



# SUFFIELD ROUND ABOUT

FREE

December  
2015



Volume 16  
Issue 12



## SUFFIELD SENIOR CENTER NEWS

145 Bridge Street • Suffield, CT 06078

December Schedule of Programs at the Suffield Senior Center

Paula J. Pascoe Director

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

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**The Senior Center will be closed Thursday, December 24th and Friday December 25th as well as Thursday, December 31st and Friday, January 1st for the holidays.**

### Director's Corner

Join us on Sunday, December 6th at 3 p.m. for Jack and His Guitar for music you grew up with. Cake and coffee will be served after the performance. Advanced tickets may be purchased at the Senior Center for \$2 or \$3 the day of the performance.

We are pleased to welcome nationally recognized Master Floral Designer, Ruth Loiseau on Tuesday, December 8th at 1 p.m. to help us decorate a boxwood tree for the holidays. For only \$20, you will get to take home your beautiful creation that Ruth will assist with. Please reserve your spot by December 4th so we can ensure adequate supplies.

*Paula Pascoe*  
Director



### ARTS & CRAFTS

**Crochet/Knitting Instructor wanted to start a group. Please call the Senior Center if you're interested.**

**SPINNING**—Learn to spin your own yarn with Dee Haggett. If you're interested, you can call Dee at 860-668-0081. It's a very relaxing and rewarding hobby!

**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 December including:

Barbara Gilly 12/1	Paul Wersauckas 12/13	Margaret Matuck 12/21
James Ryan 12/1	Genevieve Chmielewski 12/13	Anita Wardell 12/21
Elizabeth MacDonald 12/2	Dennis Kreps 12/14	John Glanek 12/21
Pauline Schulte 12/3	Denny Zimmerman 12/14	George Ober 12/21
Joyce Lingner 12/3	Kenneth Kudla 12/14	Thomas Wardell 12/22
Joanne Thayer 12/3	Richard Szczapa 12/14	Dyann Suares 12/22
Signe Wright 12/4	Elleanore Glover 12/16	Anna Newson 12/23
Mary Lou Rogers 12/6	Eddie Habermeier 12/16	Paul Murray 12/23
Joanne Chase 12/6	Meg Lynam 12/16	Sheryl Damon 12/23
Peg Kenn 12/7	John Blake 12/16	June Hartley 12/23
Jan Belliveau 12/7	Ruth DeBisschop 12/16	Elaine Levine 12/24
Albert Lovett 12/8	Henry Carron 12/17	Louie Pagmoni 12/24
Joyce Pemberton 12/8	Charles Griger 12/17	Sandalee Zinck 12/26
Mary Garvey 12/8	Bill Leonard 12/17	Ron Gilmore 12/26
Bernice Lopes 12/9	Herb Armstrong 12/17	Rolf Mueller 12/26
Christine Carrieri 12/9	John Naughton 12/18	Penny Kratimenos 12/27
Jean Alderman 12/9	Elizabeth Drake 12/18	Michelle Wiener 12/27
Chris Hodges 12/9	Paula Nelson 12/18	Edmund Suzenski 12/27
Norman Shabarekh 12/10	Josephine Gunther 12/18	Kristine Jarinko 12/28
Oswaldo Santiago 12/10	Nancy Konopacki 12/19	Lynne Pirrello 12/28
Opal Gilmore 12/11	Gerald Goldrick 12/19	Milton Edmonds, Sr. 12/28
Virgil Seeley 12/12	Mary OConnor 12/19	Joseph Bottiglieri 12/28
Bernard Magliozzi 12/13	Susan Bloostein 12/19	Stephen Merrill 12/29
Ruth Brachmann 12/13	Linda Graham 12/20	Ruth Sinowski 12/29
Christine Sinopoli 12/13	Dorothy McCarty 12/20	Walter Barrett 12/31
Joan Joslin 12/13	Shirley Holcomb 12/20	Clarice Albee 12/31



Annual Holiday Party  
Sponsored by Suffield Police Department

Wednesday, December 16th  
Doors open at 11:30 a.m.  
\$5 per person~money will be donated to  
Emergency Aid Association's Fuel Bank

Share an afternoon of good food, friends, and festivities  
with us

Reservations will be accepted beginning December 1st

## **ASSISTANCE PROGRAMS & SERVICES**

**Ask the Attorney** – Elder Law Attorney, Marcia Hess will be available on December 3rd 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.

**Equipment Tune Up**—Home Helpers will be available to inspect your walker, wheelchair, or cane to be sure everything is working properly on Thursday, December 3rd from 12 noon to 1 p.m. This is a FREE service.

**Medicare Munch & Learn**—The last part of the series, Aetna Healthcare will be presented by Stateline Senior Services on Thursday, December 3rd at 10:30 a.m. Please RSVP by calling 860-749-0482.

**Winter Car Care**—Mark Whitney will go through the points of winter car care for FREE as well as go through your car with you to check for winter readiness on Thursday, December 10th at 9:30 a.m. Please register by December 7th.

**Simple Ways to Save Lots of Money**—Thursday, January 21st at 10:30 a.m. This free 45 minute workshop will talk about some great money-saving ideas.

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

**Blood Pressure Screenings – Held in the Clinic**—December 9th & 23rd at 11 a.m. – sponsored by Emergency Aid Association.

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

Foot care nurses will be at the Senior Center on Tuesday, December 15th. 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 are offered the first Monday of each month at 1 p.m. Call to schedule an appointment for December 7th.

## **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.
- Alaska Denali Discovery – June 16th – 27th aboard the Norwegian Sun. Seven night cruise and four night land.
  - \* Inside stateroom, 2 twins/queen, private bath with shower, vanity area: \$3,479
  - \* Oceanview, 2 twins/queen, window, private bath w/ shower, vanity area \$3,709
  - \* Deluxe balcony, 2 twins/queen, glass slider, private bath w/shower, vanity area \$4,169.

Price includes round trip airfare and transfers; 4-night escorted Alaska land tour with 7 meals; 7-night cruise accommodations based on double occupancy; all port and departure taxes; all meals, activities and entertainment aboard ship; trip insurance. Price does not include shore excursions, bar drinks, gratuities aboard ship, driver or guide tips, airline checked baggage fee or items of a personal nature.

Trip flyers are available at the Senior Center.

## **DINE AROUND GROUP**

Lunch group will meet at the Storrowton Tavern in West Springfield on 12/10 at 1 p.m. Reservations are required. Please call Sue at 860-668-5866.

## DECEMBER LUNCH MENU

Wednesday, 12/2  
Swedish meatballs  
Egg noodles  
Vegetable  
Dessert

Wednesday, 12/9  
Shepard's pie  
Rye bread  
Dessert

Wednesday, 12/16  
HOLIDAY PARTY

Wednesday, 12/23  
Parmesan crusted chicken  
Oven roasted potatoes  
Vegetable  
Dessert

Wednesday, 12/30  
Meatloaf  
Mashed potatoes  
Vegetable  
Dessert

Thursday, 12/3  
Thanksgiving sandwich  
French fries  
Dessert

Thursday, 12/10  
Chicken parmesan  
Spaghetti w/sauce  
Dessert

Thursday, 12/17  
Cream of asparagus  
Ham & cheese sandwich  
Dessert

Thursday, 12/24  
Christmas Eve  
Senior Center Closed

Thursday, 12/31  
New Year's Eve  
Senior Center closed



## EXERCISE CLASSES

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

**Cardio Fit**— 9 a.m. M-W-F 1/4-2/26, 22 classes for \$66. No class 1/18 & 2/15.

**Chair Exercise**—Wednesdays at 11:20 a.m. \$2/class or your donation of a non-perishable food item.

**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.

## Exercise Classes continued . . .

**Pilates with Yoga**—10:10 a.m. M-W-F 1/4-2/26, 22 classes for \$66. No class 1/18 & 2/15.

**Walking for the Health of It**— Every Tuesday and Thursday at 2 p.m. in the Great Room—FREE. Enjoy walking in a climate controlled room without weather worries.

**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**—Tuesdays at 6:30 p.m. Call 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.

If you are interested in starting a new game group, please see Paula so we can schedule it and do some advertising.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00 Billiards <b>1</b> Library/Computers 10:00 Dominos Line Dancing Suffield Womans Club 1:00 Bridge A Stroke of Color 4:30 Combo Cardio Yoga 6:30 Suffield Meadow Assoc Zumba Gold 7:00 Hathaway Farms	8:00 Billiards <b>2</b> 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 <b>3</b> Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 10:30 Ask the Attorney Medicare Workshop 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 6:30 Salsa	8:00 Billiards <b>4</b> Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards <b>7</b> Library/Computers 9:00 Pilates with Yoga 9:30 Mah Jongg 10:10 Cardio Fit 1:00 Cards Hearing Screening 6:00 A Stroke of Color	8:00 Billiards <b>8</b> Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge A Stroke of Color Boxwood Tree with Ruth Loiseau 4:30 Combo Cardio Yoga 6:30 Zumba Gold	8:00 Billiards <b>9</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>10</b> Library/Computers 9:30 Computer Assist. Winter Car Care 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 5:30 Brandywine II Mtg 6:00 A Stroke of Color	8:00 Billiards <b>11</b> Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit
8:00 Billiards <b>14</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 Relay for Life 6:30 Suffield Meadow	8:00 Billiards <b>15</b> Library/Computers Footcare 10:00 Line Dancing Dominos 1:00 Bridge Blood Drive 1:00 A Stroke of Color 6:30 Zumba Gold	8:00 Billiards <b>16</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 11:30 HOLIDAY PARTY 1:00 Bingo 2:00 Cards 6:30 Yoga	8:00 Billiards <b>17</b> Library/Computers 9:30 Computer Assist. 10:00 Line Dancing 12:00 Lunch 1:00 Bingo 2:00 Cards 3:00 Beginner Line Dance 6:00 A Stroke of Color	8:00 Billiards <b>18</b> Library/Computers 8:30 Wii Bowling 9:00 Pilates with Yoga 10:00 Bunco 10:10 Cardio Fit 1:00 Cards
8:00 Billiards <b>21</b> Library/Computers 9:30 Mah Jongg 1:00 Cards	8:00 Billiards <b>22</b> Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge	8:00 Billiards <b>23</b> Library/Computers 9:30 Computer Assist. 11:00 Blood pressure 12:00 Lunch 1:00 Bingo 2:00 Cards	<b>24</b> Christmas Eve Senior Center Closed	<b>25</b> Christmas Day Senior Center Closed
8:00 Billiards <b>28</b> Library/Computers 9:30 Mah Jongg 1:00 Cards 5:30 Brandywine 6:00 Parkview Glenn	8:00 Billiards <b>29</b> Library/Computers 10:00 Line Dancing Dominos 1:00 Bridge	8:00 Billiards <b>30</b> Library/Computers 9:30 Computer Assist. 12:00 Lunch 1:00 Bingo 2:00 Cards	<b>31</b> New Year's Eve Senior Center Closed	