



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

SEPTEMBER 2022
VOL. 23 | IS. 9



CENTER STAFF

Shannon Foley

Senior Coordinator & Outreach

MaryLou Brewster

Kitchen Manager

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
Suffield, CT 06078

 860-668-8830

 pleclerc@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

Hello September! I would like to express how excited I am as I begin my new role as Director of Community Services upon Paula Pascoe's retirement. I would like to personally thank Paula for her years of service and dedication to the Senior Center and Town of Suffield. Paula has made a tremendous difference in so many lives, and she will be missed. I am looking forward to continue all she has accomplished, and to build off the existing programs. Any suggestions and requests are welcomed. Please feel free to contact me or stop by my office at your convenience.

Peter Leclerc

Director of Community Services



MINI BUS TRIPS

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

WALMART SHOPPING

Thursday, September 1
Pick up begins at 8:30 a.m.

LABOR DAY

Monday, September 5
No Transportation

LUNCH AT CRACKER BARREL

Tuesday, September 6
Pick up begins at 11 a.m.

LUNCH AT YARDE TAVERN

Tuesday, September 13
Pick up begins at 11:30 a.m.

WALMART SHOPPING

Thursday, September 15
Pick up begins at 8:30 a.m.

TRADER JOE'S SHOPPING

Thursday, September 22
Pick up begins at 8:30 a.m.

BIG E

Tuesday, September 27
Pick up begins at 9:15 a.m.



BINGO

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

BRIDGE

Every Wednesday at 12:30 p.m. Newcomers are always welcome! Contact Neal at nkap@cox.net.

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

September 14 & 28 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. September 20-October 27 with personal trainer, Joseph Hicks. 12 classes \$51.

ACTIVIE & FIT ADVANCED

Mondays & Wednesdays 10:30 a.m. September 19-October 26 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. September 19-October 28 with instructor, Michelle Rancourt. 17 classes \$72.25.

ACTIVE & FIT ADVANCED FRIDAYS

Fridays at 10:15 a.m. September 23-October 28 with personal trainer, Joseph Hicks. 6 classes \$25.50.

LOW MOBILITY EXERCISE

Facilitated by personal trainer, Joseph Hicks on Wednesdays & Fridays September 7-October 14. 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 Tuesday of each month beginning at 11 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

07 Creamy Garlic Chicken Breast, Mashed Potatoes, Vegetable

14 Pasta & Meatballs with Tossed Salad

21 Hamburger Soup with Cheese Bread Stick

28 Stuffed Cabbage with Rye Bread

THURSDAYS

01 Pasta e Fagioli with Sausage & Provolone on a roll

08 Tomato Tortellini Soup with Grilled Cheese

15 Cranberry Turkey Wrap with Vegetable Macaroni Salad

22 Apple Cider Sage Pork Chop, Oven Roasted Potatoes, & Vegetable

29 Macaroni & Cheese & Vegetable

AARP 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:

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.

ENGLISH HIGH TEA PARTY

Friday, September 23

2-4 p.m.

Tickets - \$10

**Available at the Senior Center or
Call Terry Arciszewski at 860-668-2274**

**Prizes will be awarded for the best hat!
Great food, lots of tea varieties &
fun raffle prizes**

**Proceeds benefit Suffield Senior Center's
Kitchen Fund**



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 Active & Fit 9:30am Chair Strength 10:00am Line Dancing 10:30am Ask the Atty. 12:00pm Lunch 1:00pm Bingo	02 9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit
05 	06 9:00am Active & Fit 9:30am Chair Stretch 11:00am CHOICES	07 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 1:00pm Hearing Screen 3:30 p.m. Vet. Assistance	08 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	09 9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit 11am Low Mobility Exercise
12 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco 1:00pm CSEA	13 9:00am Active & Fit 9:30am Chair Stretch 9:30am Card Making 11:00am Parkinsons Support	14 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Pressure 11am Low Mobility Ex. 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	15 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	16 9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit 11am Low Mobility Exercise
19 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	20 9:00am Active & Fit 9:30am Chair Stretch	21 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11am Low Mobility Ex. 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	22 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	23 9:00am Pilates/Yoga 10am Bunco 10:15am Advanced Active & Fit 11am Low Mobility Exercise 2:00p.m. English Tea
26 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	27 9:00am Active & Fit 9:30am Chair Stretch 11:00am Caregiver Support Group	28 8:00am Footcare 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11am Low Mobility Ex. 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance	29 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	30 9:00am Pilates/Yoga 10:00am Bunco 10:15am Advanced Active & Fit 11am Low Mobility Exercise

