



# SUFFIELD ROUND ABOUT

FREE



## SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

July Schedule of Programs at the Suffield Senior Center

Paula J. Pascoe Director

Marylou Brewster Assistant

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

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The Senior Center will be closed on Monday, July 4th in observance of Independence Day.

### Director's Corner

Thanks to the generosity of Friends of Suffield and The First National Bank of Suffield, the Senior Center is in the process of purchasing two new I-pads for use at the Center. We are working on developing some classes on I-pad use so those that already have one can learn more about what you can do on an I-pad. If you are trying to decide if an I-pad is right for you, you will be able to borrow one of the Senior Center's to use during the workshop. You can call us at 860-668-8830 if you are interested in attending I-pad classes.

Keep in mind that you may use our Great Room when not already in use to walk during the hot, humid summer months.

You can sign up to receive our monthly newsletters via e-mail at [www.ourseniorcenter.com](http://www.ourseniorcenter.com)!

Have a Happy July 4th!

*Paula Pascoe*  
Director

### 2016 TRIPS

- 7/25 Mohegan Sun Casino \$25
- 8/18 Beauport Lobster Cruise \$89
- 8/29 Mohegan Sun Casino \$25
- 9/23 Buddy Jewell \$58
- 9/26 Mohegan Sun Casino \$25
- 10/6 Doo Wop Show \$55
- 10/16-20 Colonial Williamsburg & DC \$889
- 10/24 Mohegan Sun Casino \$25
- 10/24 Mohegan Sun Casino \$25
- 12/8 Christmas Around the World

Trip flyers are available at the Senior Center providing more information on each trip.

## ***IMPORTANT INFORMATION***

**Emergency Check Up Call**—We are currently updating the list of residents in the community who would benefit from a check-up call during a town or state-wide emergency. Residents who use oxygen or need electricity for medical equipment are strongly encouraged to register. This information will be kept confidential and only used in the event of an emergency as declared by the First Selectman. If you or someone you know would like to be included on this list, please see Paula or MaryLou for a form. The form can also be obtained on the Senior Center's page on the Town web-site at [www.suffieldtownhall.com](http://www.suffieldtownhall.com).

**BenefitsCheckUp** is a free service of the [National Council on Aging](http://www.ncoa.org) (NCOA), a nonprofit service and advocacy organization in Washington, DC.

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,500 federal, state and private benefits programs available to help. But many people don't know these programs exist or how they can apply.

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Here are the types of expenses you may get help with:

- Medications
- Food
- Utilities
- Legal
- Health care
- Housing
- In-home services
- Taxes
- Transportation

To find out what benefits you may qualify for through the Benefits Check Up, visit their web-site at [www.benefitscheckup.org](http://www.benefitscheckup.org)

## ***WORKSHOPS***

There is little doubt that, given a choice, most of us would prefer to receive whatever assistance they might require in their own homes rather than in nursing facilities. For seniors who are paying for services from income and assets, nursing facilities are almost always more costly than bringing help into the home. A wide range of services has grown up to meet the needs of an expanding senior population that is living longer and has less help from children who are working or have moved away.

Join us on Thursday, July 14th at 10:30 a.m. where Greater Hartford Legal Aid will present "Community Support Services for Seniors." Following is the list of topics on the agenda:

- Meals on Wheels
- Transportation Services
- Companion/Homemakers/Home Health Aides
- Live-In/24 Hour Help
- How can I access information about these services?
- Traditional Medicare and Medicaid Services
- How is it determined which seniors qualify for assistance to live at home?
- What is the Connecticut Home Care Program for Seniors?
- What services are offered by Connecticut Home Care Program?
- What is the Personal Care Attendant Program?
- The Money Follows the Person Program
- Statewide Respite Program
- Veterans Administration Aid & Attendance Benefit
- Community Spouse Allowance

The Senior Unit at Greater Hartford Legal Aid is available to assist seniors who are having difficulty making appropriate contacts or who believe they are not being fairly treated by an institution or agency. You can contact the unit secretary at 860-541-5003.

Register for this FREE workshop by calling the Senior Center by July 11th.

## **FOR YOUR HEALTH & WELLNESS/SERVICES...**

**Blood Pressure Screenings – Held in the Clinic**—July 13th & 27th at 11 a.m. – sponsored by Emergency Aid Association.

**Chair Massage**—Licensed Massage Therapist Kathy Hughes is available on the first and third Thursday of each month for chair massages, by appointment, between the hours of 10 a.m. and 1 p.m. The fee is \$10 for 15 minutes or \$20 for 30 minutes. Call to schedule your appointment today!

### **Foot Care – Held in the Clinic**

Foot care nurses will be at the Senior Center on Tuesday, July 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 July 11th.

## **ARTS & CRAFTS**

**SUFFIELD KNITTERS**—Taking the summer off. See you in September!

**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.

## **ASSISTANCE PROGRAMS & SERVICES**

**Ask the Attorney** – Elder Law Attorney, Marcia Hess will be available on July 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.

**Certified Notary Public Services**—The Suffield Senior Center is pleased to welcome Certified Notary Public with a background check, Joan Scata. Joan is a Suffield resident who has graciously offered her services to the Senior Center. She has been serving the state of Connecticut for over 20 years. She is a member of the National Notary Association. She is able to assist you with oaths, acknowledgements, determining identity, oaths & affirmations, affidavits, depositions & subpoenas to deponents, wills, living wills, signature by mark, re-finance closings (fee associated), and reverse mortgages (fee associated). Joan can meet you at the Senior Center during normal business hours at your convenience. To schedule an appointment, please call Joan at 860-977-7337.

**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.

## **MINI BUS**

July Special Trips:

- Friday, 7/15: Lunch at Longhorn in Enfield. Pick up begins at noon.
- Tuesday, 7/19: Yankee Candle in Deerfield, MA. Pick up begins at 8:15 a.m. and departs Yankee Candle at 2 p.m.
- Thursday, 7/21: Walmart—pick up begins at 8:30 a.m.
- Tuesday, 7/26: Holyoke Mall & TJ Maxx—pick up begins at 9 a.m.
- Friday, 7/29: Lunch at Captain Jimmy's in Agawam. Pick up begins at noon.

Special trips require five passengers.





## JULY LUNCH MENU

Wednesday, 7/6 Pasta & sauce with sweet sausage Caesar salad Dessert	Thursday, 7/7 Turkey sandwich with lettuce & tomato Potato puffs Dessert
Wednesday, 7/13 Scalloped potatoes with ham Vegetable Dessert	Thursday, 7/14 Hot dog on a roll Baked beans Potato salad Dessert
Wednesday, 7/20 Shake 'N Bake pork chop Rice pilaf Vegetable Dessert	Thursday, 7/21 Apple French toast Sausage links Dessert
Wednesday, 7/27 Parmesan crusted chicken Oven roasted potatoes Vegetable Dessert	Thursday, 7/28 Seafood stuffed tomato on a bed of lettuce Pita bread wedges Dessert

**Reservations should be made by noon the day prior. Lunches are \$3.50.**

## 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.-11:10 a.m. M-W-F 6/27-7/20 (no class 7/4) 10 classes for \$35.

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

**Pilates with Yoga**—9 a.m.—10 a.m. M-W-F 6/27-7/20 (no class 7/4), 10 classes for \$35.

**Exercise Classes continued . . .**

**Gentle Relaxation Yoga**—8:30 a.m.-9:30 a.m. T & Th 7/5-7/28 \$25 payable to Kathleen Matchett.

**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.

**Zumba Gold** —Thursdays at 6:30 p.m. Call Oti-lyia at 860-881-3533 for more information or to register.

## 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.

**The Dine Around Group** will be dining at The Tavern in Suffield on July 14th at 1 p.m. (Suffield Country Club)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				8:00 Billiards <b>1</b> Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
<b>4</b>  INDEPENDENCE DAY Senior Center Closed  	8:00 Billiards <b>5</b> Library/Computers 8:30 Yoga Relaxation 10:00 Line Dancing Dominos 1:00 Bridge	8:00 Billiards <b>6</b> 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 <b>7</b> Library/Computers 8:30 Yoga Relaxation 9:30 Computer Assist. 10:00 Line Dancing Chair Massage 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 6:30 Parkview Glenn	8:00 Billiards <b>8</b> Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards <b>11</b> Library/Computers 9:00 Pilates with Yoga CHOICES 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards 6:00 A Stroke of Color 6:30 Suffield Meadow	8:00 Billiards <b>12</b> Library/Computers 8:30 Yoga Relaxation 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color	8:00 Billiards <b>13</b> 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 <b>14</b> Library/Computers 8:30 Yoga Relaxation 9:30 Computer Assist. 10:00 Line Dancing 10:30 Help for Seniors 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 5:30 Brandywine II	8:00 Billiards <b>15</b> Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 12:00 Cards
8:00 Billiards <b>18</b> 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 <b>19</b> Library/Computers Footcare 8:30 Yoga Relaxation 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color	8:00 Billiards <b>20</b> 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 <b>21</b> Library/Computers 8:30 Yoga Relaxation 9:30 Computer Assist. 10:00 Line Dancing Chair Massage 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance	8:00 Billiards <b>22</b> Library/Computers 8:30 Wii Bowling 10:00 Bunco
8:00 Billiards <b>25</b> Library/Computers 9:30 Mah Jongg 1:00 Cards 5:30 Brandywine 6:00 A Stroke of Color	8:00 Billiards <b>26</b> Library/Computers 8:30 Yoga Relaxation 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color	8:00 Billiards <b>27</b> Library/Computers 8:30 A Stroke of Color 9:30 Computer Assist. 12:00 Lunch 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards <b>28</b> Library/Computers 8:30 Yoga Relaxation 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance	8:00 Billiards <b>29</b> Library/Computers 8:30 Wii Bowling 10:00 Bunco