



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

APRIL 2025 VOL. 26 | IS. 4

APRIL




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 **Suffield Senior Center**
145 Bridge Street
Suffield, CT 06078

 **860-668-8830**

 bsullivan@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.

CENTER STAFF

Peter Leclerc,
Director of Community Services
Bethany Sullivan,
Assistant to the Director

Kitchen

Marylou Brewster, Manager
Laura Bourgeois, Assistant

Mini Bus

Marzena Heimowski,
Transportation Scheduling

Drivers

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

DIRECTOR'S CORNER

Hello, April!

Birds are chirping and green leaves are sprouting! Spring is in the air! We are excited for the warmer weather and our April activities!

We have two themed lunches this month. "Take me out to the Ballgame!" is scheduled for Wednesday, April 9th so be sure to wear your baseball attire and come with an empty stomach to consume all the traditional ballgame food items. Earth Day Lunch is Tuesday, April 22nd where we will be doing some fun Earth Day activities.

Additionally, Maggie and Bethany will be running a painting activity on Tuesday, April 8th where you will be painting a dried out gourd that can then be used as a birdhouses. Thank you to Maggie for donating the gourds as well as her time!

Educational activities this month include armchair travel to Japan on the 4th, a Ted Talk and discussion on the 29th, and most excitingly: Up Close & Wild on the 15th! For Up Close & Wild, Animal Embassy will be coming with a Solomon Islands Monkey-tailed Skink, a Red-foot or Sulcata Tortoise, Green Tree Frogs, an African Bullfrog, a Bull Snake, Chinchillas, a Chilean Rose Hair Tarantula, and an Eclectus Parrot. All are welcome, so consider bring family members or grandchildren!

Peter Leclerc | Director of Community Services

Parks & Recreation | Senior Center | Mini-Bus | Youth Services



Mini Bus trips require 5 passengers and are weather permitting. Reservations for April trips will open on March 20th. Please call (860) 668-3844 March 20th or after to make a reservation.

Festival of Flowers at Springfield Museum

Friday, April 4 - Pickups begin 11:30 a.m.
Tickets are \$16.50 per person

Lunch at Red Robin

Tuesday, April 15 - Pickups begin 11:30 a.m.

Shopping at Walmart

Thursday, April 17 - Pickups begin 8:30 a.m.

No Bus Friday, April 18th

Lunch at Take Five in Feeding Hill

Tuesday, April 22 - Pickups begin 11:30 a.m.

MGM Casino in Springfield

Tuesday, April 29 - Pickups begin 9:00 a.m.

Consultations & Resources

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.

Medicare CHOICES Counseling

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

Veteran's 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

Haircuts by Rosemarie

Last Monday of each month 8:00 a.m. - 4:00 p.m.

By appointment only. Call (413) 478-1890 to schedule with Rosemarie. Must come with clean, washed hair. Cash only.



LET THE GOOD TIMES Roll

Bingo

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

Bridge

Every Wednesday at 12:30 p.m.

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!

Pickleball

Indoor court and equipment available.
Call (860) 668-3862 for availability.

Pool

Thursdays 9:30 a.m. - 11:30 a.m.

Rummy Cube

Every Tuesday at 10:00 a.m.

Wii Bowling

Every Wednesday at 10:00 a.m.



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. \$20 per appt.

Foot Care

Fourth Wednesday of each month 8:00 a.m. - 3:00 p.m.
Please call to schedule an appointment with the nurse. \$40

Hearing Screenings

Free hearing screenings and services provided by John S. Caswell by appointment. Please call (860) 595-8113 to schedule an appointment.



Active & Fit

Tuesdays & Thursdays 8:50 a.m. - 9:20 a.m.

April 1 – June 26 ; 26 classes, \$113.45

Active & Fit Advanced

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

April 2 – June 30; No Class April 18 and May 26

2 Classes Per Week:

Monday and Wednesdays—25 classes, \$109.23

Mondays and Fridays—24 classes, \$104.86

Wednesdays and Fridays—25 classes, \$109.23

3Classes Per Week: Come All 3! Mondays, Wednesdays and Fridays – 37 classes, \$160.33

Beat Parkinson's Today

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

Call (860) 918-9594 or visit beatpdtoday.com to register

Free Chair Stretch & Chair Strength

Tuesdays, Thursdays & Fridays 9:30 a.m. - 10:30 a.m.

Pilates with Yoga

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

April 2 – June 30; No Class April 18 and May 26

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3Classes Per Week: Come All 3! Mondays, Wednesdays and Fridays – 37 classes, \$160.33

For more information and to register please visit suffieldseniorcenter.com or call (860) 668-3862.

Dementia Caregiver Support Group

Last Tuesday of the month 11:00 a.m. at SCA

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



Suffield Community Aid Programs

Renter's Rebate Program for Elderly & Disabled Residents:

The State provides a reimbursement program for renters who are elderly or disabled, and whose incomes do not exceed certain limits. SCA is taking applications starting April 1! Call for more info - 860-668-1986.

Parkinson's Group Guest Speaker:

Tuesday, April 8th at 11am SCA will host Stefany Scilipou from the Parkinson's Foundation and Amanda Brill, LCSW from Hartford Healthcare Movement Disorder Center to discuss the non-motor side of Parkinson's Disease and the resources that the Parkinson's Foundation offers.

Mobile Mammography—Reserve Your Appointment Today!

The Mobile Mammography van will be at McAlister on Saturday, April 12 providing screenings for women. Please call SCA to register for your appointment today: (860) 668-1986.

SCA Food Pantry is Well Stocked to Help with Your

Food, Pet Food & Personal Care Needs: If you are struggling to afford food, pet food or personal care items, SCA can help. Thanks to the generosity of the Suffield community, our shelves are well stocked. Call for confidential and discreet help.

Stay Warm This Winter! – There is still time to apply

for CT Energy Assistance Program: This government program helps offset the winter heating costs for financially eligible households. Please contact SCA to apply at 860-668-1986. More information on eligibility is available at: www.ct.gov/staywarm

Thankful for all our volunteers:

We simply could not have the impact we do if it weren't for our volunteers. This is particularly true during the holidays. We are grateful to the numerous Suffield residents that support us with their time to shop, organize, deliver, donate and more! You make a huge difference.



- Please make reservations by noon the day prior.
- Lunches are \$6 and include coffee, tea, cold beverage, and dessert.
- Please bring your own container for leftovers.

Tues, April 1	Plain oatmeal, butter sandwich, day old cake
Wed, April 2	Homemade broccoli and cheddar soup, toasted tuna grinder with lettuce and cheese
Thurs, April 3	Cheese tortellini, garden salad, chicken salad, cucumber bites
Tues, April 8	Cheeseburger with lettuce & tomato on a roll, steak fries & onion rings, 3 bean salad
Wed, April 9	2 hot dogs, chips, ice cream, peanuts and cracker jacks
Thurs, April 10	Chicken mushroom stroganoff, classic pea salad
Tues, April 15	Winner winner chicken casserole, Caesar salad, roll and butter
Wed, April 16	Ham steak with pineapple, mashed potatoes, vegetable
Thurs, April 17	Sweet and sour meatballs over rice, salad, roll and butter
Tues, April 22	Sloppy Joe's on Italian garlic bread, salad, roll and butter
Wed, April 23	Ham and cheese pinwheels with mustard dip, apple salad
Thurs, April 24	Chicken fajitas sheet pan dinner with corn tortillas, lettuce, tomato, sour cream, salsa, chips, and Spanish rice
Tues, April 29	Tomato rice soup with grilled ham and cheese on rye
Wed, April 30	Chicken parmesan with pasta & sauce, salad, and Italian bread

April Fools Trivia Game

Tuesday, April 1st, 1:00 p.m.—1:45 p.m.

Free! Join us for some April Fools themed fun and prizes!

Art Hour

Thursdays 10:00—11:30 a.m. FREE!

April 3—Decorating Gift Bags

April 10—Egg Decorating

April 24—Chain Pull Painting

Armchair Travel to Japan

Friday, April 4th 10:00 - 11:00 a.m.

FREE! We will be virtually traveling to Japan while trying Japanese snacks!

Card Making Class

Tuesday, April 8th 9:30 - 10:30 a.m.

Hosted by Karenoughcrafts & Boutique. \$15 per person. To register, please call (860) 836-1326 by the Sunday before.

Painting a Gourd Birdhouse

Tuesday, April 8th 1:00—2:30 p.m.

Free! Paint a sunflower with Maggie on a dried gourd that can then be used as a birdhouse!

Themed Lunch: Take me out to the Ballgame!

Wednesday, April 9th 12:00 p.m.

Included with lunch sign up on this day.

Up Close & Wild

Tuesday, April 15th 2:00 p.m.—4:00 p.m.

\$5 per person. Register ahead. All ages welcome. Animal Embassy will bring us on an interactive, educational adventure with LIVE animals including a skink, tortoise, parrot, and more!

Earth Day Lunch

Tuesday, April 22nd 12:00 p.m.

Included with lunch sign up on this day.

Floral Class

Tuesday, April 22nd 9:00 a.m. and 7:00 p.m.

Join local floral design instructor, Bob Whitney AIFD, to create a flower arrangement with guided step-by-step directions. Bring your shears! \$30 per Person.

Step by Step Painting Class

Friday, April 25th from 10:00 a.m.-12:00 p.m.

\$25 per person. Join Nina from Create and Paint Fun to paint something gorgeous! All supplies included!





Ted Talk & Discussion

Tuesday, April 29th from 12:45 p.m.—1:30 p.m.

FREE! We will be watching a Ted Talk by Vanessa Van Edwards on how body language is contagious followed by a discussion.

AARP Safe Driver Courses

Upcoming Classes: May 28, July 23, Sept 10, Nov 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:50am Active & Fit 9:30am Chair Stretch 10:00am Rummy Cube 12:00pm Lunch 1:00pm April Fools Trivia Game	2 9:00am Pilates/Yoga 10:00 Wii Bowl/Adv. Act 12:00pm Lunch/Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	3 8:30am AARP Tax Aide 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Art Hour 10:20am Ask the Attorney 12:00pm Lunch 1:00pm Bingo	4 9:00am Pilates/Yoga 9:30am Chair Stretch 10:00am Bunco 10:00am Armchair Travel to Japan 10:05am Adv. Active
7 9:00am Pilates/Yoga 10:05am Adv. Active 11:15am Beat PD 1:00pm Bunco	8 8:50am Active & Fit 9:30am Chair Stretch 9:30am Card Making Class 10:00am Rummy Cube 11:00am Medicare CHOICES Appointments 12:00pm Lunch 1:00pm Painting a Gourd Birdhouse	9 9:00am Pilates/Yoga 10:00 Wii Bowl/Adv. Act 11:00am Blood Pressure 12:00pm Bridge 12:00pm Themed Lunch: Take Me Out to the Ballgame! 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	10 8:00am Chair Massages 8:30am AARP Tax Aide 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Art Hour 12:00pm Lunch 1:00pm Bingo	11 9:00am Pilates/Yoga 9:30am Chair Stretch 10:00am Bunco 10:05am Adv. Active
14 9:00am Pilates/Yoga 10:05am Adv. Active 11:15am Beat PD 1:00pm Bunco	15 8:00am Ask the Realtor 8:50am Active & Fit 9:30am Chair Stretch 10:00am Rummy Cube 12:00pm Lunch 2:00pm Up Close & Wild	16 9:00am Pilates/Yoga 10:00 Wii Bowl/Adv. Act 12:00pm Lunch/Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	17 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 12:00pm Lunch 1:00pm Bingo There is no Art Hour	
21 9:00am Pilates/Yoga 10:05am Adv. Active 11:15am Beat PD 1:00pm Bunco	22 8:50am Active & Fit 9:00am Floral Class 9:30am Chair Stretch 10:00am Rummy Cube 12:00pm Earth Day Lunch 7:00pm Floral Class	23 8:30am Footcare 9:00am Pilates/Yoga 10:00 Wii Bowl/Adv. Act 11:00am Blood Pressure 12:00pm Lunch/Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	24 8:50am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Art Hour 12:00pm Lunch 1:00pm Bingo	25 9:00am Pilates/Yoga 9:30am Chair Stretch 10:00am Step by Step Painting Class 10:00am Bunco 10:05am Adv. Active
28 8:00am Haircuts with Rosemarie 9:00am Pilates/Yoga 10:05am Adv. Active 11:15am Beat PD 1:00pm Bunco	29 8:50am Active & Fit 9:30am Chair Stretch 10:00am Rummy Cube 12:00pm Lunch 1:00pm Ted Talk & Discussion	30 9:00am Pilates/Yoga 10:00 Wii Bowl/Adv. Act 12:00pm Lunch/Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.		

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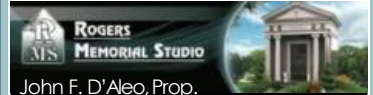
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