 3/23. Fee is \$30. Call to schedule your appointment today!
- Hearing Screenings**—NOVA Hearing Services provides FREE screenings and services. Call for a 3/2 appointment.



**Active & Fit**—With personal trainer, Joseph Hicks Tuesdays and Thursdays at 9 a.m. March 1—April 28. 18 classes for \$67.50.

**Active & Fit Advanced**—With personal trainer, Joseph Hicks. Mondays and Wednesdays at 10:30 a.m. March 2—April 27. 17 classes for \$64 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**—with Michelle Rancourt Mondays/Wednesdays/Fridays at 9 a.m. March 23—April 29. 16 classes for \$60.

THRIVE  
PILATES & YOGA



**AARP Tax Assistance**—Through the end of this month. Call the Senior Center 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**

- Baked Haddock 2
- Mashed Potatoes
- Vegetable
  
- Chicken Alfredo Bake 9
- Sautéed Mixed Vegetables
  
- Pasta with Meat Sauce 16
- Garlic Stick
  
- Egg Salad 23
- Crab Corn Chowder
  
- Mealof 30
- Mashed Potatoes w/gravy
- Vegetable

Please make lunch reservations by noon the day prior.

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



**THURSDAYS**

- 3 Minestrone Soup
- Crispy Chicken Sandwich
  
- 10 Swiss Cheeseburger
- With Onions & Mushrooms
- Coleslaw
  
- 17 Corned Beef Reuben
- Casserole
  
- 24 Stuffed Cabbage
- Rye Bread
  
- 31 Split Pea Soup
- Ham & Cheese Wrap

**AARP Virtual Smart Driver Courses through June 2022**

Registration is available at [AARP.Cvent.com/dsvirtual](https://www.aarp.org/cvent.com/dsvirtual). Please note: Cvent registration closes 7 days prior to the course date. Classes are 4hr+ 15 min long. Cvent will provide the Zoom link and additional course information.

The On-Line course is still available at a 25% discount.

- February 23rd, 12:30pm
- March 10th, 9:30am
- March 23rd, 12:30pm
- April 11th, 12:30pm
- April 28th, 9:30am

- May 9th, 12:30 p.m.
- May 23rd, 9:30 a.m.
- June 9th, 12:30 p.m.
- June 20th, 9:30 a.m.

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.

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00a Active & Fit <b>1</b> 9:30a Chair Stretch	9:00a Pilates w/ Yoga <b>2</b> 10:00a CHOICES 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters/ Hearing Screen 3:30p Veterans Assist	<b>3</b> 8:30a Tax Assistance 9:00a Active & Fit 9:30a Chair Strength 10:00a Line Dancing 10:30a Ask the Atty. 12:00p Lunch 1:00p Bingo	<b>4</b> 9:00a Pilates w/ Yoga 10:00a Bunco
<b>7</b> 9:00a Pilates w/ Yoga 10:30a Advanced Active & Fit 1:00p Bunco	<b>8</b> 9:00a Active & Fit 9:30a Chair Stretch 9:30a Card Making 11:00a Parkinson's Peer Support	<b>9</b> 9:00a Pilates w/ Yoga 10:30a Adv. Active/Fit 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo/Knitters 3:30p Veterans Assist	<b>10</b> 8:30a Tax Assistance. 9:00aa Active & Fit 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo	<b>11</b> 9:00a Pilates w/ Yoga 10:00a Bunco
<b>14</b> 9:00a Pilates w/ Yoga 10:30a Advanced Active & Fit 1:00p Bunco CSEA Mtg.	<b>15</b> 9:00a Active & Fit 9:30a Chair Stretch	<b>16</b> 9:00a Pilates w/ Yoga 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters 3:30p Veterans Assist 6:30p Suffield Historical Society	<b>17</b> 8:30a Tax Assistance 9:00a Active & Fit 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo	<b>18</b> 9:00a Pilates w/ Yoga 10:00a Bunco
<b>21</b> 9:00a Pilates w/ Yoga 10:30a Advanced Active & Fit 1:00p Bunco	<b>22</b> 9:00a Active & Fit 9:30a Chair Stretch	<b>23</b> 8:30a Footcare 9:00a Pilates w/ Yoga 10:30a Adv. Active/Fit 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo/Knitters 3:30p Veterans Assist	<b>24</b> 8:30a Tax Assistance 9:00a Active & Fit 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo	<b>25</b> 9:00a Pilates w/ Yoga 10:00a Bunco
<b>28</b> 9:00a Pilates w/ Yoga 10:30a Advanced Active & Fit 1:00p Bunco	<b>29</b> 9:00a Active & Fit 9:30a Chair Stretch 11:00a Caregiver Support	<b>30</b> 9:00a Pilates w/ Yoga 10:30a Adv. Active/Fit 12:00p Lunch 1:00p Bingo/Knitters 3:30p Veterans Assist	<b>31</b> 8:30a Tax Assistance 9:00a Active & Fit 9:30a Chair Strength 10:00a Line Dancing 12:00p Lunch 1:00p Bingo	