NATIONAL SENIOR CITIZENS DAY

In 1988, President Ronald Reagan proclaimed August 21st as National Senior Citizens Day to raise awareness about issues that affect senior citizens and their quality of life.

"Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older-places which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

According to the US Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

From all of us here, we SALUTE YOU!
MINI BUS TRIPS

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

LUNCH AT 99 RESTAURANT
Tuesday, August 2
Pick up begins at 11:00 a.m.

WALMART SHOPPING
Thursday, August 4
Pick up begins at 8:30 a.m.

VERNON SHOPPING & LUNCH AT ELMO’S
Tuesday, August 16
Pick up begins at 9 a.m.

WALMART SHOPPING
Thursday, August 18
Pick up begins at 8:30 a.m.

MGM CASINO
Monday, August 29
Pick up begins at 9 a.m.

TRADER JOE’S SHOPPING
Tuesday, August 30
Pick up begins at 8:30 a.m.

POLISH DINNER & LIVE MUSIC BY PAUL KULAS
Tuesday, August 16 (rain Date August 17) 5 - 6:30 p.m.

$10 per ticket (available at Suffield Recreation Dept.)
Senior Center outdoor patio
Enjoy live music by Paul Kulas and Polish dinner of pierogis, kielbasa, sauerkraut, rye bread & dessert.

Seating is limited so get your tickets today! Proceeds benefit our kitchen fund.

BINGO
Every Wednesday & Thursday at 1 p.m. $1 per card goes toward prize money.

BRIDGE
Every Wednesday beginning at 12:30 p.m.
Newcomers are always welcome!

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
Wednesday, September 28th. Fee is $30 payable to the nurse. Call to schedule your appointment today!

FOOTCARE
Wednesday, September 28th. 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-$51.

ACTIVE & FIT ADVANCED
Mondays & Wednesdays 10:30 a.m. August 9-September 15 with personal trainer, Joseph Hicks. 11 classes $46.75.

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 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-$72.25.

ADVANCED ACTIVE & FIT FRIDAYS
Fridays at 10:15 a.m. August 12-September 16 with personal trainer, Joseph Hicks. 6 classes $25.50.

LOW MOBILITY EXERCISE CLASS
Facilitated by personal trainer, Joseph Hicks beginning September 7th and running through October 14th on Wednesdays & Fridays at 11 a.m. This program is sponsored by Suffield Community Aid.

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.

MEDICARE IS COMPLICATED
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.

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 it does 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.
• Please make lunch reservations by noon the day prior.
• Lunches are $5 and include coffee, tea, cold beverage, and dessert.

WEDNESDAYS
03 Phyllo Meat Pie & Vegetable
10 Asian Chicken Thighs with Rice & Vegetable
17 Scrambled Eggs, Sausage Links & Bagel with Cream Cheese
24 Beef & Zucchini Pizza Casserole
31 Balsamic Glazed Chicken with Roasted Potatoes & Carrots

THURSDAYS
04 Tuna Melt on an English Muffin, Sliced Fresh Vegetables
11 Roasted Pork with Sauerkraut, Scalloped Potatoes & applesauce
18 BBQ Hot Dog & Potato Pack-Hot Dog, Potato Wedges, Onions, Cheese, Drizzled with BBQ Sauce
25 Chicken A’la King over Egg Noodles, Roll & Butter

AARP SMART DRIVING CLASSES
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:
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.

SENIOR CENTER WELCOMES NEW PROGRAM & OUTREACH COORDINATOR
Shannon Foley joins the Suffield Community Services Team as the new Program & Outreach Coordinator starting September 1st.

Shannon has been proudly serving the Town of Suffield as the Human Resources Executive Assistant since 2018 where she provides support to the Director of Human Resources. She will continue with that role as well.

Shannon is enthusiastic for the opportunity to expand her role with this new position. She welcomes any suggestions for additional programming and is excited to meet everyone.

Please extend a warm welcome to Shannon!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>02</td>
<td>03</td>
<td>04</td>
<td>05</td>
</tr>
<tr>
<td>11:15am Beat PD 1:00pm Bunco</td>
<td>9:30am Chair Stretch</td>
<td>10:00am CHOICES 10:00am WII Bowling 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance</td>
<td>9:30am Chair Strength 10:00am Line Dancing 10:30am Ask the Atty. 12:00pm Lunch 1:00pm Bingo</td>
<td>10am Bunco</td>
</tr>
<tr>
<td>08</td>
<td>09</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco</td>
<td>9:00am Active &amp; Fit 9:30am Chair Stretch 9:30am Card Making 11:00am Parkinsons Support</td>
<td>9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30 p.m. Vet. Assistance</td>
<td>9:00am Active &amp; Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</td>
<td>9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active &amp; Fit</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco</td>
<td>9:00am Active &amp; Fit 9:30am Chair Stretch 5:00pm Live Music &amp; Polish Dinner</td>
<td>9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance</td>
<td>9:00am Active &amp; Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</td>
<td>9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active &amp; Fit</td>
</tr>
<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco</td>
<td>9:00am Active &amp; Fit 9:30am Chair Stretch</td>
<td>9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance</td>
<td>9:00am Active &amp; Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</td>
<td>9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active &amp; Fit</td>
</tr>
<tr>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco</td>
<td>9:00am Active &amp; Fit 9:30am Chair Stretch 11:00am Caregiver Support Group</td>
<td>9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>