



SUFFIELD ROUND ABOUT

FREE

January
2016



Volume 17
Issue 1



SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

January Schedule of Programs at the Suffield Senior Center

Paula J. Pascoe Director

Marylou Brewster Assistant

Hours: Monday through Thursday 8am-4pm • Friday 8am - 12 noon

Telephone: (860) 668-8830

E-Mail:..... Ppascoe@suffieldtownhall.com



Director's Corner

Happy New Year!

Winter storms are almost inevitable this time of year, like it or not. I wanted to remind everyone of our Inclement Weather Policy. The Suffield Senior Center follows the Suffield Public School system. If Suffield Public Schools are closed, the Senior Center is closed. If Suffield Public have a delayed opening, the Senior Center will open at 10 a.m. In the event that there is a delayed opening on Monday, Wednesday, or Friday exercise classes are cancelled and will be made up at the end of the session. We also post our status on WFSB Channel 3.

Tax season is right around the corner. We'll be making appointments for Thursdays for the months of February and March beginning the middle of this month.

Paula Pascoe

Director

The Dine Around Group will meet at Longhorn Steak House on Thursday, January 14th at 1 p.m. For more information, call Sue at 860-668-5866. Newcomers are always welcome to join this jolly group!

ARTS & CRAFTS

SUFFIELD KNITTERS—Meets every Tuesday at 1 p.m. You don't need to be an expert, just bring your project and have some fun!

A STROKE OF COLOR ART CLASSES—Lynda Montefusco, TDA, conducts classes in oils, acrylics, colored pencil, and pen & ink. She also offers decorative painting in your choice of medium. Please contact Lynda at 860-888-9558 for more information or to join a class.

HAPPY BIRTHDAY to all who have a birthday in January including:

Karen Foss 1/2	Herbert Sinofsky 1/12	Sylvia Mueller 1/23
Viola Carney 1/2	Eileen Martin 1/12	Paulina Waterschoot 1/23
Mavis Knox-Welcome 1/2	Betty Morrey 1/12	Kathleen Remington 1/24
Beverly Garvan 1/2	Kathleen Broxton 1/12	Shirley Habermeier 1/24
Bobbi Gerlits 1/2	Cyndi Saltzgiver 1/13	Beverly Unterreiner 1/24
William Carville 1/3	Frances Rumore 1/13	Gary Cohen 1/24
Jacqueline Holt 1/3	Noreen Lent 1/13	Marie Jourdain 1/25
Chester Comins 1/3	Haven Boutwell 1/13	Joan Hunt 1/25
Dorothy Mazeika 1/3	Bernice Hollander 1/13	Clifton Caldon 1/25
Joseph Nadeau 1/4	James Byer 1/13	Karen Reid 1/25
Marlene Preissner 1/4	Karl Johnson 1/13	Doris Morgan 1/26
Deanie Pittenger 1/4	Mary Conway 1/13	Lorraine Dieli 1/26
Mary Ruggiero 1/5	Amelia Zenczak 1/14	Mary Forti 1/26
Jessica Rybeck 1/5	Monica Trantalis 1/15	Eileen Riordan 1/26
Astrid Hanzalek 1/6	Leroy Musser, Jr. 1/15	Regina Wysocki 1/26
Maria Polanczyk 1/6	Elaine Blair 1/15	Sallie Hojnowski 1/27
Ondine Frohberg 1/7	Stephanie Smith 1/15	Robert Borg 1/27
Nancy Pease 1/7	Daisy Saunders 1/16	Margaret Maher 1/27
Donna Sarra 1/7	Kazimiera Kowalski 1/16	Louise Balboni 1/27
Mary Krawiec 1/8	Katherine Baumert 1/17	Kimberly Masi 1/28
Cookie Johnson 1/8	Theresa Brown 1/17	Sheryl Woods 1/28
Armand Regalbuti 1/8	Diane Villa 1/19	Mildred Adams 1/28
Dorothy Service 1/8	John Mrosz 1/19	Bozena Guminiak 1/29
Donna Ryder 1/8	Robert Key 1/19	Jean Lowe 1/29
Kathleen Coffey 1/9	Virginia Grabauskas 1/19	Peggy Hildreth 1/29
Howard Orr 1/9	Frances Wence 1/20	Shirely Stein 1/29
John Suslik 1/9	Elizabeth Watson 1/21	Gaile Stewart 1/29
Jeannie BeLoin 1/9	Brenda Mlinek 1/21	Virginia McCormick 1/30
Susan Chipman 1/9	Linda Orr 1/21	Sherry Paquette 1/30
Mary Allen-Eckley 1/9	Michele Allen 1/21	Walter Winkler 1/30
Josephine Noto 1/10	Charlotte Nielsen 1/21	Raymond Rosa 1/31
Jan Anderson 1/10	Joseph Plourde 1/21	Barbara Ayoub 1/30
Amy Hinkle 1/10	James Graham 1/22	Linda Dabrea 1/31
Barbel Roder 1/11	Judith Quinn 1/23	Christine Venturo 1/31
Helen Bushnell 1/12	Robert Hamel 1/23	
Gertrude Lathrop 1/12	Susie McGraw 1/23	

Happy Birthday to those whose birthday is January 1st

The default for individuals who do not want their birthday published is January 1st, so unfortunately I don't publicize any January 1st birthdays.

ASSISTANCE PROGRAMS & SERVICES

Ask the Attorney – Elder Law Attorney, Marcia Hess will be available on January 7th from 10:30 a.m. to 12:00 noon to answer any legal questions or discuss topics relating to seniors. Please call for an appointment.

CHOICES Counseling: Our CHOICES counselor is available to assist you on such topics as Medicare, Medicaid, Medicare Supplement Insurance, and Long Term Care Insurance by appointment. Please call the Senior Center to schedule your appointment.

Computer Assistance – Free computer assistance is available each Wednesday and Thursday beginning at 9:30 a.m. in the Computer Lab.

FOR YOUR HEALTH & WELLNESS/SERVICES...

Blood Pressure Screenings – Held in the Clinic—January 13th & 27th – sponsored by Emergency Aid Association.

Foot Care – Held in the Clinic

Foot care nurses will be at the Senior Center on Tuesday, January 19th. Fee is \$29. Please call the Senior Center if you need an appointment.

Hearing Screenings—NOVA Hearing Services will provide FREE hearing screenings, clean hearing aids and check batteries and answer any questions you may have regarding your hearing or hearing devices. These screenings will be offered the first Monday of each month at 1 p.m. Call to schedule an appointment for January 4th.

SEMINARS & WORKSHOPS

Simple Ways to Save Lots of Money—Attend this FREE 45 minute workshop and learn how to cut your cable and phone bills, reduce housing costs and real estate taxes, cut car insurance, reduce grocery spending without coupons, slash the costs of owning a car, reduce banking costs, and so much more! Join us on Thursday, January 21st at 10:30 a.m. Sign up by January 19th and get \$1 off lunch that day. Bring a friend and get \$1.50 off lunch. You must register for lunch as well.

AARP Tax-Aide for Tax Year 2015

Volunteer AARP IRS-certified tax counselors will be available on Thursdays during the months of February and March to provide free basic tax assistance and electronic tax preparation services. A separate appointment is necessary for each person needing a tax return.

This program is intended to provide services to low/middle income taxpayers with special attention to those aged 60 and older. Taxpayers with lengthy and/or complex returns are advised to seek paid tax assistance.

Taxpayers are reminded that they **MUST** bring the following:

- Identification and Social Security card for anyone living in the home or that may be listed on the tax return
- Health insurance coverage verification information for taxpayer, spouse and all dependents
- Last year's tax returns
- W-2s, W-2Gs and 1099s showing wages, interest, dividends, pensions, IRAs, unemployment income, certain gambling winnings forms
- Social Security benefit statements
- Broker statements showing transactions—purchases, sales, costs, dates
- Medical and dental expenses and insurance premiums paid
- Taxes paid—estimated, property/real estate, vehicle, with dates paid
- Charitable donations and other credits with supporting documentation
- Checkbook (if direct deposit of any refund is desired—recommended).

If married, generally, both husband and wife must be present as signatures are required. Returns cannot be prepared for taxpayer(s) if they resided in, or worked in, another state and need a return for that state. All returns are prepared online and are transmitted electronically to the IRS and CT-DRS. The only paper returns that are prepared are those that must be on paper per the IRS.

Appointments will be accepted beginning January 15, 2016.

JANUARY LUNCH MENU

Wednesday, 1/6
Lasagna
Tossed salad
Roll with butter
Dessert

Thursday, 1/7
Italian wedding soup
Ham & cheese sandwich
Dessert

Wednesday, 1/13
Baked haddock
Baked potato
Vegetable
Dessert

Thursday, 1/14
Hot dog on a bun
Baked beans
Chips
Dessert

Wednesday, 1/20
Herbed baked chicken
Orzo with asiago cheese
Vegetable
Dessert

Thursday, 1/21
Tomato soup
Tuna sandwich
Dessert

Wednesday, 1/27
Macaroni & cheese
Vegetable
Dessert

Thursday, 1/28
Pizza with hamburger,
mushrooms, onions
& peppers
Chips
Dessert

Soup and crackers are available on Mondays, Tuesdays & Fridays for \$2. No reservations are needed.

EXERCISE CLASSES

Beginner Line Dancing – Every Thursday from 3 p.m.—4 p.m. \$2/class payable to the instructor.

Cardio Fit— 10:10 a.m. M-W-F 1/4-2/26, 22 classes for \$66.

Chair Exercise—Wednesdays at 11:20 a.m. FREE with your donation of a non-perishable food item.

Pilates with Yoga—9 a.m. M-W-F 1/4-2/26, 22 classes for \$66.

Combo Cardio/Yoga— 4:30 p.m.—5:45 p.m. T-Th 1/5-2/25, 16 classes for \$60.

Line Dancing – Every Tuesday and Thursday at 10 a.m. Cost is \$2 per class payable to the instructor.

Yoga – Every Wednesday evening beginning at 6:30 p.m.; please contact Mary Callender at 860-668-5047 or 860-462-8397 for more information on this Wednesday evening program.

GAMES

Bingo – Every Wednesday and Thursday beginning at 1 p.m.; \$1 per card to play.

Bridge – Every Tuesday beginning at 12:30 p.m. in the Card Room; you do not need to be an expert!

Bunco – Every Friday at 10 a.m. Fee is \$5 per person which is prize money.

Dominos – Every Tuesday beginning at 10 a.m. in the Card Room.

Mah Jongg Group – Every Monday beginning at 9:30 a.m. in the Card Room.

Pool – Our pool tables are open during normal business hours.

Various Card Games – Every Monday, beginning at 1 p.m. and every Wednesday and Thursday beginning at 2 p.m. in the Card Room; stop by and see if there's a game for you!

Wii Bowling—Every Friday beginning at 8:30 a.m.

Let me know if there is a game you would like to start so I can publicize it!

TRIPS

Penn Dutch Show Stopper – May 17th – 19th, 2016 3 days/4 meals. Tour includes roundtrip motorcoach, 2 nights lodging at The Landcaster Hotel, 2 breakfasts, dinner & show at the Dutch Apple Dinner Theater, Amish Country guided tour, visit to the Kitchen Kettle and a bunch more. \$419 per person double occupancy.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Billiards 4 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:00 Cardio Fit 1:00 Cards Hearing Screening 6:00 A Stroke of Color	8:00 Billiards 5 Library/Computers 10:00 Dominos Line Dancing Suffield Womans Club 12:30 Bridge 1:00 A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:00 Relay for Life Mtg. 6:30 Zumba Gold	8:00 Billiards 6 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assistance 10:10 Cardio Fit 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 7 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Ask the Attorney 12:00 Lunch Equipment Tune Up 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga 6:00 A Stroke of Color	8:00 Billiards 8 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards 11 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards CSEA Chapter 410 6:00 A Stroke of Color	8:00 Billiards 12 Library/Computers 10:00 Line Dancing Dominos 12:30 Bridge 1:00 A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Zumba Gold	8:00 Billiards 13 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assist. 10:10 Cardio Fit 11:00 Blood pressure 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 6:30 Yoga	8:00 Billiards 14 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga 6:00 A Stroke of Color	8:00 Billiards 15 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
Martin Luther King Jr. 18 Birthday Senior Center Closed	8:00 Billiards 19 Library/Computers Footcare 10:00 Line Dancing Dominos 12:30 Bridge 1:00 A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Zumba Gold	8:00 Billiards 20 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assist. 10:10 Cardio Fit 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 21 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Simple Ways to Save Lots of Money 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga 6:00 A Stroke of Color	8:00 Billiards 22 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards 25 Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 6:00 A Stroke of Color	8:00 Billiards 26 Library/Computers 10:00 Line Dancing Dominos 12:30 Bridge 1:00 A Stroke of Color Suffield Knitters 4:30 Combo Cardio Yoga 6:30 Zumba Gold	8:00 Billiards 27 Library/Computers 8:30 A Stroke of Color 9:00 Pilates with Yoga 9:30 Computer Assist. 10:10 Cardio Fit 11:00 Blood pressure 11:20 Chair Exercise 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards 28 Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 4:30 Combo Cardio Yoga 6:00 A Stroke of Color	8:00 Billiards 29 Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
				