



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

AUGUST 2022
VOL. 23 | IS. 8



CENTER STAFF

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Director

MaryLou Brewster

Assistant to the Director

Marzena Heimowski

Transportation Scheduling

Cindy Adams

Driver

Vic Mathieu

Driver

Janet Morrell-Ferris

Driver

Tracy O'Toole

Driver

Susan Thorner

Kitchen Assistant

145 Bridge Street
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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

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

August 10th & 24th at 11 a.m.
Sponsored by Suffield Community Aid

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

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.

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.



- 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

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.

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

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!

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
<p style="text-align: center; color: #003366; font-weight: bold;">01</p> <p>11:15am Beat PD 1:00pm Bunco</p>	<p style="text-align: center; color: #003366; font-weight: bold;">02</p> <p>9:30am Chair Stretch</p>	<p style="text-align: center; color: #003366; font-weight: bold;">03</p> <p>10:00am CHOICES 10:00am WII Bowling 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance</p>	<p style="text-align: center; color: #003366; font-weight: bold;">04</p> <p>9:30am Chair Strength 10:00am Line Dancing 10:30am Ask the Atty. 12:00pm Lunch 1:00pm Bingo</p>	<p style="text-align: center; color: #003366; font-weight: bold;">05</p> <p>10am Bunco</p>
<p style="text-align: center; color: #003366; font-weight: bold;">08</p> <p>9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco</p>	<p style="text-align: center; color: #003366; font-weight: bold;">09</p> <p>9:00am Active & Fit 9:30am Chair Stretch 9:30am Card Making 11:00am Parkinsons Support</p>	<p style="text-align: center; color: #003366; font-weight: bold;">10</p> <p>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</p>	<p style="text-align: center; color: #003366; font-weight: bold;">11</p> <p>9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p style="text-align: center; color: #003366; font-weight: bold;">12</p> <p>9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit</p>
<p style="text-align: center; color: #003366; font-weight: bold;">15</p> <p>9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco</p>	<p style="text-align: center; color: #003366; font-weight: bold;">16</p> <p>9:00am Active & Fit 9:30am Chair Stretch 5:00pm Live Music & Polish Dinner</p>	<p style="text-align: center; color: #003366; font-weight: bold;">17</p> <p>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</p>	<p style="text-align: center; color: #003366; font-weight: bold;">18</p> <p>9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p style="text-align: center; color: #003366; font-weight: bold;">19</p> <p>9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit</p>
<p style="text-align: center; color: #003366; font-weight: bold;">22</p> <p>9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco</p>	<p style="text-align: center; color: #003366; font-weight: bold;">23</p> <p>9:00am Active & Fit 9:30am Chair Stretch</p>	<p style="text-align: center; color: #003366; font-weight: bold;">24</p> <p>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</p>	<p style="text-align: center; color: #003366; font-weight: bold;">25</p> <p>9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p style="text-align: center; color: #003366; font-weight: bold;">26</p> <p>9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit</p>
<p style="text-align: center; color: #003366; font-weight: bold;">29</p> <p>9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco</p>	<p style="text-align: center; color: #003366; font-weight: bold;">30</p> <p>9:00am Active & Fit 9:30am Chair Stretch 11:00am Caregiver Support Group</p>	<p style="text-align: center; color: #003366; font-weight: bold;">31</p> <p>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</p>	 <p style="color: #003366; font-weight: bold; margin: 0;">AUGUST 21 NATIONAL SENIOR CITIZENS DAY!</p>	