Hello October! Thank you to everyone who came out and enjoyed the sold out Polish Night at the Senior Center! It was a fun, successful event filled with great entertainment by Paul Kulas and delicious food donated from Suffield Village Market. There was plenty of pierogis, kielbasa, sauerkraut, rye bread, and desserts to go around; all of which was cooked by our amazing staff and served by volunteers. A special thank you to Gayle Demko for her donation for the night, also.

The Parks and Recreation debuted their first podcast featuring Certified Athletic Trainer, Joseph Hicks who shared information regarding the exercise programs at the Senior Center, including the Active and Fit class. I've already had some great feedback from seniors that either listened to or watched the podcast video. This podcast is available to watch or listen on the at Suffield Parks & Recreation YouTube page.

The open enrollment period for Medicare Part D prescription drug plans & Medicare Advantage Plans is October 15th through December 7th. Please check out one of the information workshops hosted by Stateline Senior Services and make an appointment with our trained CHOICES Counselor, Sheri Burger.

If you have a Facebook page, please follow the Suffield Senior Center to see all the happenings here and around town. Have a great month!
MINI BUS TRIPS
Trips require 5 passengers and are weather permitting. Please call (860) 668-3844 to make a reservation.

TUESDAY OCTOBER 4, 2022
Holyoke shopping pick up starts 10:00 a.m.

THURSDAY OCTOBER 6, 2022
Walmart pick up starts 8:30 a.m.

MONDAY, OCTOBER 10, 2022
Columbus Day - NO BUS

THURSDAY, OCTOBER 13, 2022
Shopping at Trader Joe's pick up starts at 8:30 a.m.

FRIDAY, OCTOBER 14, 2022
Lunch at Red Robin pick up starts at 11:30 a.m.

TUESDAY, OCTOBER 18, 2022
Lunch at Center Square Grill pick up starts 11:30 a.m.

THURSDAY, OCTOBER 20, 2022
Walmart pick up starts 8:30 a.m.

TUESDAY, OCTOBER 25, 2022
Lunch at Olive Garden pick up starts 11:00 a.m.

BINGO
Every Wednesday & Thursday at 1:00 p.m. $1 per card goes toward prize money.

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

BUNCO
Every Monday at 1:00 p.m. & Friday at 10 a.m. $5 per person goes toward prize money.

KNITTING
Every Wednesday at 1:00 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
October 12 & 26 at 11:00 a.m. Sponsored by Suffield Community Aid

FOOTCARE
Wednesday, October 26th. 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 9:00 a.m. November 1-December 15 with personal trainer, Joseph Hicks. 13 classes $455.25

ACTIVE & FIT ADVANCED
Mondays & Wednesdays 10:30 a.m. October 31-December 14 with personal trainer, Joseph Hicks. 14 classes $59.50

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 10:00 a.m. $2 payable to the instructor.

PILATES WITH YOGA
Mondays, Wednesdays & Fridays 9:00 a.m. October 31-December 16 with instructor, Michelle Rancourt. 19 classes $80.75

ACTIVE & FIT ADVANCED FRIDAYS
Fridays at 10:15 a.m. November 4-December 16 with personal trainer, Joseph Hicks. 5 classes for $21.25

ASK THE ATTORNEY
First Thursday of each month. Call for an appointment.

DEMENTIA CARE GIVER SUPPORT GROUP
Last Tuesday of the month at 11:00 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 11:00 a.m. Trained volunteers are available to provide unbiased assistance on Medicare options. Please call for an appointment. This month is Tuesday, October 4.

PARKINSON’S PEER SUPPORT GROUP
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
05  Breakfast Pizza & Fruit Cup
12  Homemade Classic Minestrone Soup & 2 Tuna Finger Sandwiches
19  Lasagna & Toss Salad
26  Homemade Cinnamon Spiced Sweet Potato Soup with Maple Croutons & Fish Sandwich on a roll with lettuce and tartar sauce on the side

THURSDAYS
06  Chili Cheese Fries in a foil packet & Cornbread
13  Parmesan Crusted Chicken Breast, Baked Potato & Vegetables
20  Cheeseburger Salad - Mini cheeseburgers, lettuce, tomatoes, red onions, pickles, thousand island dressing on the side
27  Chicken Biscuit Pot Pie & Cucumber Salad

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:
11/17 9:00 a.m. - 1:00 p.m.

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

MEDICARE OPTIONS
Stateline Senior Services will be presenting information on your Medicare options prior to open enrollment on the following dates:

Tuesday, October 18 at 10:00 a.m.
Tuesday, October 25 at 10:00 a.m.
Tuesday, November 1 at 10:00 a.m.

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.
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