



# SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS  
TRANSPORTATION NEWSLETTER

JULY 2022  
VOL. 23 | IS. 7



## HAPPY 4TH OF JULY!

### 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](mailto: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

Happy Summer! Please remember to wear sunscreen and stay hydrated. A great way to cool off would be a visit to the Center!

After much thought and discussion, we need to raise the price of lunch to \$5 effective July 1st. The skyrocketing costs of food and everything else has substantially impacted our kitchen budget. I'm really not happy to do this, but in order to maintain the program, it is necessary.

Mini Bus requested donation must also be increased effective July 1st due to the price of gasoline. The new suggested donation will go from \$35 to \$40 annually for singles and from \$50 to \$60 annually for couples.

Please understand that this was a very difficult decision as I know everyone is feeling the pinch everywhere.

July is UV Safety Month!

Why do you need sunscreen?

1. Helps reduce your risk of skin cancer
2. Protects against sunburn
3. Prevents the early onset of wrinkles and fine lines
4. Lots more!

Check with your doctor to see what sunscreen is best for you.

Enjoy the summer,

Paula



## MINI BUS TRIPS

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

### HOLYOKE MALL SHOPPING

**Tuesday, July 5**

Pick up begins at 10:00 a.m.

### WALMART SHOPPING

**Thursday, July 7**

Pick up begins at 8:30 a.m.

### LUNCH AT SUMMER HOUSE IN SOUTHWICK

**Tuesday, July 12**

Pick up begins at 11 a.m.

### TRADER JOE'S SHOPPING

**Thursday, July 14**

Pick up begins at 8:30 a.m.

### LUNCH AT MAINE FISH IN EAST WINDSOR

**Tuesday, July 19**

Pick up begins at 11 a.m.

### WALMART SHOPPING

**Thursday, July 21**

Pick up begins at 8:30 a.m.

### LUNCH AT RUBY TUESDAY'S WINDSOR LOCKS

**Tuesday, July 26**

Pick up begins at 11 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

July 13th & 27th 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 by appointment. Please call 860-916-6169.





### ACTIVE & FIT

**Tuesdays & Thursdays 9 a.m. August 9-September 15 with personal trainer, Joseph Hicks. 12 classes \$45.**

### ACTIVE & FIT ADVANCED

**Mondays & Wednesdays 10:30 a.m. August 8-September 14 with personal trainer, Joseph Hicks. 11 classes \$41.25.**

### 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. August 8-September 16 with instructor, Michelle Rancourt. 17 classes \$63.75.**

### ACTIVE & FIT ADVANCED - FRIDAY CLASS

**Fridays at 10:15 a.m. August 5-September 15. 7 classes with personal trainer, Joseph Hicks. \$24.50.**



### 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 Tuesday of each month at 11 a.m.** Topics vary monthly and refreshments are served. For more information, please call Suffield Community Aid at (860)668-1986. Will resume in September.

### 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 \$5 and include coffee, tea, cold beverage, and dessert.

### WEDNESDAYS

**06 Chicken Pot Pie & Tossed Salad**

**13 Turkey Grinder with Lettuce, Tomato, Cheese & Roasted Red Peppers served with Baked Zucchini Chips**

**20 Tossed Salad with a Scoop of Seafood Salad, Roll & Butter**

**27 Chicken Fajita Foil Packet with Salsa & Sour Cream on the side**

### THURSDAYS

**07 Beef & Cheddar Casserole with Cucumber Salad**

**14 Cheesy Crescent Roll Hot Dog & Oven Fries**

**21 Ultimate Crispy Chicken Sandwich topped with Coleslaw, Tomatoes & Cheese served with Chips**

**28 Swiss Cheeseburger with Onions and Mushrooms served with Baked Beans**

## AARP SMART DRIVING COURSES

Dates and times are subject to change due to AARP COVID-19 protocols with little to no notice. Fee is paid directly to the instructor.

To attend, you must NOT

- Have COVID-19 symptoms in the last 14 days
- Tested positive for COVID-19 in the last 14 days
- Been in close contact with someone with COVID-19 in the last 10 days

Attendees will be required to sign a liability waiver upon arrival.

#### Schedule:

7/28 9 a.m. - 1 pm

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

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

Please call the Senior Center to register as seating is limited.

## NEWS FROM SUFFIELD COMMUNITY AID

Renter's Rebate applications are now being accepted by Suffield Community Aid through October 1st. Call 860-668-1986 to set up an appointment to complete your application.

Parkinson's Support Group will take a summer break for the months of July and August. We look forward to resuming in September and hope everyone has a wonderful summer!

## SUMMER EVENTS

-Classic Car Show & Concert by Jimmy Mazz: Town Green on Saturday June 25 at 6:30 p.m. FREE

"Casablanca" outdoor movie night: Town Green Saturday, July 23 at 8:30 p.m. FREE

Polish Dinner & Live Music with Paul Kulas on the Senior Center Patio in August - details to follow

Watch for more information on these great events and more throughout Town.

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>01</b> 9:00am Pilates/Yoga 10am Bunco
<b>04</b> 	<b>05</b> 9:00am Active & Fit 9:30am Chair Stretch	<b>06</b> 9:00am Pilates/Yoga 10:00am WII Bowling 10:00am CHOICES 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters 3:30 p.m. Vet. Assistance	<b>07</b> 9:00am Active & Fit 9:30am Chair Strength 10:00am Ask the Atty. 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	<b>08</b> 9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit
<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 12:00pm Lunch 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	<b>14</b> 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	<b>15</b> 9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit
<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> 8:00am Footcare 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	<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 10:15am Advanced Active & Fit
<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 12:00pm Lunch 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	<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 10:00am Bunco 10:15am Advanced Active & Fit

