



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*



will be operating on the
Town Green
Every Sunday
10 am—12 pm
thru November 2023

The Senior Scoop

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



HAIRCUTS COMING SOON TO THE SENIOR CENTER

Hair Dresser, Lynn Shea will be coming to the Senior Center about every 5 weeks offering haircuts to seniors beginning Monday, September 11, 2023 for \$15.00.

Appointments are 15 minutes long beginning at 8:45 AM (appointments will be made in time order) with the last available appointment at 11:00 AM.

To make an appointment call 860-870-3730.

At this time we believe haircuts will be offered on Mondays but the day of the week is subject to change.

FOOT CARE IS BACK



We have found a new company to help our seniors with their foot care, FootCare By Nurses!! You will need to know the following information:

- ♦ Foot care is every 2nd Thursday of the month beginning August 10, 2023
- ♦ Appointments are available from 9:00 AM to 3:00 PM
- ♦ Cost is \$45.00 and should be payable to **FootCare By Nurses, LLC**
- ♦ Appointments will last about half hour
- ♦ Cancellation of services must occur 48 hours prior to your appointment

To make an appointment call 860-870-3730.

We are very excited to be working with FootCare By Nurses!!!



COOKIES & CONVERSATION



Is there a program you would like to see at the Senior Center or maybe you think we should expand the building!

Join us on Monday, July 31, 2023 at 2:30 PM for our first quarterly Cookies & Conversation - a time to come together and discuss the future of our Senior Center and have a couple of cookies while you're here.

Be sure to bring your ideas!!!



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, July 5, 2023: *No lunch this week - HAPPY INDEPENDENCE DAY*

Wednesday, July 12, 2023: *Ham, Mashed Potatoes, Cranberry Sauce, Green Beans & Dessert*

Wednesday, July 19, 2023: *Pasta w/ Veggie Marinara Sauce, Bread and Dessert*

Wednesday, July 26, 2023: *Summer Surprise!*

Registration is required no later than the Monday prior to lunch

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.

July 24, 2023 **The Dilemma** by *B. A. Paris*

August 28, 2023 **The Walnut Tree** by *Charles Todd*



SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini and guest Jean Kurth-Zubretsky on Thursday, **July 27, 2023** at **10:30 AM** as you work together to make *Bacca Facil Italiano*.

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

A WALK IN THE WOODS CLUB

Join us at the Senior Center on Wednesday mornings at 10:00 to take a walk in the woods.

Trails are mostly flat and between 1 & 2 miles. Meet at the Senior Center to sign in and car pool.

Important items to carry with you are water, snacks, cell phone, ID, and walking sticks. Wear good support hiking shoes and hike in groups of 4 or more.

“A Walk In The Woods Club” Schedule

<u>Date</u>	<u>Hiking Trail</u>	<u>Location</u>
July 5, 2023	Knofla - Loop Trail	Bakos Road
July 12, 2023	Shafron	Eaton Road
July 19, 2023	Becker	South River Road
July 26, 2023	Luce	Susan Drive

SENIOR FARMERS MARKET PROGRAM

Senior Farmers Market vouchers will be available for those who qualify:

Must be **60 years or older**; Household of **1 - annual income of less than \$26,973** or \$2,248 monthly;

Household of **2 - annual income of less than \$36,482** or \$3,041 monthly or less.

Call Becky (860-870-3726) or Jeanne (860-871-3615). First come, first served.

2023 Senior Center Trips



September 7, 2023: Theatre By The Sea - Jersey Boys

Enjoy the Jersey Boys musical at the Theatre by the Sea, an historic theatre and playhouse on the Rhode Island Shore. Also enjoy a sit-down lunch prior to the show at George's of Galilee - overlooking the Block Island Sound in the picturesque fishing port of Galilee with entrée choices of Broiled Scrod or Chicken Breast with Chorizo, Sweet Peppers & Asparagus or Roasted Beet Salad, Seasonal Vegetable, Potato, Dessert.

Cost is \$162.00 per person.



October 5, 2023: Nellie's Oktoberfest **TRIP FULL - CURRENTLY A WAITLIST**

Enjoy an Oktoberfest celebration with food, fun, and music at Nellie's Restaurant in the Catskill Mountains of New York. There will be live German music, a farm stand stop en route home, you will make your own Oktoberfest craft, and you will enjoy an Oktoberfest Luncheon including a complimentary glass of Oktoberfest Beer, German Potato Salad, choice of Wiener Schnitzel, Chicken Schnitzel or Baked Scrod Schnitzel and Homemade Apple Strudel.

Cost is \$132.00 per person.



December 5, 2023: Silver Bells & Diamonds

Enjoy a Silver Bells & Diamonds Holiday Show at the Aqua Turf Club in Plantsville, CT and a delicious family style lunch including Garden Salad, Pasta, Chicken Parmigiana, Scrod with Cracker Crumb Stuffing, Vegetable, Potato, Rolls, Dessert and Beverage. The Silver Bells & Diamonds signature harmony comes alive with a combination of memorable holiday tunes and the greatest hits the Diamonds are so well known for.

Cost is \$116.00 per person.

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

All trips are subject to change.



RED CROSS BLOOD DRIVE

The Tolland Senior Center will be hosting a Red Cross Blood Drive
on Tuesday, August 22, 2023 from 10:00 AM to 3:00 PM
in the All Purpose Room (lower level)


For an appointment call 1-800 RED CROSS (733-2767) or visit www.redcrossblood.org

LINE DANCING CHANGES



Beginning in July, line dancing will no longer offer Improver at 2:00 PM and Beginners at 3:15 PM. Instead it will be one class for all levels of line dancers from 2:00 to 3:30 PM.

JULY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR			***** Please see activity times below *****		1
2 FARMERS MARKET 10 AM - 12 PM Tolland Green	3 Billiards Chorus Chair Yoga	4 CLOSED 	5 Billiards Chair Yoga Bridge Walking Club Cards Bean Bag Toss	6 Exercise Billiards—Beg Dominos Line Dancing Drumming	7	8
9 FARMERS MARKET 10 AM - 12 PM Tolland Green	10 Billiards Chorus Chair Yoga	11 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	12 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	13 Exercise Billiards—Beg Dominos Line Dancing	14	15
16 FARMERS MARKET 10 AM - 12 PM Tolland Green	17 Billiards Chorus Chair Yoga Jammers	18 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	19 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	20 Harbor Cruise Trip Exercise Billiards—Beg Dominos Line Dancing Drumming	21	22
23 FARMERS MARKET 10 AM - 12 PM Tolland Green	24 Billiards Chorus Book Club Chair Yoga	25 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	26 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	27 Exercise Billiards—Beg Seniors W/ Thyme Dominos Line Dancing	28	29
30 FARMERS MARKET 10 AM - 12 PM Tolland Green	31 Billiards Chorus Chair Yoga Cookies & Convo					

Bean Bag Toss
Billiards
Billiards - Beginners
Book Club
Bridge
Cardio Drumming
Cards
Chair Volleyball

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

Chair Yoga
Chorus
Cookies & Conversation
Dominoes
Drumming Circle
Exercise
Harbor Cruise Trip

W-9:00 AM & M-1:00 PM
10:00 AM
2:30 PM
1:00 PM
5:30 PM
9:00 AM
8:15 AM

Jammers
Line Dancing
Lunch
Mahjong
Ping Pong
Seniors with Thyme
Walking Club

1:00 PM
2:00 PM
12:00 PM
1:00 PM
1:00 PM
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 - 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 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.

Drumming Circle: Join us on the 1st & 3rd Thursdays from 5:30 - 7:00 PM (\$10.00 per person).

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.

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

Line Dancing: Come join Susan for this popular dance on Thursdays at 2:00 pm for all levels. Be sure to bring a change of shoes and a water bottle.

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

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.

Walking Club: Join us on Wednesday mornings at 10:00 to take a walk in the woods. Meet at the Senior Center, sign in and then car pool or drive to the weekly destination.

All Programs are subject to change without notice at the discretion of the Director.

Check website for any changes.

Call the Senior Center at 860-870-3730 for questions.

VOLUNTEER



A FEW GOOD VOLUNTEERS NEEDED

We are in need of a few good volunteers to help with our lunch program. Whether you like to cook, serve people, wash dishes, help prepare lunches or go grocery shopping, we could use your help. If interested please call us at 860-870-3730 or stop in and talk with us.

*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: Caitlin Mather, 860-871-3612
Human Services Case Manager: Jeanne Pitney, 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***

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). Transportation is provided between 8:30 a.m. - 4:00 p.m., Monday through Friday excluding holidays. This program will provide transportation to locations in Vernon, Ellington and Tolland for medical appointments, shopping, social and recreational activities.

Rides are also provided to Manchester, Glastonbury, Hartford, West Hartford, Farmington and South Windsor for medical appointments Monday through Friday as well as to the mall or any other shopping retail stores in Manchester.

Reservations are made on a first come, first serve basis (call early to ensure you get on the schedule). Reservations can be made up to 8 weeks in advance of the appointment.

There is a \$20 annual fee when you register. A \$2.00 donation will be applied when boarding the van on each trip. Round trip costs \$4.00. You must have the exact amount as the drivers will not have change. No rider will be denied. To make reservations, call 860-870-7940; Monday - Thursday between 7:30 a.m. - 4:30 p.m. Friday 7:30 a.m.—1:30 p.m.

<https://www.hvcchelps.org/transportation>