



# SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS  
TRANSPORTATION NEWSLETTER

APRIL 2022  
VOL. 23 | IS. 4



## CENTER STAFF

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Assistant to the Director

**Marzena Heimowski**

Transportation Scheduling

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Driver

**Vic Mathieu**

Driver

**Duncan Wingood**

Driver

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Driver

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[www.suffieldct.gov/  
departments/seniors](http://www.suffieldct.gov/departments/seniors)

Mon. - Thurs. 8 a.m. - 3 p.m.  
Fri. - 8 a.m. - 12 noon

## DIRECTOR'S CORNER

An itchy nose, watery eyes, painful congestion, and intense sneezing can all be signs you have a seasonal allergy. These symptoms might be caused by flowering trees or pollen-filled flowers. Allergies can be uncomfortable for people of all ages but can be managed with a little help.

### What Triggers Allergies?

The first step in managing allergies is to identify the triggers. Here are a few of the most common spring and summer allergy triggers:

**Outdoor elements:** Pollen, mold, grass, or dust are often the culprits, and they can be tough to avoid.

**Pool chemicals:** Chlorine in swimming pools can be another trigger, especially for red, scratchy eyes.

**Smoke:** Summer barbeques and bonfires are popular, but the smoke they generate can be irritating.

**Bites:** Insect bites and stings can be more than annoying for some seniors. This is often due to decreased immunity that is more common with aging.

While many of the symptoms associated with allergies can be present year-round, they often peak when the weather is warmer. There are steps you can take to manage allergies without medication.

1. **Limit time outdoors:** When peak allergy season arrives, it might help to limit the amount of time you spend outdoors.
2. **Control your environment:** When the pollen count is high or when it's windy outdoors, keep your windows closed to limit the amount of pollen and dust from getting inside.
3. **Work around the pollen count:** Be sure to monitor the pollen count. This is easier if you take advantage of one of the many free weather apps you can download on your smart phone.

If none of the remedies listed about help, your primary care physician might need to order allergy testing. This will help pinpoint the source(s) of your allergies making them easier to treat.



## MINI BUS TRIPS

**Trips require 5 passengers and are weather permitting. Please call (860)668-3844 to make a reservation.**

### LUNCH AT KAPTAIN JIMMY'S

**Tuesday, April 5**

Pick up begins at 11:30 a.m.

### WALMART SHOPPING

**Thursday, April 7**

Pick up begins at 8:30 a.m.

### HOLYOKE SHOPPING

**Tuesday, April 12**

Pick up begins at 10 a.m.

### TRADER JOE'S SHOPPING

**Thursday, April 14**

Pick up begins at 8:30 a.m.

### LUNCH AT MUNICH HAUS

**Tuesday, April 19**

Pick up begins at 11 a.m.

### WALMART SHOPPING

**Thursday, April 21**

Pick up begins at 8:30 a.m.

### FOXWOOD'S CASINO/TANGER OUTLETS

**Monday, April 25**

Pick up begins at 8:30 a.m.

### LUNCH AT OLIVE GARDEN

**Tuesday, April 26**

Pick up begins at 11:30 a.m.

### LUNCH AT SUFFIELD PIZZA

**Friday, April 29**

Pick up begins at 11:30 a.m.



### BINGO

Every Wednesday & Thursday at 1 p.m.

\$1 per card goes toward prize money.

### BUNCO

Every Monday at 1 p.m. & Friday at 10 a.m.

\$5 per person goes toward prize money.

### KNITTING

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

### PICKLEBALL

In-door court and equipment available. Please call for court availability.

### POOL TABLE

Thursdays 9:30 a.m. - 11:30 a.m. Lessons and other times are available; please call to inquire.

### WII BOWLING

Check availability. A few people are anxious to get a team together!



### BLOOD PRESSURE SCREENINGS

April 6th & 20th at 11 a.m.

Sponsored by Suffield Community Aid

### FOOTCARE

Wednesday, April 27th. Fee is \$30 payable to the nurse. Call to schedule your appointment today!

### HEARING SCREENINGS

Free hearing screenings and services provided by NOVA Hearing Services on April 6. Please call for an appointment.



### ACTIVE & FIT

**Tuesdays & Thursdays 9 a.m. March 1 - April 28 with personal trainer, Joseph Hicks.**

### ACTIVE & FIT ADVANCED

**Mondays & Wednesdays 10:30 a.m. March 2-April 27 with personal trainer, Joseph Hicks.**

### BEAT PARKINSON'S TODAY

**Every Monday at 11:15 a.m.**

Contact Beat Parkinson's Today at (860)918-9594 or email at [www.beatpdtoday.com](http://www.beatpdtoday.com) for more information or to register.

### CHAIR STRETCH

**Tuesdays 9:30 a.m.  
FREE**

### CHAIR STRENGTH

**Thursdays 9:30 a.m.  
FREE**

### LINE DANCING

**Thursdays 10 a.m.  
\$2 payable to the instructor.**

### PILATES WITH YOGA

**Mondays, Wednesdays & Fridays 9 a.m. March 23 - April 29 with instructor, Michelle Rancourt.**



### ASK THE ATTORNEY

**First Thursday of each month.** Call for an appointment.

### SCA BEREAVEMENT SUPPORT GROUP

Masonicare is partnering with Suffield Community Aid to offer a 6 week in-person support group. The group meets Friday mornings 10:30-noon April 1-May 13. Please call Linda Huff at (860)500-4060 to register or SCA at (860)668-1986 for more information.

### DEMENTIA CARE GIVER SUPPORT GROUP

**Last Tuesday of the month at 11 a.m.** Build a support system with people who understand. For more information, call Nicole Matson at (860)810-6123.

### MEDICARE IS COMPLICATED

**First Monday of each month beginning at 10 a.m.** Trained volunteers are available to provide unbiased assistance on Medicare options. Please call for an appointment.

### PARKINSON'S PEER SUPPORT GROUP

**Second Monday of each month at 10:15 a.m.** Topics vary monthly and refreshments are served. For more information, please call Suffield Community Aid at (860)668-1986. April's meeting will be held on April 5th.

### SUBSIDY AVAILABLE - LUNCH

**Would you like to get out more?**

Would you enjoy going out to lunch twice a week? If you qualify, Suffield Community Aid will pay for your lunch at the Senior Center twice per week. Fresh, nutritionally balanced (and really delicious) meals on Wednesdays and Thursdays. Call Suffield Community Aid to inquire at (860)668-1986.

### TRANSPORTATION ASSISTANCE BEYOND SUFFIELD MINI BUS

In conjunction with Nutmeg Senior Rides, Suffield Community Aid has funding to assist financially qualified residents, age 65 or older or individuals with a disability, to get where they want to go during times the Mini Bus does not run or locations they do not provide transportation. 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.**

### VETERANS ASSISTANCE

**Wednesdays at 3:30 p.m.** FFritz King can be reached at (860)758-0418 or by email at [veterans@suffieldct.gov](mailto:veterans@suffieldct.gov).





• Please make lunch reservations by noon the day prior.

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

### WEDNESDAYS

06

Macaroni & Cheese, Vegetable

13

Pizza Party \*

20

BBQ Chicken Leg Quarter, Potato Salad, Baked Beans

27

Hot Dog on a Roll, Tuna Macaroni Salad

### THURSDAYS

07

Shepard's Pie, Garlic Stick

14

Seafood Salad in a Pita, Chips

21

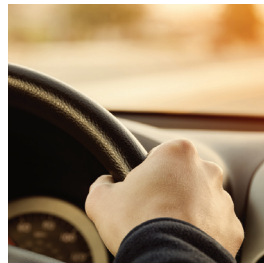
Ravioli Alfredo, Vegetable

28

Ukrainian Baked Noodle Casserole with Chicken & Peas

## AARP

### SMART DRIVER COURSES THROUGH JUNE 2022



Registration is available at [AARP.Cvent.com/dsvirtual](https://AARP.Cvent.com/dsvirtual). Please note Cvent registration closes 7 days prior to the course date. Classes are 4.25 hours. Cvent will provide the Zoom link and additional course information.

April 11 12:30 p.m.

April 28 9:30 a.m.

May 9 12:30 p.m.

May 23 9:30 a.m.

June 9 12:30 p.m.

June 20 9:30 a.m.

The on-line course is still available at a 25% discount.



**\*Join us on Wednesday, April 13 for a Pizza Party!**

**Our First Selectman, Colin Moll, is sponsoring this free pizza party followed by free bingo. Prizes will be lottery scratch tickets.**

**Space is limited to be sure to register as soon as possible.**

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
		<b>Veterans' Assistance every Wednesday at 3:30 p.m.</b>		<b>01</b> 9:00am Pilates/Yoga 10am Bunco
<b>04</b> 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	<b>05</b> 9:00am Active & Fit 9:30am Chair Stretch 11:00am Parkinsons Support Group	<b>06</b> 9:00am Pilates/Yoga 10:00am CHOICES 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters 1:00pm Hearing Scr.	<b>07</b> 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 10:30am Ask Attorney 12:00pm Lunch 1:00pm Bingo	<b>08</b> 9:00am Pilates/Yoga 10am Bunco
<b>11</b> 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco 1:00pm CSEA	<b>12</b> 9:00am Active & Fit 9:30am Chair Stretch 9:30am Card Making	<b>13</b> 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch-Pizza 1:00pm Bingo/Knitters	<b>14</b> 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	<b>15</b> Good Friday Closed
<b>18</b> 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	<b>19</b> 9:00am Active & Fit 9:30am Chair Stretch	<b>20</b> 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters	<b>21</b> 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	<b>22</b> 9:00am Pilates/Yoga 10am Bunco
<b>25</b> 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	<b>26</b> 9:00am Active & Fit 9:30am Chair Stretch 11:00am Caregiver Support Group	<b>27</b> 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch 1:00pm Bingo/Knitters	<b>28</b> 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	<b>29</b> 9:00am Pilates/Yoga 10am Bunco



