



SUFFIELD ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS
TRANSPORTATION NEWSLETTER

MAY 2022
VOL. 23 | IS. 5



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[www.suffieldct.gov/
departments/seniors](http://www.suffieldct.gov/departments/seniors)

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

DIRECTOR'S CORNER

MAY IS OLDER AMERICANS MONTH

Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it – and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is Age My Way.

Every May, the Administration for Community Living (ACL) leads the celebration of OAM. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While Age My Way will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone.



MINI BUS TRIPS

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

LUNCH AT LONGHORN STEAKHOUSE

Tuesday, May 3

Pick up begins at 11:00 a.m.

WALMART SHOPPING

Thursday, May 5

Pick up begins at 8:30 a.m.

SHOPPING AT TRADER JOE'S

Tuesday, May 10

Pick up begins at 8:30 a.m.

LUNCH AT ANTHONY'S

Tuesday, May 17

Pick up begins at 11:00 a.m.

WALMART SHOPPING

Thursday, May 19

Pick up begins at 8:30 a.m.

YANKEE CANDLE & LUNCH AT WOLFIES

Tuesday, May 24

Pick up begins at 8:30 a.m.

LUNCH AT FRANCESCO'S

Friday, May 27

Pick up begins at 12:30 p.m.

MEMORIAL DAY - NO TRANSPORTATION

Monday, May 30

MGM CASINO

Tuesday, May 31

Pick up begins at 9:00 a.m.

ON-GOING GAMES



BINGO

Every Wednesday & Thursday at 1 p.m.

\$1 per card goes toward prize money.

BUNCO

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

\$5 per person goes toward prize money.

KNITTING

Every Wednesday at 1 p.m. Bring your project or something you could use help with.

PICKLEBALL

In-door court and equipment available. Please call for court availability.

POOL TABLE

Thursdays 9:30 a.m. - 11:30 a.m. Lessons and other times are available; please call to inquire.

WII BOWLING

Check availability. A few people are anxious to get a team together!



BLOOD PRESSURE SCREENINGS

May 11th & 25th at 11 a.m.

Sponsored by Suffield Community Aid

FOOTCARE

Wednesday, May 25th. Fee is \$30 payable to the nurse. Call to schedule your appointment today!

HEARING SCREENINGS

Free hearing screenings and services provided by NOVA Hearing Services on May 4th. Please call for an appointment.



ACTIVE & FIT

Tuesdays & Thursdays 9 a.m. May 3 - June 16 with personal trainer, Joseph Hicks. 14 classes/\$52.50

ACTIVE & FIT ADVANCED

Mondays & Wednesdays 10:30 a.m. May 2 - June 15 with personal trainer, Joseph Hicks. 13 classes/\$48.75.

BEAT PARKINSON'S TODAY

Every Monday at 11:15 a.m.
Contact Beat Parkinson's Today at (860)918-9594 or email at www.beatpdtoday.com for more information or to register.

CHAIR STRETCH

Tuesdays 9:30 a.m.
FREE

CHAIR STRENGTH

Thursdays 9:30 a.m.
FREE

LINE DANCING

Thursdays 10 a.m.
\$2 payable to the instructor.

PILATES WITH YOGA

Mondays, Wednesdays & Fridays 9 a.m. May 2 - June 17 with instructor, Michelle Rancourt. 20 classes/\$75.



ASK THE ATTORNEY

First Thursday of each month. Call for an appointment.

SCA BEREAVEMENT SUPPORT GROUP

Masonicare is partnering with Suffield Community Aid to offer a 6 week in-person support group. The group meets Friday mornings 10:30-noon April 1-May 13. Please call Linda Huff at (860)500-4060 to register or SCA at (860)668-1986 for more information.

DEMENTIA CARE GIVER SUPPORT GROUP

Last Tuesday of the month at 11 a.m. Build a support system with people who understand. For more information, call Nicole Matson at (860)810-6123.

MEDICARE IS COMPLICATED

First Monday of each month beginning at 10 a.m. Trained volunteers are available to provide unbiased assistance on Medicare options. Please call for an appointment.

PARKINSON'S PEER SUPPORT GROUP

Second Monday of each month at 10:15 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. 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. 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 \$4 and include coffee, tea, cold beverage, and dessert.

WEDNESDAYS

04

Pasta e Fagioli & Roast Beef Sandwich

11

Corned Beef, Potatoes, Carrots & Cabbage

18

Kielbasa, Roasted Potatoes & Vegetable

25

Stuffed Peppers & Rye Bread

THURSDAYS

05

Salsa Chicken Foil Pack

12

Hot Tuna Grinder, Fruit & Broccoli Salad

29

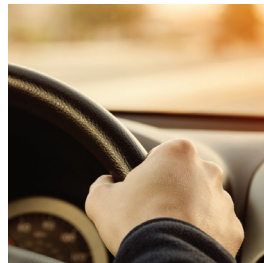
Lasagna, Tossed salad

28

Chicken Parm over Pasta, Sliced Cucumbers

AARP

SMART DRIVER COURSES THROUGH JUNE 2022



Registration is available at [AARP.Cvent.com/dsvirtual](https://www.aarp.org/cvent/dsvirtual). Please note Cvent registration closes 7 days prior to the course date. Classes are 4.25 hours. Cvent will provide the Zoom link and additional course information.

May 9 12:30 p.m.

May 23 9:30 a.m.

June 9 12:30 p.m.

June 20 9:30 a.m.

The on-line course is still available at a 25% discount.

The June newsletter will include details on in-person classes beginning in July.



Age my way!

OLDER
AMERICANS
MONTH



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.

SUFFIELD SENIOR CENTER & MINI BUS TRANSPORTATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	03 9:00am Active & Fit 9:30am Chair Stretch	04 9:00am Pilates/Yoga 10:00am CHOICES 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters 1:00pm Hearing Scr.	05 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 10:30am Ask Attorney 12:00pm Lunch 1:00pm Bingo	06 9:00am Pilates/Yoga 10am Bunco
09 9:00am Pilates/Yoga 10:00a. Parkinson Sup. 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco 1:00pm CSEA	10 9:00am Active & Fit 9:30am Chair Stretch 9:30am Card Making	11 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch 1:00pm Bingo/Knitters	12 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	13 9:00am Pilates/Yoga 10am Bunco
16 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	17 9:00am Active & Fit 9:30am Chair Stretch	18 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 12:00pm Lunch 1:00pm Bingo/Knitters	19 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	20 9:00am Pilates/Yoga 10am Bunco
23 9:00am Pilates/Yoga 10:30am Advanced Active & Fit 11:15am Beat PD 1:00pm Bunco	24 9:00am Active & Fit 9:30am Chair Stretch	25 9:00am Pilates/Yoga 10:00am WII Bowling 10:30am Adv. Active 11:00am Blood Press. 12:00pm Lunch 1:00pm Bingo/Knitters	26 9:00am Active & Fit 9:30am Chair Strength 10:00am Line Dancing 12:00pm Lunch 1:00pm Bingo	27 9:00am Pilates/Yoga 10am Bunco
30 	31 9:00am Active & Fit 9:30am Chair Stretch 11:00am Caregiver Support Group	Veterans' Assistance Every Wednesday 3:30 p.m. - 5 p.m.		