



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

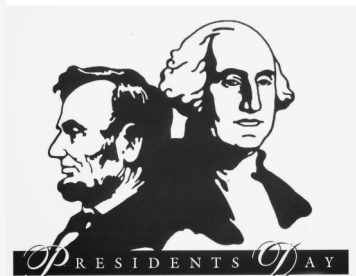
Thursday
8:30 AM - 6:30 PM

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
Valentine's
Day*



The Senior Scoop

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



AARP SAFE DRIVER CLASS

The Tolland Senior Center in conjunction with the Willington Senior Center is offering an **AARP Safe Driver Class**

Thursday, March 28, 2024, from 9:00 AM to 1:00 PM at the Willington Senior Center (20 Senior Way)

The cost is \$20 for AARP members and \$25 for non-members.
(Cash or check made payable to AARP will be due at class)

This is a 4 hour refresher course designed for drivers age 50 and over. In Connecticut, drivers who complete the course are eligible for a discount on their auto insurance premium.

Please register with Willington Senior Center at 860-429-8321.
Limited to 20 participants.

AARP INCOME TAX PROGRAM



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

One-hour time slots will be available on consecutive Tuesdays starting February 6, 2024 and running through April 9, 2024.

Appointments can be made by calling 860-870-3730.



PAINT POURING WORKSHOP

Come join Michelle of Mesmerizing Artworks as she teaches you about this resurrected art form from the 1930's that was an accidental discovery.

The paint pouring art technique involves combining colors together into one cup, with various methods for applying paint to the canvas.

You will be walked through the process to create a one of a kind art piece.

Supplies included will consist of the paint, 8x10 canvas, small cups, popsicle sticks and an easel to display artwork once it is dry.

Come join the fun at the Senior Center from 5 to 7 PM on Thursday, February 22, 2024!! Cost is \$20. Registration is required by calling 860-870-3730 or emailing jdube@tollandct.gov. **Space is limited.**

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, February 7, 2024: *Shepherd's Pie, fruit and Birthday Cake*

Wednesday, February 14, 2024: *Biscuits & Gravy, Green Beans and Dessert*

Wednesday, February 21, 2024: *Chicken Pot Pie, Apple Sauce and Dessert*

Wednesday, February 28, 2024: *Pasta w/ Meat Sauce, Salad, Bread and Dessert*



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

A WALK IN THEIR SHOES - DEMENTIA SIMULATION

Please join us at the Senior Center on Monday, February 12, 2024 at 1:00 PM as Sondra Burke, Reflections Director from The Residence at South Windsor Farms, takes you through a simulation experience to better understand and empathize with what living with Alzheimer's or other forms of dementia can be like. She will guide you through the challenges of compromised vision, hearing and dexterity, which all affect cognition.



Registration is required by calling 860-870-3730 or emailing jdube@tollandct.gov.

ASK THE ...

LAWYER: Wednesday, February 7, 2024, 10 AM - 12 PM

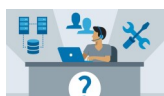
Attorney Joseph Coyne - General questions on estate planning, wills, probate and real estate.



MEDICARE EXPERT: Tuesday, February 13, 2024, 10 AM - 12 PM

Mitch Wolff, Medicare Insurance Agent - General questions on Medicare and Medicare supplements.

Call the Senior Center at 860-870-3730 or email jdube@tollandct.gov to schedule your free 15 minute private consultation.



TECH CLASS

Struggling with your smart phone? Tablet giving you problems? Have a few technology questions?

All good reasons for you to come to Tech Class.

The next tech class will be on **Wednesday, February 7, 2024** from 2:00 to 3:00 PM with one on one help from volunteer Tolland High School students.

Don't let your smart phone be smarter than you!

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



Foot Care: Thurs, Feb. 8, 2024 *and* Wed, Feb. 14, 2024, 9 AM to 3 PM - \$45.00 fee
(please call 860-870-3730 for an appointment)



Blood Pressure Clinic: Monday, February 26, 2024, 10:00 to 11:30 AM

SENIORS WITH THYME COOKING PROGRAM



Join Pat Cipollini on **Thursday, February 22, 2024 at 10:30 AM** as you work together to make *Chicken Piccata Stir Fry*.

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, February 13, 2024 from 10:00 AM to 12:00 PM

Coffee and snacks will be provided!!!

RETIRING, TURNING 65?

Wondering how Medicare retirement works? Remember that there are 4 parts to Medicare: Part A (Hospital), Part B (Medical), Part C (Medicare Advantage Plan, sold by a private company), Part D (Prescription Drug).

Your initial enrollment period for Medicare (all parts) begins three months before the month you turn 65 and lasts until the end of the third month after your birthday month – a total of seven months. If you don't sign up during the initial window, you can sign up between March 1 and May 31 each year for coverage that begins December 1. Failure to sign up during the initial enrollment period, however, **could result in permanently higher premiums** – unless you qualify for a special enrollment period.

For more information contact Becky Ellert at 860-870-3726.



PROGRAM CHANGES

Chair Volleyball will move from Tuesdays to Thursdays between 11:00 AM and 12:30 PM and Mahjong will remain on Tuesdays at 1:00 PM but will be held downstairs at the Senior Center during tax season.

Thank
you ❤️

A GREAT BIG THANK YOU

Thank
you ❤️

to our Public Works crew *Tom, Bert, Kyle* and *Frank* and to our volunteers *Brenda Wilde, Diana & Jim Norris, Linda Suess, Fran Weigand*, and our special friend *Olivia* as well as to my wonderful coworkers *Becky* and *Jackie* for all their hard work painting the Senior Center.

You did a great job, the place looks fantastic!!!

Town of Tolland 2023 Grand List Tax Relief Programs:

1. **State Elderly or Disabled Homeowner's Program** (sometimes referred to as the Circuit Breaker) which requires homeowners to be 65 years of age as of December 31, 2023, or be 50 years of age or over and the surviving spouse or civil partner of a homeowner who, at the time of death, had qualified for and was entitled to tax relief, or is receiving disability benefits from Social Security. Such spouse or civil union partner must have been domiciled with the homeowner at the time of death. In addition, the applicant must be on the deed for the home, and be a year-round resident. **Your 2023 income, including the nontaxable portion of Social Security, cannot exceed \$53,400 if married or \$43,800 if unmarried.**
2. **Local Tax Relief Program for Permanently Disabled and Senior Residents (Ordinance 60)** Eligibility requirements are that homeowners must have resided and paid property taxes since July 1, 2023 or earlier, at least one of the homeowners must be 65 years of age by December 31, 2023 or receiving Social Security disability benefits or be the surviving spouse or civil union partner or homeowner who, at the time of death, qualified for this program. **Total household income for the 2023 tax year cannot exceed \$75,600 and total household assets (excluding the home) cannot exceed \$756,000.**
3. **Local Tax Deferral for Senior Citizens (Ordinance 25)** This program allows a qualifying homeowner to defer a portion of property taxes while they own their property. The unpaid portion of taxes accumulate as a lien against the property and all back taxes, including interest, are payable in full when the property is sold or transferred. **The maximum 2023 income for this program cannot exceed \$75,600.** Additionally, the applicant must be over 65 years of age or receiving Social Security disability benefits.

The next available application period for all three programs is February 1, 2024 through May 15, 2024. All applications must be accompanied with a signed copy of your 2023 Federal Tax Return, the Social Security Administration 1099 for 2023 or all documents showing income. This includes income derived from interest, dividends, pensions etc.

For more information, please call the Tolland Assessor's Office at (860) 871-3650.

2024 Senior Center Trips



May 22, 2024: New York Botanical Garden

We're bound for the NY Botanical Gardens and a special exhibit inspired by Alice's Adventures in Wonderland. See mind bending horticultural display and mesmerizing art installations of outsize scale in and around the Haupt Conservatory, Mertz Building and the historic 250 acres landscape.

All Garden Pass admission includes access to the Garden's grounds, the hop on, hop off Tram Tour to explore all the gardens, entry into the Conservatory, entry to the Mertz Library, and more. Grab a bite to eat at one of the eateries and stop in at the beautiful Garden Shop.

Cost is \$123.00; Depart 7:30 AM; Estimated Return 7:30 PM

October 10, 2024: The Ultimate Cher Experience

*Get ready to go on a musical journey of Cher's spectacular career. **Lisa Carter** promises to bring in the elaborate costumes and wigs, banter and comedy to this magical show. Alongside Lisa, special guest Freddie Marion will be showcasing country crooner Kenny Rogers' great hits. Don't miss this tribute show bringing in the Glitz, The Glam, the Music and the Mackie...all wrapped up in one rhinestoned and feathered extravaganza!!!*

*Menu: **Cheese, Cracker, & Pepperoni** upon arrival. Family Style Meal: **Garden Salad, Pasta with Homemade House Sauce, Chicken Parmesan & Sliced Roast Beef with Gravy, Roasted Potato, Vegetable, Dessert, Soda & Coffee.** Carafes of Red & White Wine on every table.*

Cost is \$128.00; Depart 10:15 AM; Estimated Return 4:15 PM

For more information or to register please call the Senior Center at 860-870-3730.

Please Note - All trip money is due at time of registration.

All trips are subject to change.



HAIRCUTS

By Lynn Shea

**\$15
Cash**

*Monday
March 4th
8:30 AM - 11:00 AM*

CALL FOR AN APPOINTMENT

860-870-3730

No Walk-ins

If you are **interested** in playing **Wii Bowling** or playing **Chess** or learning how to **Tap Dance** or play the **Ukulele**, please let us know by calling 860-870-3730 or emailing jdube@tollandct.gov.

BEYOND THE BOOK CLUB



**Book Club Discussion
February 26 at 1:00 PM**


**March Book:
The Dressmaker - Kate Alcott**

Hannah is left to navigate the aftermath when her husband Owen disappears during an embezzlement investigation and leaves a duffle bag with \$600,000 in cash.

Read the book and come prepared to discuss.

**Books and audio tapes are available at the
Tolland Public Library.**

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***** Please see activity times below				<i>1</i> Exercise Billiards—Beg Chair Volleyball Dominoes Line Dancing	<i>2</i>	<i>3</i>
<i>4</i>	<i>5</i> Billiards Chorus	<i>6</i> Exercise Cardio Drumming AARP Taxes Mahjong Ping Pong	<i>7</i> Billiards Bridge Chair Yoga Ask The Lawyer Lunch Cards Bean Bag Toss Tech Class	<i>8</i> Exercise Billiards—Beg Foot Care Chair Volleyball Dominoes Line Dancing	<i>9</i>	<i>10</i>
<i>11</i>	<i>12</i> Billiards Chorus Jammers Walk in Their Shoes	<i>13</i> Exercise Ask Medicare Cardio Drumming Veterans Coffee AARP Taxes Mahjong Ping Pong	<i>14</i> Billiards Bridge Chair Yoga Foot Care Lunch Cards Bean Bag Toss Pickleball	<i>15</i> Exercise Billiards—Beg Chair Volleyball Dominoes Line Dancing	<i>16</i>	<i>17</i>
<i>18</i>	<i>19</i> Closed 	<i>20</i> Exercise Cardio Drumming AARP Taxes Mahjong Ping Pong	<i>21</i> Billiards Bridge Chair Yoga Lunch Cards Bean Bag Toss Pickleball	<i>22</i> Exercise Billiards—Beg Seniors w/ Thyme Chair Volleyball Dominoes Line Dancing Paint Pouring	<i>23</i>	<i>24</i>
<i>25</i>	<i>26</i> Billiards Blood Pressure Chorus Book Club	<i>27</i> Exercise Cardio Drumming AARP Taxes Mahjong Ping Pong	<i>28</i> Billiards Bridge Chair Yoga Lunch Cards Bean Bag Toss Pickleball	<i>29</i> Exercise Billiards—Beg Chair Volleyball Dominoes Line Dancing	ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR	

AARP Taxes
Ask The Lawyer
Ask The Medicare Expert
Bean Bag Toss
Billiards
Billiards - Beginners
Blood Pressure
Book Club
Bridge

12:00 PM
10:00 AM
10:00AM
1:00 PM
9:00 AM
10:00 AM
10:00 AM
1:00 PM
9:00 AM

Cardio Drumming
Cards
Chair Volleyball
Chair Yoga
Chorus
Dominoes
Exercise
Foot Care
Jammers

10:00 AM
1:00 PM
1:30 PM
9:00 AM
10:00 AM
1:00 PM
9:00 AM
9:00 AM
1:00 PM

Line Dancing
Lunch
Mahjong
Paint Pouring
Pickleball
Ping Pong
Seniors with Thyme
Tech Class
Veterans Coffee House

2:00 PM
12:00 PM
1:00 PM
5:00 PM
1:00 PM
1:00 PM
10:30 AM
2:00 PM
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.

Blood Pressure & Blood Sugar Clinic: Stop in on the 4th Monday of the month between 10:00 and 11:30 AM to have your blood pressure and blood sugar checked at no charge.

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 Thursdays at 11:00 AM for an hour and a half of fun & exercise.

Chair Yoga: Join 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.*** (Also on the 2nd Wednesday this month).

Haircuts: Haircuts with Lynn Shea are available (**with an appointment**) about every 5 weeks on 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 (**Second Monday this month.**)

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 at 10:30 AM for an easy to follow cooking presentation.

Tech Class: Join us on the 1st Wednesday of every other month 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 Dubé, 860-870-3730
Human Services Director: Beverly Bellody, 860-871-3611
Assistant Director of Human Services: Teresa Kristoff, 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!***