



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

OCTOBER 2023
VOL. 24 | IS. 10

OCTOBER

DIRECTOR'S CORNER

CENTER STAFF

Peter Leclerc, Director of
Community Services
Shannon Foley, Community
Services Coordinator

Kitchen

Marylou Brewster, Manager
Laura Bourgeois, Assistant

Mini Bus

Marzena Heimowski,
Transportation Scheduling

Drivers

Bill Biddlecom
Brenda Lee
Cindy Adams
Janet Morrell-Ferris
Tracy O'Toole
Victor Mathieu



Senior Center
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 p.m.

Starting this October, we are now offering lunches every Tuesday! Just like Wednesdays and Thursdays, lunch will begin at 12:00 p.m. and is \$5, including coffee, tea, cold beverage and dessert. We will also be celebrating birthdays on the First Tuesday of the month at lunch! If it is your birthday lunch, come to lunch so we can celebrate you and receive get a special gift.

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

Reminder that we offer the following consultations and resources available by appointment at the Suffield Senior Center:

Ask The Attorney - Neil Kraner and Marcia Hess of Kraner & Hess Attorneys offer one on one free legal consultation appointments. They are available for 20-minute appointments from 10:00 a.m. - 12:00 p.m. the first Thursday of each month. To schedule an appointment please call (860) 668-8830.

Ask The Realtor - Stephanie Salerno of The Stephanie Salerno Team Coldwell Banker Realty offer one on one appointments. This free consultation is an opportunity to ask any real estate related questions you may have! Stephanie and her team are available for 30-minute appointments from 8:00 a.m. - 12:00 p.m. the second Tuesday of each month. To schedule an appointment please call (860) 668-8830.

Veterans Assistance - Fritz King is the town's Municipal Veterans Representative, offering assistance with veterans programs and resources. Fritz is available from 3:30 p.m. - 5:30 p.m. on Wednesdays at the Senior Center and can be reached at (860) 758-0418 or via email at veterans@suffieldct.gov

Peter Leclerc | Director of Community Services
Parks & Recreation | Senior Center | Mini-Bus | Youth Services



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

SHOPPING AT WESTFARMS MALL

Tuesday, October 3

Pickups begin at 9:00 a.m.

SHOPPING AT WALMART

Thursday, October 5

Pickups begin at 8:30 a.m.

LUNCH AT RED ROBIN

Tuesday, October 10

Pickups begin at 11:30 a.m.

SHOPPING AT WANIEWSKI FARMS

Tuesday, October 17

Pickups begin at 8:30 a.m.

SHOPPING AT WALMART

Thursday, October 19

Pickups begin at 8:30 a.m.

SHOPPING AT CLINTON CROSSING FOLLOWED BY LUNCH AT FISH TALE

Tuesday, October 24

Pickups begin at 8:30 a.m.

SHOPPING AT TRADER JOE'S

Thursday, October 31

Pickups begin at 8:30 a.m.

SENIOR CENTER HALLOWEEN PARTY

Tuesday, October 31

Pickups begin at 11:00 a.m.

NO BUS - Monday, October 9 - Columbus Day



ASK THE ATTORNEY

First Thursday of each month.

Please call for an appointment.

ASK THE REALTOR

Second Tuesday of each month.

Please call for an appointment.

VETERANS ASSISTANCE

Wednesdays at 3:30 p.m.

Fritz King can be reached at (860) 758-0418 or via email at veterans@suffieldct.gov



BINGO

Every Wednesday & Thursday at 1:00 p.m.

\$1.00 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 10:00 a.m.

\$5.00 per person goes toward prize money.

KNITTING

Every Wednesday at 1:00 p.m. Bring your project or something you would like assistance with.

PICKLEBALL

Indoor court and equipment available. Please register at www.suffieldrec.com or call (860) 668-3862 for availability.

POOL TABLE

Thursdays 9:30 a.m. - 11:30 a.m. Lessons and other times are available; please call to inquire.

WII BOWLING

Every Wednesday at 10:00 a.m.

Newcomers are always welcome!



BLOOD PRESSURE SCREENINGS

Wednesday, October 11 & 25 at 11:00 a.m.

Sponsored by Suffield Community Aid.

CHAIR MASSAGES

Second Thursday of each month.

Please call to schedule an appointment.

FOOT CARE APPOINTMENTS

Wednesday, October 25 \$35.00 fee payable to the Nurse. Please call to schedule an appointment.

HEARING SCREENINGS

Free hearing screenings and services provided by NOVA Hearing Services by appointment. Please call (860) 916-6169 to schedule an appointment.

**ACTIVE & FIT**

Tuesdays & Thursdays 9:00 a.m. - 9:30 a.m.
with Personal Trainer Joseph Hicks
November 2 – December 21; 13 classes \$58.25
No Class November 23 – Thanksgiving
No Class November 30 – Red Cross Blood Drive
No Classes December 25 – December 29

ACTIVE & FIT ADVANCED

Mondays & Wednesdays 10:15 a.m. - 10:45 a.m.
with Personal Trainer Joseph Hicks
November 1 – December 20; 15 classes \$66.75
No Classes December 25 – December 29

ACTIVE & FIT ADVANCED FRIDAYS

Fridays 10:15 a.m. - 10:45 a.m.
with Personal Trainer Joseph Hicks
November 3 – December 15; 6 classes \$28.50
No Class November 24 – Day After Thanksgiving
No Class December 22 – Red Cross Blood Drive
No Classes December 25 – December 29

BEAT PARKINSON'S TODAY

Mondays 11:15 a.m. - 12:15 p.m.
Call (860) 918-9594 or visit beatpdtoday.com to register

CHAIR STRETCH

Tuesdays 9:30 a.m. - 10:30 a.m. FREE

CHAIR STRENGTH

Thursdays 9:30 a.m. - 10:30 a.m. FREE

PILATES WITH YOGA

Mondays, Wednesdays & Fridays 9:00 a.m. - 10:00 a.m.
with Instructor Michelle Rancourt
November 1 – December 20; 20 classes \$88.00
No Class November 10 – Veterans Day
No Class November 24 – Day After Thanksgiving
No Classes December 25 – December 29

**AARP DRIVERS REFRESHER COURSES**

Tuesday, October 17 9:00 a.m. – 1:00 p.m.
\$20 AARP Member; \$25 Non-Member
Payment by cash or check to the Instructor.
\$5 per Person Facility Fee is paid directly to the Senior Center by cash or check on the day of the class. Register at suffieldseniorcenter.com or call (860) 668-3862.

**DEMENTIA CAREGIVER SUPPORT GROUP**

Last Tuesday of the month at 11:00 a.m.
Build a support system with people who understand.
For more information, please 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.

SUFFIELD COMMUNITY AID PROGRAMS

CT Energy Assistance Program - This government program helps offset the winter heating costs for financially eligible households. SCA is taking applications now in preparation for the November program start date.

Free Social Services Consultations - Pat Beeman, MSW, hosts free ½ hour consultations at KML each month to discuss different social services programs. To schedule a time to meet with Pat on October 19, please visit KML's website: suffield-library.org and reserve your time slot.

Memory Café - Join Pat Beeman, MSW for an informal group for individuals with cognitive loss and their loved ones. The group will meet on October 31 from 11:00 a.m. - 12:00 p.m. Light refreshments will be served.

Nutmeg Senior Rides - SCA has funding to assist financially qualified residents, age 65 or older or individuals with a disability.

Operation Fuel - Applications are being accepted for a one-time, \$500 crisis benefit to offset the costs of deliverable fuel or utility expenses.

Parkinson's Peer Support Group - Second Tuesday of each month at 11:00 a.m. Topics vary monthly and refreshments are served.

Subsidy Lunches - Would you like to get out more and enjoy homemade lunch? Check with the SCA to see if you qualify for their subsidy lunch program where they cover the cost for your lunch at the Senior Center.

**For more information, please call
Suffield Community Aid at (860) 668-1986.**



• Please make lunch reservations by noon the day prior.

• Lunches are \$5 and include coffee, tea, cold beverage, and dessert.

TUESDAYS

- October 3** Cheeseburger with Lettuce & Tomato, Tater Tots and Birthday Cupcakes
- October 10** Two Hot Dogs and Baked Beans
- October 17** Fish Sandwich with Lettuce & Tartar Sauce and Macaroni Salad
- October 24** Tomato Soup and Grilled Cheese Sandwich with Chips
- October 31** Halloween Party Baked Potato Bar

WEDNESDAYS

- October 4** Chicken Noodle Casserole and Salad
- October 11** White Chicken Chili and Waldorf Salad
- October 18** Homemade Stuffed Cabbage Soup with Roll & Butter
- October 25** Pumpkin Bacon Carbonara and Salad

THURSDAYS

- October 5** Sheet Pan Sausage & Vegetables with Crusty Bread
- October 12** Shepherd's Pie with Roll & Butter
- October 19** Homemade Meat Sauce over Pasta with Garlic Bread
- October 26** Stuffing Topped Pork Chop with Baked Potato and Vegetable



Stateline Senior Services Presentations

Information on Medicare options prior during open enrollment. Upcoming Presentations: October 17, October 24 and October 31. Free Class; No registration required.

Senior Halloween Party

Tuesday, October 31 at 12:00 p.m. – 2:00 p.m.
Lunch followed by a Magic Show and Costume Contest!
Prizes awarded to the best 3 costumes! \$5 per Person;
RSVP required. Please call (860) 668-8830 to RSVP.

Fall Floral Design Classes - Step By Step Design Workshop - Now Offering Morning & Evening Classes!

Upcoming Classes: October 17, November 14, and December 12. \$30 per Person per Class. Register at suffieldseniorcenter.com or call (860) 668-3862.

Painting Class with Nina - Step by Step Painting Class

Upcoming Classes: October 24, November 28 and December 15. \$25 Residents; \$30 Non residents per Person per Class. Register at suffieldseniorcenter.com or call (860) 668-3862. Below is the October class painting!



**American
Red Cross**

American Red Cross Blood Drives

Friday, October 20 9:00 a.m. - 2:00 p.m.
Thursday, November 30 12:30 p.m. - 6:00 p.m.
Friday, December 22 8:00 a.m. - 1:00 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00am Pilates/Yoga 10:15am Adv. Active & Fit 11:15am Beat PD 1:00pm Bunco	3 8:00am Tai Chi 9:00am Active & Fit 9:30am Chair Stretch 11:00am CHOICES 12:00pm Lunch	4 9:00am Pilates/Yoga 10:00am Wii Bowling 10:15am Adv. Active & Fit 11:00am Low Mobility 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	5 9:00am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Line Dancing 10:30am Ask the Attorney 12:00pm Lunch 1:00pm Bingo	6 9:00am Pilates/Yoga 10:00am Bunco 10:15am Adv. Active & Fit 11:00am Low Mobility
	10 8:00am Ask the Realtor 8:00am Tai Chi 9:00am Active & Fit 9:30am Card Making Class 9:30am Chair Stretch 12:00pm Lunch	11 9:00am Pilates/Yoga 10:00am Wii Bowling 10:15am Adv. Active & Fit 11:00am Blood Pressure 11:00am Low Mobility 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	12 8:00am Chair Massages 9:00am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	13 9:00am Pilates/Yoga 10:00am Bunco 10:15am Adv. Active & Fit 11:00am Low Mobility
16 9:00am Pilates/Yoga 10:15am Adv. Active & Fit 11:15am Beat PD 1:00pm Bunco	17 8:00am Tai Chi 9:00am AARP Driving Refresher Course 9:00am Active & Fit 9:30am Chair Stretch 9:30am Floral Design Class 10:00am Stateline Medicare Workshop 12:00pm Lunch	18 9:00am Pilates/Yoga 10:00am Wii Bowling 10:15am Adv. Active & Fit 11:00am Low Mobility 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	19 9:00am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	20 8:00am Red Cross Blood Drive 10:00am Bunco
23 9:00am Pilates/Yoga 10:15am Adv. Active & Fit 11:15am Beat PD 1:00pm Bunco	24 8:00am Tai Chi 9:00am Active & Fit 9:30am Chair Stretch 10:00am Painting Class 10:00am Stateline Medicare Workshop 12:00pm Lunch	25 8:30am Footcare 9:00am Pilates/Yoga 10:00am Wii Bowling 10:15am Adv. Active & Fit 11:00am Low Mobility 11:00am Blood Pressure 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	26 9:00am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	27 9:00am Pilates/Yoga 10:00am Bunco 10:15am Adv. Active & Fit 11:00am Low Mobility
30 9:00am Pilates/Yoga 10:15am Adv. Active & Fit 11:15am Beat PD 1:00pm Bunco	31 9:30am Chair Stretch 10:00am Stateline Medicare Workshop 11:00am Dementia Support Group 11:00am Memory Café 12:00pm Halloween Party			

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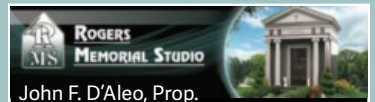
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