



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

FEBRUARY 2023
VOL. 24 | IS. 2



AARP Tax-Aide Program

Volunteer AARP IRS-certified tax counselors will be available at the Senior Center, during the tax season, to provide free basic tax assistance and electronic tax preparation services. Appointments are available on Thursdays beginning February 9, 2023. Please call the Senior Center, (860) 668-8830, to schedule an appointment. A separate appointment is necessary for each person needing a tax return.

The AARP Tax-Aide 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:**

- o **Identification and Social Security card** for anyone living in the home, or that may be listed on the tax return;
- o Marketplace Health insurance information for taxpayer, spouse and all dependents;
- o **Last year's tax returns** (we need to have last year's return which may affect 2022 return and show any carryover losses);
- o W-2s, W-2Gs and 1099s showing wages, interest, dividends, pensions, IRAs, unemployment income, certain gambling winnings forms, etc.;
- o Social Security benefit statements;
- o Broker statements showing transactions – purchases, sales, costs, dates;
- o Taxes paid – estimated, property / real estate, vehicle, with dates paid;
- o **If itemizing**, medical and dental expenses and insurance premiums paid;
- o **If itemizing**, charitable donations and other credits with supporting documentation;
- o 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. Taxpayers who need a MA resident tax return should go to MA.
- All taxpayer 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 (i.e. 1040-X).
- A CT resident return will be prepared and transmitted electronically as the default for all taxpayers.
- The only CT tax refund options are direct deposit or check.
- The default is to save all taxpayer data entered. All data is encrypted, and securely electronically stored throughout the year.
- Generally, returns will only be prepared for the current tax year.

CENTER STAFF

Peter Leclerc, Director of
Community Services
Shannon Foley, Community
Services Coordinator

Kitchen

Marylou Brewster, Kitchen
Manager
Debra Lefcheck, Kitchen
Assistant

Mini Bus

Marzena Heimowski,
Transportation Scheduling

Drivers

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

145 Bridge Street
Suffield, CT 06078

860-668-8830

pleclerc@suffieldct.gov

suffieldct.gov/departments/
seniors

Mon. - Thurs. 8 a.m. - 3 p.m.
Fri. - 8 a.m. - 12 p.m.



Mini Bus trips require 5 passengers and are weather permitting. Please call (860) 668-3844 to make a reservation.

SHOPPING AT WALMART

Thursday, February 2

Pickups begin at 8:30 a.m.

SHOPPING AT HOLYOKE MALL

Tuesday, February 7

Pickups begin at 10:00 a.m.

LUNCH AT LULU'S

Friday, February 10

Pickups begin at 11:30 a.m.

VALENTINE'S DAY BREAKFAST

Tuesday, February 14

Pickups begin at 9:00 a.m.

SHOPPING AT WALMART

Thursday, February 16

Pickups begin at 8:30 a.m.

SHOPPING AT TRADER JOE'S

Tuesday, February 21

Pickups begin at 8:30 a.m.

MGM CASINO SPRINGFIELD

Friday, February 24

Pickups begin at 9:00 a.m.

LUNCH AT CENTER SQUARE GRILL

Tuesday, February 28

Pickups begin at 11:30 a.m.

NO BUS SERVICE

Monday, February 20, President's Day



Valentine's Day Breakfast

Tuesday, February 14 at 10:00 a.m. \$5 Per Person
Hot Breakfast Including Pancakes, Sausage and Eggs
Hot & Cold Beverages and Dessert.
Please register with Shannon or Marylou.



BINGO

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

\$1.00 per card goes toward prize money.

BRIDGE

Every Wednesday at 12:30 p.m. Newcomers are always welcome!

BUNCO

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

\$5.00 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. Please register at www.suffieldrec.com or call 860-668-3862 for availability.

POOL TABLE

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. Newcomers are always welcome!



BLOOD PRESSURE SCREENINGS

Wednesday, February 8 & 22 at 11:00 a.m.

Sponsored by Suffield Community Aid

FOOTCARE

Wednesday, February 22 \$30.00 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.



ACTIVE & FIT

Tuesdays & Thursdays 9:00 a.m. – 9:30 a.m.

with Personal Trainer, Joseph Hicks

March 2 - April 27

17 classes \$75.25

ACTIVE & FIT ADVANCED

Mondays & Wednesdays 10:30 a.m. – 11:00 a.m.

with Personal Trainer, Joseph Hicks

March 1 - April 26

17 classes \$75.25

ACTIVE & FIT ADVANCED FRIDAYS

Fridays 10:15 a.m. - 10:45 a.m.

with Personal Trainer, Joseph Hicks

March 3 - April 28 (No Class April 7)

8 classes \$37.00

BEAT PARKINSON'S TODAY

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

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

CHAIR STRETCH

Tuesdays 9:30 a.m. - 10:00 a.m. FREE

CHAIR STRENGTH

Thursdays 9:30 a.m. - 10:15 a.m. FREE

LINE DANCING

Thursdays 10:00 a.m. - 11:30 a.m.

\$2.00 payable to the Instructor

LOW MOBILITY FITNESS

Wednesdays & Fridays 11:00 a.m. - 11:30 a.m.

with Personal Trainer, Joseph Hicks

March 1 - April 21 (No Class April 7)

15 classes FREE - Sponsored by Suffield Community Aid

PILATES WITH YOGA

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

with Instructor, Michelle Rancourt

February 22 - April 5

19 classes \$83.75



ASK THE ATTORNEY

First Thursday of each month.

Please call for an appointment.

DEMENTIA CAREGIVER SUPPORT GROUP

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

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

MEDICARE IS COMPLICATED

First Tuesday of each month beginning at 11:00 a.m.

Trained volunteers are available to provide unbiased assistance on Medicare options. Please call for an appointment.

PARKINSON'S PEER SUPPORT GROUP

Second Tuesday of each month at 11:00 a.m.

Topics vary monthly and refreshments are served. For more information, please call Suffield Community Aid at (860) 668-1986.

SUBSIDY AVAILABLE - LUNCH

Would you like to get out more?

Would you enjoy going out to lunch twice a week? If you qualify, Suffield Community Aid will pay for your lunch at the Senior Center twice per week. Fresh, nutritionally balanced (and really delicious) meals on Wednesdays and Thursdays. Please call Suffield Community Aid to inquire at (860) 668-1986.

TRANSPORTATION ASSISTANCE BEYOND SUFFIELD MINI BUS

In conjunction with Nutmeg Senior Rides, Suffield Community Aid has funding to assist financially qualified residents, age 65 or older or individuals with a disability, to get where they want to go during times the Mini Bus does not run or locations they do not provide transportation. Nutmeg Senior Rides provides door-through-door transportation for any purpose, 365 days a year. Please call Suffield Community Aid at (860) 668-1986 to see if you qualify.

VETERANS ASSISTANCE

Wednesdays at 3:30 p.m.

Fritz King can be reached at (860) 758-0418 or by email at veterans@suffieldct.gov



• Please make lunch reservations by noon the day prior.

• Lunches are \$5 and include coffee, tea, cold beverage, and dessert.

WEDNESDAYS

01 Crab Mac & Cheese with Vegetables

08 Taco Casserole with Salsa, Chips & Sour Cream

15 Stuffed Cheese Chicken Breast with a Spinach Sauce over Pasta

22 French Onion Soup & Charcuterie Board Meat with Cheese, Crackers, Grapes, Vegetables & Dip

THURSDAYS

02 Parmesan Meatballs, Tossed Salad with Italian Bread & Butter

09 Ham and Cheese Sandwich with Homemade Potato Soup

16 Hamburg Steak with Onions & Gravy, Mashed Potatoes & Vegetable

23 Million Dollar Chicken Casserole & Vegetable

SUFFIELD SENIOR CENTER

Painting Class

Tuesday, February 28, 10:00 a.m. - 12:00 p.m.

\$25 Residents; \$30 Non Residents

Create a beautiful, 11 x 14, acrylic painting of a Winter Scene, see photo below. In this fun class you will create a painting with guided step by step directions. No art experience required! All supplies are included.

Registration required, please see flyer for more details.



SUFFIELD COMMUNITY AID

Memory Café - Join Pat Beeman, MSW for an informal group for individuals with cognitive loss and their loved ones. The group will meet in the multi-purpose room at the Senior Center on February 28 from 11:00 a.m. - 12:00 p.m. Light refreshments will be served. Please call Pat at SCA to register (860) 668-1986.



Parkinson's Support Group - SCA's Parkinson's Support Group will be held on February 14 from 11:00 a.m. - 12:00 p.m. in the multi-purpose room. A pizza lunch and light refreshments will be served. Please call SCA to register (860) 668-1986.

Free Social Services Consultations - Pat Beeman, MSW will hold office hours on Thursday, February 16 from 11:00 a.m. - 12:30 p.m. at Kent Memorial Library to answer questions and explore social services resources. Consultations are free and available to Suffield residents. Please go online to Kent Memorial Library's website to reserve your spot: suffield-library.org

CT's Energy Assistance Program - Energy season is here! Financially eligible households are encouraged to apply for CT's Energy Assistance Program at Suffield Community Aid. Please call SCA to make an appointment.

We Have Durable Medical Equipment - SCA maintains a small inventory of durable medical equipment and adult absorbent products for Suffield residents. Please give us a call for more information on how to access these items.

The Town of Suffield, Senior Center & Mini Bus Transportation, operates its programs and services without regard to race, color, or national origin in accordance with Title VI of the Civil Rights Act of 1964. Any person who believes they have been aggrieved by any unlawful discriminatory practice under Title VI may file a Title VI complaint with the Suffield Senior Center, 145 Bridge Street, Suffield CT 06078 (860)668-8830 or filed directly with the CTDOT, 2800 Berlin Turnpike, P.O. Box 317546, Newington, CT 06131-7546. If information is needed in another language, contact (860)668-8830 or hearing impaired dial 7-1-1. Jeśli informacje są potrzebne w języku polskim, skontaktuj się z 860-668-8830.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:00am Pilates/Yoga 10:00am Wii Bowling 10:30am Adv. Active & Fit 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	2 9:00am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Line Dancing 10:30am Ask the Attorney 12:00pm Lunch 1:00pm Bingo	3 9:00am Pilates/Yoga 10:00am Bunco 10:15am Adv. Active & Fit
6 9:00am Pilates/Yoga 10:30am Adv. Active & Fit 11:15am Beat PD 1:00pm Bunco	7 9:00am Active & Fit 9:30am Chair Stretch 11:00am CHOICES	8 9:00am Pilates/Yoga 10:00am Wii Bowling 10:30am Adv. Active & Fit 11:00am Blood Pressure 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	9 8:30am AARP Tax Aide 9:00am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	10 9:00am Pilates/Yoga 10:00am Bunco 10:15am Adv. Active & Fit
13 9:00am Pilates/Yoga 10:30am Adv. Active & Fit 11:15am Beat PD 1:00pm Bunco	14 9:00am Active & Fit 9:30am Chair Stretch 10:00am Valentine's Day Breakfast 11:00am Parkinson's Peer Support Group 	15 9:00am Pilates/Yoga 10:00am Wii Bowling 10:30am Adv. Active & Fit 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	16 8:30am AARP Tax Aide 9:30am Chair Strength 9:30am Pool 11:00am Red Cross Blood Drive 12:00pm Lunch 1:00pm Bingo	17 9:00am Pilates/Yoga 10:00am Bunco 10:15am Adv. Active & Fit
20 	21 9:00am Active & Fit 9:30am Chair Stretch	22 8:00am Footcare 9:00am Pilates/Yoga 10:00am Wii Bowling 10:30am Adv. Active & Fit 11:00am Blood Pressure 12:00pm Lunch 12:30pm Bridge 1:00pm Bingo, Knitting 3:30pm Veterans Assist.	23 8:30am AARP Tax Aide 9:00am Active & Fit 9:30am Chair Strength 9:30am Pool 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	24 9:00am Pilates/Yoga 10:00am Bunco 10:15am Adv. Active & Fit
27 9:00am Pilates/Yoga 10:30am Adv. Active & Fit 11:15am Beat PD 1:00pm Bunco	28 9:00am Active & Fit 9:30am Chair Stretch 10:00am Painting Class 11:00am Memory Café, Dementia Caregiver Support Group			

SUPPORT OUR ADVERTISERS!

Funerals • Cremation • PrePlanning

NICHOLSON & CARMON

Funeral Home



Owned and Operated by the Carmon Family
Jed Dery, Manager

443 East Street North, Suffield 860-668-7324
www.carmonfuneralhome.com



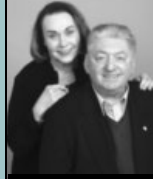
Short/Long Term Rehab • Respite
Hospice • Dementia Care

860.653.9888

meadowbrookofgranby.com
350 Salmon Brook Street
Granby, CT 06035

P.A. BLAND & ASSOCIATES

123 MOUNTAIN ROAD, SUFFIELD, CT
Family Owned Since 1990



*Call our office
for all your
Insurance Needs!*
860-668-3908

pablandinsurance.com



Charles J Beyer
Financial Advisor

68 Bridge St
Suffield Village #100
Suffield, CT 06078
860-668-5983

Edward Jones
MAKING SENSE OF INVESTING
edwardjones.com

Local help with your Medicare questions.



Helen Krieger
Licensed Sales Agent
860-463-3457, TTY 711
www.MyUHCagent.com/
helen.krieger



John F. D'Aleo, Prop.

Over 90 Years Of Service

Rock of Ages Monuments
Cemetery Lettering & Cleaning

724 Enfield Street, Enfield, CT

860-745-2464



Cheryl Demko-Morello
Proprietor, Funeral Director & Health Educator

Hartford Business Journal 2020
Professional Award Honoree

1240 Mountain Road
Suffield, CT 06093
860-668-0255

Today's Funeral Professional Can Help With:

- Fully Customized Service, Burials, & Cremations
- Questions About Pre-Planning Vs. Pre-Funding
- Veteran Benefits & Estate Planning

www.SuffieldFuneralHome.com



Retirement and Investment Planning
MEDICARE Options - Let Us Simplify Your Choices!

Call for Your Personal Appointment Today!

William McCloskey, Sr. • 860-749-0482
bill@statelineseniorservices.com



Independent, Assisted & Memory Care Living

7 Canal Rd | 860-668-6672
www.suffieldriver.com

Suffield Veterinary Hospital

We welcome dogs, cats, birds & exotics!

Dr. Ann Huntington ♦ Dr. Anita Sabellico
Dr. Dawn Burke ♦ Dr. Daniel Rothbart
Dr. Emilie Laston

577 East Street South (Route 159)
Suffield, CT 06078

860-668-4041 ♦ www.suffieldvet.com



DR. STACEY NATH-VINICK

Cosmetic & Family Dentistry

133 Mountain Road
Suffield, CT 06078

860-668-7303

www.agndental.com



**CHRISEL'S
AFFORDABLE
HOME CARE**
Serving CT & MA



Whether a senior needs help or a family member returns home from the hospital, we can provide support and assistance as needed. We are a non-medical, licensed home care agency taking pride in being dependable.

Our staff is carefully screened and we provide reliable cost-effective services that will exceed your expectations.

Elderly Care for the One You Love

11 High St., Suite 103 • Suffield • 860-668-4002
chriselsaffordablecare.com



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpcommunities.com Suffield Senior Center, Suffield, CT 06-5041