



**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*

# *The Senior Scoop*

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

## **HOLIDAY BAKE SALE THANK YOU**

A great big THANK YOU to Rosemarie Capuano and Roberta Howd (co-chairs) and all of our bakers, workers and buyers for making our 3rd Annual Bake Sale a huge success. We raised a little over \$1,400.00.

Thank you, Thank you, Thank you!!!!



### **Congratulations to all of our Raffle Winners!**

MaryAnn Thomas: Little Bow Peep Doll, Party & Pink Dresses

Pat Cipollini: Antique Doll and Blue Dress

Diane Walter: Polka Dot Dress



## **Meet Hannah Howe**



This month Diane Walter interviewed *Hannah Howe*.

You can Read All About Hanna on our *Getting To Know You* board in the entryway!

Please take a moment to read Hanna'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!!!

## **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, January 3, 2024:** *Brown Bag Lunch and Cupcakes*

**Wednesday, January 10, 2024:** *Cheeseburger Casserole, Green Beans and Dessert*

**Wednesday, January 17, 2024:** *Pasta w/ Sauce, Sausage, Garlic Knots and Dessert*

**Wednesday, January 24, 2024:** *Shepherd's Pie, Salad and Dessert*

**Wednesday, January 30, 2024:** *Chili Dog, French Fries, Pickle 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](mailto: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

January 22, 2024

**Apples Never Fall** by *Laine Moriarty*

February 26, 2024

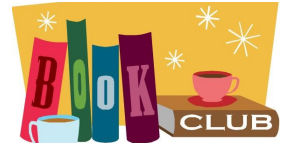
**The Last Thing he Told Me** by *Laura Dave*

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 or [jdube@tollandct.gov](mailto:jdube@tollandct.gov) 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.

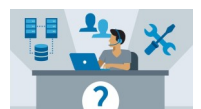
## TECH CLASS

*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:** Thursday, January 11, 2024, 9 AM to 3 PM - \$45.00 fee  
*(please call 860-870-3730 for an appointment)*

**Haircuts:** Monday, January 29, 2024, 8:30 to 11:00 AM - \$15.00 fee **(cash only)**  
*(please call 860-870-3730 for an appointment)*



**Blood Pressure Clinic:** Monday, January 22, 2024, 10:00 to 11:30 AM

### SENIORS WITH THYME COOKING PROGRAM



Join Pat Cipollini and Diane Walter on **Thursday, January 25, 2024 at 10:30 AM** as you work together to make *Chinese Egg Rolls*.

Visit [www.tollandct.gov/home/senior-center/pages/seniors-thyme-cooking-program](http://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, January 9, 2024 from 10:00 AM to 12:00 PM

*Coffee and snacks will be provided!!!*

### Lunch and Learn: STROKE DETECTION & PREVENTION

Join us on Monday, January 29, 2024 at 12:00 PM for lunch while Janice LaPointe & Rebecca Gilbert-Johnson teach you about ***signs and symptoms of a stroke and stroke prevention***.

*Please call [860-870-3730](tel:860-870-3730) or email [jdube@tollandct.gov](mailto:jdube@tollandct.gov) to register by January 24, 2024.*

### TEA & TOAST WITH TAMMY



Join us for our second quarterly gathering with State Representative Tammy Nuccio on Tuesday, January 23, 2024 at 10:30 AM as she updates you on state happenings that affect seniors.

Tea, coffee and toast will be provided during the gathering.



*Please call [860-870-3730](tel:860-870-3730) or email [jdube@tollandct.gov](mailto:jdube@tollandct.gov) to register by January 19, 2024.*

# JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***** Please see activity times below *****	<b>1</b> <b>Closed</b> 	<b>2</b> Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	<b>3</b> Billiards Chair Yoga Ask The Lawyer Bridge Lunch Cards Bean Bag Toss Pickleball	<b>4</b> Exercise Billiards—Beg Dominoes Line Dancing	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> Billiards Chorus	<b>9</b> Exercise Cardio Drumming Veterans Coffee Mahjong Ping Pong Chair Volleyball	<b>10</b> Billiards Chair Yoga Bridge Lunch Cards Bean Bag Toss Pickleball	<b>11</b> Exercise Billiards—Beg Foot Care Dominoes Line Dancing	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> <b>Closed</b> 	<b>16</b> Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	<b>17</b> Billiards Chair Yoga Bridge Lunch Cards Bean Bag Toss Pickleball	<b>18</b> Exercise Billiards—Beg Dominoes Line Dancing	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> Billiards Blood Pressure Chorus Book Club Jammers	<b>23</b> Exercise Cardio Drumming Tea & Toast Mahjong Ping Pong Chair Volleyball	<b>24</b> Billiards Chair Yoga Bridge Lunch Cards Bean Bag Toss Pickleball	<b>25</b> Exercise Billiards—Beg Seniors w/ Thyme Dominoes Line Dancing	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> Haircuts Billiards Chorus Lunch & Learn	<b>30</b> Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	<b>31</b> Billiards Chair Yoga Bridge Lunch Cards Bean Bag Toss Pickleball	<b>ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR</b>		

Ask The Lawyer  
Bean Bag Toss  
Billiards  
Billiards - Beginners  
Blood Pressure  
Book Club  
Bridge  
Cardio Drumming  
Cards

10:00 AM  
1:00 PM  
9:00 AM  
10:00 AM  
10:00 AM  
1:00 PM  
9:00 AM  
10:00 AM  
1:00 PM  
Chair Volleyball  
Chair Yoga  
Chorus  
Dominoes  
Exercise  
Foot Care  
Haircuts  
Line Dancing

1:30 PM  
9:00 AM  
10:00 AM  
1:00 PM  
9:00 AM  
9:00 AM  
8:30 AM  
2:00 PM  
Lunch  
Lunch & Learn  
Mahjong  
Pickleball  
Ping Pong  
Seniors with Thyme  
Tea & Toast w/ Tammy  
Veterans Coffee House

12:00 PM  
12:00 PM  
1:00 PM  
1:00 PM  
1:00 PM  
10:30 AM  
10:30 AM  
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 Tuesdays at 1:30 PM 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.***

**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 (**Fourth 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. (**Next class February 7, 2024.**)

***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](http://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](http://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!***