



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

JUNE 2022
VOL. 23 | IS. 6



CENTER STAFF

Paula Pascoe

Director

MaryLou Brewster

Assistant to the Director

Marzena Heimowski

Transportation Scheduling

Cindy Adams

Driver

Vic Mathieu

Driver

Duncan Wingood

Driver

Janet Morrell-Ferris

Driver

Tracy O'Toole

Driver

Susan Thorner

Kitchen Assistant

📍 145 Bridge Street
Suffield, CT 06078

📞 860-668-8830

✉️ ppascoe@suffieldct.gov

🌐 [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

And so the time has come...my retirement from the Suffield Senior Center at the beginning of September, after more than twenty happy and fulfilling years. I will always have the fondest memories of my time here. Over the years, I have learned something valuable from each of you. I will surely miss you and the Team that makes our center a great place to be. Thank you for the fun and friendship which made my job pleasurable.

I plan to take some time enjoying some of the hobbies that I put to the wayside. We also have another grandchild due in September, so I will have lots to keep me busy.

It is my pleasure to announce that Peter Leclerc, Suffield Parks & Recreation Director, will be the new team leader in a reorganization of departments which includes the Senior Center, Mini Bus, Youth Services, and Parks & Recreation. MaryLou will be in charge of running the lunch program with Sue's help. Everyone else will remain in their current positions. We are in the process of hiring a Senior Program and Outreach Coordinator. Don't expect too much else to change though!

Peter leads this Team with an extensive background in programming, facilities, and organizations throughout the United States. He has taught collegiately as an adjunct professor on various subjects. He and his wife, Kelly, have three adult children and enjoy traveling to Disney World often as they admire how Disney is the gold standard in guest experience.

Please stop by and welcome Pete!

Thank you for the memories,
Paula



MINI BUS TRIPS

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

WALMART SHOPPING

Thursday, June 2

Pick up begins at 8:30 a.m.

LUNCH AT LULU'S

Tuesday, June 7

Pick up begins at 11:30 a.m.

SUNRISE PARK & DAIRY CREAM

Friday, June 10

Pick up begins at 10 a.m.

CLINTON CROSSING & LUNCH AT FISH TALE

Tuesday, June 14

Pick up begins at 9:30 a.m.

WALMART SHOPPING

Thursday, June 16

Pick up begins at 8:30 a.m.

LUNCH AT 341 NORTH MAIN GRILLE

Tuesday, June 21

Pick up begins at 11:30 a.m.

TRADER JOE'S SHOPPING

Thursday, June 23

Pick up begins at 8:30 a.m.

LUNCH AT TGI FRIDAY'S

Tuesday, June 28

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

June 8th & 22nd at 11 a.m.

Sponsored by Suffield Community Aid

FOOTCARE

Wednesday, July 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. Please call them at 860-916-6169 to schedule an appointment.



ACTIVE & FIT

Tuesdays & Thursdays 9 a.m. June 21-July 28 with personal trainer, Joseph Hicks. 12 classes \$45.

ACTIVE & FIT ADVANCED

Mondays & Wednesdays 10:30 a.m. June 20-July 27 with personal trainer, Joseph Hicks. 11 classes \$41.25.

BEAT PARKINSON'S TODAY

Virtual and in-person classes offered everyday for people with Parkinson's. Research shows exercise helps symptoms and slows progression. Call 860-918-9594 to register.

CHAIR STRETCH

Tuesdays 9:30 a.m.
FREE

CHAIR STRENGTH

Thursdays 9:30 a.m.
FREE

LINE DANCING

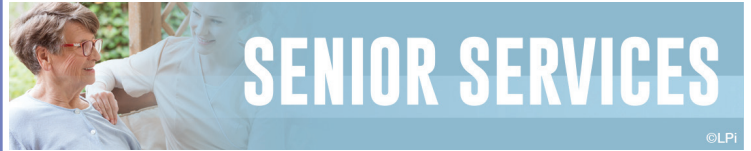
Thursdays 10 a.m.
\$2 payable to the instructor.

PILATES WITH YOGA

Mondays, Wednesdays & Fridays 9 a.m. May 9-June 17 with instructor, Michelle Rancourt. June 20-July 29. 17 classes \$63.75.

ACTIVE & FIT ADVANCED FRIDAY

Fridays at 10:15 a.m. through June 17.



ASK THE ATTORNEY

First Thursday of each month. Call for an appointment.

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. Currently being held via Zoom.

MEDICARE IS COMPLICATED

First Wednesday 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.

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. Fritz King can be reached at (860)758-0418 or by email at veterans@suffieldct.gov.



- Please make lunch reservations by noon the day prior.
- Lunches are \$4 and include coffee, tea, cold beverage, and dessert.

WEDNESDAYS

01 Meatloaf, mashed potatoes & gravy, vegetable

08 Mushroom, broccoli & cheese stuffed chicken breast, baked potato

15 Chicken salad in pita, blueberry romaine salad

22 Personal pizza: meatball, mushrooms, onions & cheese with chips

29 Cheeseburger with lettuce & tomato, apple & walnut salad

As everyone is aware, the cost of everything is skyrocketing. In an effort to contain our food costs, effective June 1st, anyone who signs up for lunch and does not show up will be charged for the lunch. We thank you for your understanding.

AARP

SMART DRIVER COURSES THROUGH JUNE 2022

Registration is available at 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.

June 9 12:30 p.m.

June 20 9:30 a.m.

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

In-person class schedule:

7/28 9 a.m. - 1 pm

9/15 9 a.m. - 1 p.m.

11/17 9 a.m. - 1 p.m.

Watch for details in the July newsletter.

THURSDAYS

02 Coldcut grinder with lettuce, tomato & cheese, three bean salad

09 BLT pasta salad, baked pita chips

16 Macaroni & cheese, corn & bacon salad

23 BBQ chicken thigh, corn on the cob, potato salad

30 Manicotti with sauce, salad, roll/butter



SUFFIELD COMMUNITY AID WELCOMES NEW EXECUTIVE DIRECTOR

Danielle Annibalini, LCSW, joins Suffield Community Aid as the new Executive Director. Her passion for community-integrated agency work as well as deep rooted family history in Suffield sparked her interest in returning to Suffield and continuing the positive relationship between SCA and our residents.

Prior to her new role, she served as Youth Services Social Worker for the Town of Mansfield where she oversaw and developed programs, served as a therapist for youth and families, and engaged in multi-disciplinary team meetings.

WELCOME DANIELLE!

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
		01 9:00am Pilates/Yoga 10:00am CHOICES 10:00am WII Bowling 10:30am Adv. Active 11:00am Mobility Fit. 12:00pm Lunch 1:00pm Bingo/Knitters 1:00pm Hearing Scr. 3:30pm Vet. Assistance	02 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 10:30am Ask Attorney 12:00pm Lunch 1:00pm Bingo	03 9:00am Pilates/Yoga 10am Bunco 10:15am Adv. Active 11:00am Mobility Fit.
06 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	07 9:00am Active & Fit 9:30am Chair Stretch	08 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 11:00am Mobility Fit. 12:00pm Lunch 1:00pm Bingo/Knitters 3:30 p.m. Vet. Assistance	09 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	10 9:00am Pilates/Yoga 10am Bunco 10:15am Adv. Active 11:00am Mobility Fit
11 9:00am Pilates/Yoga 10:15am Parkinsons Support 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco 1:00pm CSEA	14 9:00am Active & Fit 9:30am Chair Stretch 9:30am Card Making	15 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Mobility Fit. 12:00pm Lunch 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	16 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	17 9:00am Pilates/Yoga 10am Bunco 10:15am Adv. Active 11:00am Mobility Fit.
20 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	21 9:00am Active & Fit 9:30am Chair Stretch	22 8:00am Footcare 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Mobility Fit 11:00am Blood Press. 12:00pm Lunch 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	23 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	24 9:00am Pilates/Yoga 10am Bunco 11:00am Mobility Fit.
27 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	28 9:00am Active & Fit 9:30am Chair Stretch 11:00am Caregiver Support Group	29 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	30 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	