



# SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS  
TRANSPORTATION NEWSLETTER

MARCH 2024  
VOL. 25 | IS. 3

# March

## 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

 Suffield Senior Center  
145 Bridge Street Suffield, CT  
06078

 860-668-8830

 [pleclerc@suffieldct.gov](mailto:pleclerc@suffieldct.gov)

 [www.suffieldct.gov/  
departments/seniors](http://www.suffieldct.gov/departments/seniors)

 Monday - Thursday  
8:00 a.m. - 3:00 p.m.  
Friday 8:00 a.m. - 12:00 p.m.

## DIRECTORS CORNER

Hello March!

I am looking forward to Spring! As the days get longer and the temperatures warmer, we can't help but feel a sense of excitement for all the outdoor activities that await us. From barbecuing to walks in the park, there are so many ways to enjoy the Spring. The blooming of flowers and trees adds to the charm of springtime, making the world around us even more bright and colorful. Let's all embrace this new season and take advantage of the wonderful opportunities it has to offer!

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.

### MGM CASINO SPRINGFIELD

**Tuesday, March 5**

Pickups begin 9:00 a.m.

### BRUNCH AT ON THE HILL

**Tuesday, March 5**

Pickups begin 10:30 a.m.

### SHOPPING AT WALMART

**Thursday, March 7**

Pickups begin 8:30 a.m.

### SHOPPING IN MANCHESTER

**Tuesday, March 12**

Pickups begin 9:00 a.m.

### LUNCH AT DONOVAN'S IRISH PUB

**Tuesday, March 19**

Pickups begin 11:00 a.m.

### SHOPPING AT WALMART

**Thursday, March 21**

Pickups begin 8:30 a.m.

### LUNCH AT NUTMEG EAST WINDSOR

**Tuesday, March 26**

Pickups begin 11:00 a.m.

### SHOPPING AT TRADER JOE'S

**Thursday, March 28**

Pickups begin 8:30 a.m.

**No Bus - Friday, March 29 Good Friday**

### CONSULTATIONS & RESOURCES AVAILABLE

Please call (860) 668-8830 to schedule an appointment.

### ASK THE ATTORNEY

First Thursday of each month 10:00 a.m. - 12:00 p.m.

### ASK THE REALTOR

Second Tuesday of each month 8:00 a.m. - 12:00 p.m.

### CHOICES COUNSELING

First Tuesday of each month 11:00 a.m. - 3:00 p.m.

### VETERANS ASSISTANCE

**Wednesdays at 3:30 p.m. - 5:30 p.m.**

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



### BINGO

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

\$1 per card goes toward prize money.

### BRIDGE

**Every Wednesday at 12:30 p.m.**

All are welcome!

### BUNCO

**Every Monday at 1:00 p.m. & Friday at 10:00 a.m.**

\$5 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.**

Call (860) 668-3862 for availability.

### POOL

**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.**

All are welcome!



### BLOOD PRESSURE SCREENINGS

**Second and Fourth Wednesday of each month.**

**11:00 a.m. - 12:00 p.m.**

Sponsored by Suffield Community Aid.

### CHAIR MASSAGES

**Second Thursday of each month 8:00 a.m. - 12:00 p.m.**

Please call to schedule an appointment.

### FOOT CARE

**Fourth Wednesday of each month 8:00 a.m. - 3:00 p.m.**

\$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 8:50 a.m. - 9:20 a.m.**

April 9 – June 27; 20 classes \$88.00

### ACTIVE & FIT ADVANCED

**Monday, Wednesday & Fridays 10:05 a.m. - 10:35 a.m.**

April 1 – June 28

No Class May 6 – May 20 & May 27 – Memorial Day

**Active & Fit Advanced now offered by number of classes per week, rather than set days per week!**

**2Classes Per Week:** Pick 2 days - Mondays, Wednesdays or Fridays – 21 Classes \$92.25

**3Classes Per Week:** Come All 3! Mondays, Wednesdays and Fridays – 31 Classes \$134.75

### BEAT PARKINSON'S TODAY

**Mondays 11:15 a.m. - 12:15 p.m.**

Call (860) 918-9594 or visit [beatpdtoday.com](http://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**

### LOW MOBILITY

**Thursdays 1:00 p.m. - 1:30 p.m. FREE**

March 28 – May 2; 6 classes

### PILATES WITH YOGA

**Mondays, Wednesdays & Fridays 9:00 a.m. - 10:00 a.m.**

April 1 – June 28; 31 classes \$134.75

No Class May 6 – May 20 & May 27 – Memorial Day

### AARP SAFE DRIVER COURSES

**Upcoming Classes: April 16, July 16, October 15**

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.

**For more information and to register please visit [suffieldseniorcenter.com](http://suffieldseniorcenter.com) or call (860) 668-3862.**



### DEMENTIA CAREGIVER SUPPORT GROUP

**Last Tuesday of the month 11:00 a.m.**

Build a support system with people who understand. For more information, please call Nicole Matson at (860) 810-6123.

### SUFFIELD COMMUNITY AID PROGRAMS

**Vulnerable Resident List** – SCA maintains a confidential list of residents who may be at risk due to medical conditions, physical limitations, cognitive loss, etc. SCA staff will contact registrants ahead of extreme heat and cold weather, significant snowfall, etc. to ensure that residents are safe.

**Friendly Caller & Visitor Program** – SCA is seeking volunteers and participants for our Friendly Visitor and Caller Program to reduce the isolation of older adults in our community.

**CT Energy Assistance Program** – This government program helps offset the winter heating costs for financially eligible households. SCA is taking applications now. Please call to make an appointment with Beth to complete your application.

**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 March 21, please visit KML's website: [suffield-library.org](http://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 at the Senior Center on March 26 from 11-12. Please call Pat to register at 860-668-1986.

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

**Parkinson's Peer Support Group** – Held the second Tuesday of each month from 11:00 a.m. – 12:00 p.m. at Suffield Community Aid, 450 South St. Please call SCA to learn more and reserve your spot for March 12.

**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 up to two lunches per week 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.

## TUESDAY

- March 5** Cheeseburger with roasted peppers & onions and sweet pickle tater tots  
**March 12** Crustless ham & cheddar quiche, red onion & tomato salad with biscuit and butter  
**March 19** Beef casserole with cheese & potatoes and vegetables  
**March 26** Tuna wrap with cheese, lettuce & tomatoes and vegetable soup

## WEDNESDAY

- March 6** Creamy lemon & dill cheese tortellini and Greek salad  
**March 13** Roasted garlic chicken & herb white pizza and cucumber dill salad with lemon vinaigrette  
**March 20** Pistachio and dried cherry stuffed pork tenderloin with baked potato and vegetables  
**March 27** Chicken cobbler casserole and tossed salad

## THURSDAY

- March 7** Smothered chicken with spinach & mushrooms and mashed potatoes  
**March 14** Loaded mashed potato meatloaf casserole and vegetables  
**March 21** Homemade creamy tomato soup with buttered croutons and egg salad sandwich with lettuce  
**March 28** Homemade meat sauce with hamburger, veal & pork over pasta and mixed vegetable salad

## CARD MAKING CLASSES

**Second Tuesday of each month. 9:30 a.m. – 10:30 a.m.**

Hosted by Karenoughcrafts & Boutique. To register, please call (860) 836-1326.

## DOWD REALTY GROUP: ESTATE PLANNING

**Wednesday, April 10 6:30 p.m. – 8:00 p.m.**

Free; no registration required. Light refreshments.

## BUNNY CRAFT CLASS

**Thursday, March 7 10:00 a.m. – 11:00 a.m.**

Hosted by Karenoughcrafts & Boutique. To register, please call (860) 836-1326.

## FAITHFUL FRIENDS THERAPY DOGS

**Tuesday, March 26 11:00 a.m. – 12:00 p.m.**

Benefits of pet therapy include Mental stimulation, Decrease anxiety, help with memory recollection, reduce loneliness, lower blood pressure, reduce overall physical pain, improved motor skills, and trigger the release of endorphins.

## FLOWER ARRANGEMENT CLASSES

**Upcoming Classes: March 19, April 23, May 21, June 18**

**Morning Classes 9:00 a.m. – 10:00 a.m.**

**Evening Classes 7:00 p.m. – 8:00 p.m.**

\$30 per Person.

## HAIRCUTS BY ROSEMARIE

**Monday, March 25 9:00 a.m. – 4:00 p.m.**

Women's \$15; Men's \$10 Cash or check. Must come with clean, washed hair.

## IRISH CUPCAKE DECORATING CLASS

**Tuesday, March 5 1:00 p.m. – 2:00 p.m.**

Free; sponsored by Stonebrook Village. RSVP required.

## PAINTING CLASSES

**Upcoming Classes:**

**March 22 10:00 a.m. Painting a Wooden Birdhouse**

**April 9 1:00 p.m. Canvas Painting of a Spring Bunny**

**May 14 10:00 a.m. Canvas Painting of a Red Barn**

**June 25 1:00 p.m. Canvas Painting of a Summer Sunset**

\$25 Residents; \$30 Non-residents.

## ST PATRICK'S LUNCHEON & DANCE PERFORMANCE

**Saturday, March 2 12:00 p.m. – 1:30 p.m.**

12:00 p.m. Corn Beef & Cabbage Dinner, Coffee, Tea & Dessert, Sponsored by the Suffield Village Market

12:30 p.m. Irish Step Dancing Performance by the SRL

Irish Dance Academy. \$10 Per Person. Reservation Required.

**For more information and to register please visit [suffieldseniorcenter.com](http://suffieldseniorcenter.com) or call (860) 668-3862.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>01</b> 9:00am Pilates/Yoga 10:00am Bunco 10:05am Adv. Active
<b>04</b> 9:00am Pilates/Yoga 10:05am Adv. Active 11:00am CHOICES 11:15am Beat PD 1:00pm Bunco	<b>05</b> 8:50am Active & Fit 9:30am Chair Stretch 12:00pm Lunch 1:00pm Irish Cupcake Decorating Class	<b>06</b> 9:00am Pilates/Yoga 10:00am Wii Bowling 10:05am Adv. Active 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	<b>07</b> 8:30am AARP Tax Aide 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Bunny Craft 10:30am Ask the Attorney 12:00pm Lunch 1:00pm Bingo	<b>08</b> 9:00am Pilates/Yoga 10:00am Bunco 10:05am Adv. Active
<b>11</b> 9:00am Pilates/Yoga 10:05am Adv. Active 11:15am Beat PD 1:00pm Bunco	<b>12</b> 8:50am Active & Fit 9:30am Card Making 9:30am Chair Stretch 10:00am Ask the Realtor 12:00pm Lunch	<b>13</b> 9:00am Pilates/Yoga 10:00am Wii Bowling 10:05am Adv. Active 11:00am Blood Pressure 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	<b>14</b> 8:00am Chair Massages 8:30am AARP Tax Aide 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 12:00pm Lunch 1:00pm Bingo	<b>15</b> 9:00am Pilates/Yoga 10:00am Bunco 10:05am Adv. Active
<b>18</b> 9:00am Pilates/Yoga 10:05am Adv. Active 11:15am Beat PD 1:00pm Bunco	<b>19</b> 8:50am Active & Fit 9:00am Floral Class 9:30am Chair Stretch 12:00pm Lunch 7:00pm Floral Class	<b>20</b> 9:00am Pilates/Yoga 10:00am Wii Bowling 10:05am Adv. Active 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	<b>21</b> 8:30am AARP Tax Aide 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 12:00pm Lunch 1:00pm Bingo	<b>22</b> 9:00am Pilates/Yoga 10:00am Bunco 10:00am Painting Class 10:05am Adv. Active
<b>25</b> 9:00am Haircuts by Rosemarie 9:00am Pilates/Yoga 10:05am Adv. Active 11:15am Beat PD 1:00pm Bunco	<b>26</b> 8:50am Active & Fit 9:30am Chair Stretch 11:00am Dementia Caregiver Support Group, Memory Café, Faithful Friends Therapy Dogs 12:00pm Lunch	<b>27</b> 8:00am Footcare 9:00am Pilates/Yoga 10:00am Wii Bowling 10:05am Adv. Active 11:00am Blood Pressure 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	<b>28</b> 8:30am AARP Tax Aide 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 12:00pm Lunch 1:00pm Low Mobility 1:00pm Bingo	<b>29</b> Closed: Good Friday

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