



# SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS  
TRANSPORTATION NEWSLETTER

SEPTEMBER 2022  
VOL. 23 | IS. 10



## CENTER STAFF

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Director of Community Services

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Senior Coordinator & Outreach

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 860-668-8860

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 [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 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!

**Peter Leclerc** | Director of Community Services  
Parks & Recreation | Senior Center | Mini-Bus | Youth Services  
Town of Suffield | 145 Bridge Street | Suffield, CT 06078  
(860) 668 - 3862 | office  
pleclerc@SuffieldCT.gov | email  
[www.suffieldct.gov](http://www.suffieldct.gov) | web



## 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 \$55.25

### 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](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 10:00 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

Second Monday of each month at 10:15 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](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

- 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>03</b></p> <p>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco</p>	<p><b>04</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Stretch 11:00am CHOICES</p>	<p><b>05</b></p> <p>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</p>	<p><b>06</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Strength 10:00am Line Dancing 10:30am Ask the Atty. 12:00pm Lunch 1:00pm Bingo</p>	<p><b>07</b></p> <p>9:00am Pilates/Yoga 10:00am Bunco 10:15am Advanced Active &amp; Fit 11:00am Low Mobility Exercise</p>
<p><b>10</b></p> 	<p><b>11</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Stretch 9:30am Card Making 11:00am Parkinsons Support</p>	<p><b>12</b></p> <p>9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Low Mobility Ex 11:00am Blood Pressure 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance</p>	<p><b>13</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p><b>14</b></p> <p>9:00am Pilates/Yoga 10:00am Bunco 10:15am Advanced Active &amp; Fit 11:00am Low Mobility Exercise</p>
<p><b>17</b></p> <p>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco 1:00pm CSEA</p>	<p><b>18</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Stretch 10:00am Medicare Options</p>	<p><b>19</b></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><b>20</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p><b>21</b></p> <p>9:00am Pilates/Yoga 10:00am Bunco 10:15am Advanced Active &amp; Fit</p>
<p><b>24</b></p> <p>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco</p>	<p><b>25</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Stretch 11:00am Caregiver Support Group 10am Medicare Options</p>	<p><b>26</b></p> <p>9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Pressure 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo/Knitters 3:30pm Vet. Assistance</p>	<p><b>27</b></p> <p>9:00am Active &amp; Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo</p>	<p><b>28</b></p> <p>9:00am Pilates/Yoga 10:00am Bunco 10:15am Advanced Active &amp; Fit</p>
<p><b>31</b></p> <p>9:00am Pilates/Yoga 10:30am Advanced Active &amp; Fit 11:15am Beat PD 1:00pm Bunco</p>				

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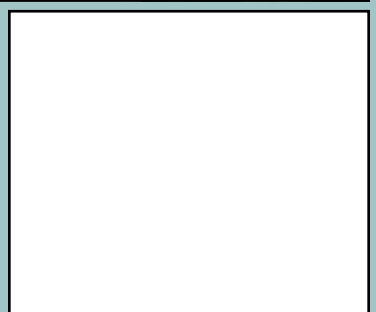
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