



Tolland Senior Center
674 Tolland Stage Rd.
Tolland, CT 06084

Mailing Address:
21 Tolland Green

Phone: 860-870-3730

Hours:

Monday - Wednesday
8:30 AM - 4:00 PM

Thursday
8:30 AM - 6:30 PM

Website:
[www.tollandct.gov/
senior-center](http://www.tollandct.gov/senior-center)

Dial-A-Ride Program
860-870-7940

*See back page for more
information*



Happy Holidays

The Senior Scoop

This newsletter is located at the following website location:
<https://www.tollandct.gov/senior-center/pages/newsletters>

SENIOR CENTER HOLIDAY PARTY

DATE: *Thursday, December 14, 2023*

TIME: *5:00 to 7:00 PM*

PLACE: *Tolland Senior Center*

COST: *Tickets are \$12.00 per person*



Roast Beef dinner being catered by *The Country Butcher* and 1950's, 60's and Christmas music by *Honky Tonk Moon*.

Tickets can be purchased at the Senior Center. Tickets are limited.

Questions, call 860-870-3730 or email Jackie at jdube@tollandct.gov.

COME CELEBRATE THE HOLIDAYS WITH US!

TECH CLASS

Tolland High School students are returning on **December 6, 2023** to teach us a few things about cellphone photography as well as answer any technical questions you may have.

With the holidays fast approaching the students will teach you how to take great pictures with your iPhone, focusing on taking, saving, and editing your pictures. This class promises to be fun and helpful!!

Tech Class **meets at 2:00 PM** for about an hour. Please join us if you are interested in improving your cellphone photography skills.



AARP Income Tax Program

The Tolland Senior Center will be offering on-site assistance with tax filing through the AARP Tax-Aide program again next year. This is a **FREE** program for low and middle-income taxpayers.

One-hour time slots will be available on consecutive Tuesdays starting in February and running through April.

More information will be available as we get closer to February at which time we will start making appointments.

Mark your calendars!!!



WEDNESDAY LUNCHES

Join us at the Senior Center Wednesdays at noon for a delicious lunch and great company!
The cost is **\$5.00 per lunch** payable when you come in. Take out is available at 12:15 PM.

The menu is as follows:

Wednesday, December 6, 2023: *Chicken Pot Pie, Apple Sauce and Birthday Cake*

Wednesday, December 13, 2023: *Pizza, Chips and Dessert*

Wednesday, December 20, 2023: *Tomato Rice Soup, Sandwich and Dessert*

Wednesday, December 27, 2023: *No Lunch - Merry Christmas and Happy Holidays!*

Registration is required no later than the Monday prior to lunch

Contact the Senior Center at 860-870-3730 or jdube@tollandct.gov to register.

BEYOND THE BOOK CLUB

Beyond the Book Club meets the fourth Monday of the month at 1:00 PM to discuss the book of the month. Books and Audio tapes are available at the Tolland Public Library

December 18, 2023	The Orphan's Tale by Pam Jenoff
January 22, 2024	Apples Never Fall by Laine Moriarty
February 26, 2024	The Last Thing he Told Me by Laura Dave
March 25, 2024	The Dressmaker by Kate Alcott
April 22, 2024	The Postmistress by Sarah Blake



ASK THE LAWYER

Attorney Joseph Coyne will be available to seniors for free 15-minute consultations to answer general questions on estate planning, wills, probate and real estate.

He will be at the Tolland Senior Center on Wednesday, January 3, 2024,
from 10:00 AM to 12:00 PM (**appointments are required**).

Call the Senior Center at 860-870-3730 to schedule an appointment.

Can't make it on the January 3, 2024?

Attorney Coyne will be coming to the Senior Center on the 1st Wednesday of each month.



TECHNOLOGY TRAINING - BRIDGE THE DIGITAL DIVIDE

Did you know your smart phones and iPads have an Accessibility setting that allows you to bold your text or increase the size of your display buttons?

There is so much more our phones and iPads can do to make our lives easier if we just knew how. Now's your chance to find out how!



Make an appointment with Accessibility Specialist, William Seaman on **Thursday, December 7, 2023** and spend up to an hour working with him to make technology work for you!!!

Bridge the Digital Divide in CT is a new program offered by NEAT (New England Assistive Technology) and sponsored by the Department of Aging and Disability Services State Unit on Aging & the CT Tech Act Project and it's **FREE**.

Call the office at 860-870-3730 to make an appointment. Appointments are available between 10:00 AM and 3:30 PM and are held at the Senior Center. Only six appointments are available so don't wait to sign up!!!



NOTE-ABLES HOLIDAY CONCERTS

The Note-ables will be entertaining us with their beautiful voices this season:

Saturday, December 2, 2023 at the **Hicks-Sterns Museum** from **1:30 to 2:30 PM**

Sunday December 17, 2023 at the **Arts Center** from **2:00 to 3:00 PM** (*Registration Required*)

Tuesday, December 19, 2023 at the **Windham Senior Center** from **11:00 AM to 12:00 PM**.

We hope you can make one of their shows!

A special Thank You to all of our volunteers.

Thank you to those who have participated in our programs.

Thank you to those who have stopped in to chat.

Thank you for a wonderful year!!!

We appreciate and enjoy your presence at the Senior Center.

Peace & Love,
Kim, Jackie & Becky



CONNECTICUT ENERGY ASSISTANCE PROGRAM

Trouble paying your home heating bills?

The Connecticut Energy Assistance Program helps Connecticut residents afford to heat their homes. Covers all propane, electric and other fuel deliveries. Applications are now being taken.
Contact Becky at 860-870-3726 for an appointment to see if you qualify.

HEALTH, WELLNESS & MORE



Chair Yoga: Mondays at 1:00 PM & Wednesdays at 9:00 AM
(no Chair Yoga the week of December 25, 2023)

Exercise: Tuesdays & Thursdays at 9:00 AM
(no Exercise the week of December 25, 2023)



Foot Care: Wed, Dec. 13, 2023 *and* Thur, Dec. 14, 2023, 9 AM to 3 PM - \$45.00 fee
(please call 860-870-3730 for an appointment)

Haircuts: Monday, December 18, 2023, 8:30 to 11:00 AM - \$15.00 fee **(cash only)**
(please call 860-870-3730 for an appointment)



Blood Pressure Clinic will return in January.

SENIORS WITH THYME COOKING PROGRAM



Join Pat Cipollini on **Thursday, December 21, 2023 at 10:30 AM** as you work together to make
Seven Layer Magic Cookie Bars.

Visit www.tollandct.gov/home/senior-center/pages/seniors-thyme-cooking-program for recipe.



VETERANS COFFEE HOUSE

Join us at our next Veterans Coffee House at the Tolland Senior Center on
Tuesday, December 12, 2023 from 10:00 AM to 12:00 PM

Coffee and snacks will be provided!!!

PROGRAM CHANGES

- ♦ The Walk In The Woods Club will resume in March.
- ♦ We will no longer offer Drumming Circle on Thursday evenings and Chair Yoga on Monday afternoons will discontinue at the end of this month. *A big **Thank You** to Michelle Butler and Carol Tyler for their dedication and service throughout this past year!*
- ♦ There will be **NO** Dominoes on Thursday, December 14, 2023.
- ♦ There will be **NO** Chorus on Monday, December 18, 2023.
- ♦ **We will be closed the week between Christmas and New Year's for building maintenance.**



Magic of Lights

Thursday, December 7, 2023

Time: 5:00 PM

Cost: \$5:00 per person

Join us as we take a trip to see **Magic of Lights** at Rentschler Field in East Hartford!

You can sit back, relax and enjoy the sights as transportation will be provided by Dial-A-Ride!

Stop in the office to register. Payment is due at time of registration. Seating is limited.

Please meet at the Senior Center no later than 4:45 PM.

HOLIDAY BAKE SALE

Saturday, December 9, 2023

Tolland Senior Center

674 Tolland Stage Road

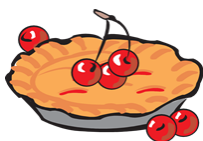
10:00 AM to 1:00 PM

*We will be raffling off
homemade American
Girl Doll clothes and
porcelain dolls.*



Join us for our Holiday Bake Sale. We will have breads, cookies, pies, brownies and many other types of baked goods for sale just in time for the holidays!!!

Please stop by between 10:00 AM and 1:00 PM and bring your friends and family too!!!



Come support the Senior Center, all proceeds help fund our programs!



Meet Bob Chudy

This month Diane Walter interviewed Bob Chudy.

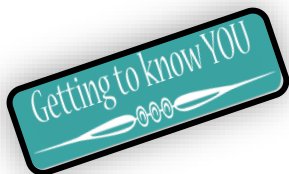
Did you know he was in the Peace Corps in Korea during the 70's??

You can Read All About Bob on our Getting to know you Board in the entryway!

Please take a moment to read Bob's story

If you are interested or would like to volunteer to sign up for a month, stop in the office and let us know. If you don't sign up Diane will be coming for you!!

Be prepared, our goal is to interview all members!!!



December 2023

Chair Yoga	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***** Please see activity times below *****	ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR				1	2 Note-ables: Hicks-Sterns Museum
3	4 Billiards Chorus Chair Yoga	5 Exercise Cardio Drumming Silver Bells Trip Mahjong Ping Pong Chair Volleyball	6 Billiards Chair Yoga Bridge Lunch Cards Bean Bag Toss Tech Class Pickleball	7 Exercise Billiards—Beg Tech Training Dominos Line Dancing Magic of Lights	8 Bake Sale Drop-Off 9 - 11 AM	9  HOLIDAY BAKE SALE
10	11 Billiards Chorus Chair Yoga	12 Exercise Cardio Drumming Veterans Coffee Mahjong Ping Pong Chair Volleyball	13 Billiards Chair Yoga Foot Care Bridge Lunch Cards Bean Bag Toss	14 Exercise Billiards—Beg Foot Care Line Dancing Christmas Party	15	16
17 Note-ables Arts Center 	18 Haircuts Billiards Book Club Chair Yoga	19 Exercise Cardio Drumming Note-ables Concert Mahjong Ping Pong Chair Volleyball	20 Billiards Chair Yoga Bridge Lunch Cards Bean Bag Toss Pickleball	21 Exercise Billiards—Beg Seniors W/ Thyme Dominos Line Dancing	22	23
24	25 Closed	26 Closed for Building Maintenance	27 Closed for Building Maintenance	28 Closed for Building Maintenance	29	30
31 						

Bake Sale	10:00 AM	Cards	1:00 PM	Line Dancing	2:00 PM
Bean Bag Toss	1:00 PM	Chair Volleyball	1:30 PM	Lunch	12:00 PM
Billiards	9:00 AM	Chair Yoga	W-9:00 AM & M-1:00 PM	Mahjong	1:00 PM
Billiards - Beginners	10:00 AM	Chorus	10:00 AM	Pickleball	1:00 PM
Book Club	1:00 PM	Dominos	1:00 PM	Ping Pong	1:00 PM
Bridge	9:00 AM	Exercise	9:00 AM	Seniors with Thyme	10:30 AM
Magic of Lights	5:00 PM	Foot Care	9:00 AM	Tech Class	2:00 PM
Cardio Drumming	10:00 AM	Haircuts	8:30 AM	Tech Training	10:00 AM
				Veterans Coffee House	10:00 AM

SENIOR CENTER PROGRAMS

Bean Bag Toss: Join us on Wednesdays from 1:00 - 3:00 PM to toss a few bean bags.

Billiards: Mondays & Wednesdays 9 AM - 12 PM; Thursdays - Beginners 10:00 AM - 12:00 PM.

Book Club: Book discussion is held on the 4th Monday of the month at 1:00 PM.

Bridge: Join us on Wednesdays from 9:00 - 11:30 AM to play Bridge.

Cardio Drumming: Join us on Tuesdays at 10:00 AM for a fun and unique program that uses movement through *drumming* to benefit both the mind and body.

Cards: Join us on Wednesdays from 1:00 - 3:00 PM to play Canasta, Cribbage, Setback, or the Game of 65.

Chair Volleyball: Join us on Tuesdays at 1:30 PM for an hour and a half of fun & exercise.

Chair Yoga: Join us on Mondays with Carol at 1:00 PM and us on Wednesdays with Becky at 9:00 AM for a time of stretching and relaxation.

Chorus: Love to sing? Then join the “Note-ables” on Mondays at 10:00 AM.

Dominoes: Join us on Thursdays from 1:00 - 3:00 PM for some fun playing Dominoes.

Exercise: Come join Janett for this popular exercise program on Tuesdays and Thursdays from 9:00 - 10:00 AM. Be sure to wear comfortable clothes and shoes and bring a water bottle.

Foot Care: Make an appointment with our Foot Care nurse on the 2nd Thursday of the month between 9:00 AM - 3:00 PM. ***Call 860-870-3730 for an appointment.*** Cost is \$45.00 and payable to ***FootCare By Nurses, LLC.***

Haircuts: Haircuts with Lynn Shea are available (**with an appointment**) about every 5th Monday between 8:30 - 11:00 AM. ***Call 860-870-3730 for an appointment.*** Cost is \$15.00 (**cash only**).

Jammers: Come sit back and enjoy the wonderful music from the Tolland Jammers Band every 3rd Monday of the month from 1:00 - 3:00 PM (*Jammers concerts will resume in January*).

Line Dancing: Join Susan for this popular dance on Thursdays at 2:00 PM for High Beginners, Improvers and Intermediate levels. Bring a change of shoes and a water bottle. ***\$5 weekly donation.***

Mahjong: Join us on Tuesdays at *1:00 PM* to play Mahjong, a game played with tiles.

Pickleball: Join us on Wednesdays from 1:00 - 3:00 PM to play Pickleball at the ***Tolland Recreation Center*** (104 Old Post Road). No Pickleball when schools have a half day - see calendar.

Ping Pong: Join us on Tuesdays at 1:00 PM to play Ping Pong.

Seniors with Thyme: Join us on the 4th Thursday of the month (**3rd Thursday this month**) at 10:30 AM for an easy to follow cooking presentation.

Tech Class: Join us on the 1st Wednesday of every other month (beginning in December) at 2:00 PM for one on one Tech help.

***All Programs are subject to change without notice at the discretion of the Director.
Check the website for any changes or call the Senior Center at 860-870-3730.***

Town of Tolland
Senior Center
21 Tolland Green
Tolland, CT 06084

Address Correction Requested



Tolland Human Services Department

Senior Center Director: Kim Kowalyshyn, 860-870-3725
Senior Outreach Caseworker: Rebecca Ellert, 860-870-3726
Senior Center Administrative Assistant: Jacqueline Dubè, 860-870-3730
Human Services Director: Beverly Bellody, 860-871-3611
Assistant Director of Human Services: , 860-871-3612
Human Services Case Manager: Jillian Fiddler, 860-871-3615
Human Services Administrative Assistant: Lisa Murdock, 860-871-3648

Please visit us on the Tolland website at www.tollandct.gov

The Town of Tolland is An Affirmative Action/Equal Opportunity Employer



***HOCKANUM VALLEY COMMUNITY COUNCIL
DIAL-A-RIDE PROGRAM***

**860-870-7940 - www.hvcchelps.org/transportation
Office hours: 8:00 AM - 4:30 PM (M-Th); 8:00 AM - 1:30 PM (F)**

We're excited to announce that Dial-a-Ride, in addition to our weekly service hours, is now available on Saturdays! Get ready for more adventures to your gotta-go-to spots! Just let us know your destination, and we'll go the extra mile to meet your needs.

What is Dial-a-Ride? We are your reliable and affordable companion for convenient transportation. Whether it's medical appointments, shopping trips, or social and recreational activities, we've got you covered! Plus, you can make reservations for your trips up to 8 weeks in advance, ensuring you always have a spot on our schedule. Now that is peace of mind!

Most importantly, we believe in making your journey smooth and affordable. That means no unexpected cancellations or fees. There's a friendly \$20 annual registration fee, and when you board the van, a simple \$2.00 donation is requested for each one-way trip. No rider will be denied.

Dial-A Ride services are available to Tolland residents who are at least 60 years of age or disabled adults (18 to 60 years of age) with transportation provided between 8:30 AM – 4:30 PM, Monday through Friday excluding holidays.

Ready to book your next trip?! Give us a call during our office hours. We're here to make your travels comfortable, enjoyable, and worry-free. ***Let's hit the road!***