



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
Beginning May 7, 2023

The Senior Scoop

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

IDENTITY THEFT/FRAUD WORKSHOP

Join us at the Senior Center on **Monday, June 12, 2023 at 1:00 PM** as Paula Wilson from M & T Bank teaches you how to identify the signs of identity theft and identity fraud as well as how to protect yourself from it.

This is a workshop you won't want to miss!!!

A WORD FROM THE SENIOR CENTER STAFF

Hi everyone, we hope you have been enjoying this beautiful weather.

We would like to thank our Town Manager, Brian Foley for coming in to talk with us and for addressing our concerns regarding the Senior Center.

We ask that you remember the Senior Center is a fragrance free building.

Fragrance includes perfume, cologne, cigar smoke, cigarette smoke, marijuana smoke and hand creams. When the scent on your clothes is strong, it causes some folks to have asthma attacks. Jackie in the office has had several asthma attacks because of the scents and the smoke smells.

Please be considerate of others.

While we are on the subject of smoke, the No Smoking Policy for the Town of Tolland is as follows:

§ A174-62. No Smoking Policy. The Town prohibits the burning of a lighted cigar, cigarette, pipe or any other similar device containing tobacco, marijuana or hemp and the use of any electronic nicotine delivery systems (e-cigarettes), marijuana delivery systems and vapor products in any area of any business facility under the Town's control and within 25 feet of a doorway, operable window or air intake vent at the workplace.

We also ask that folks refrain from donating books to our library here at the Center, we have NO more room left. You can donate them to the Public Library for their book sale.

Lastly, we are looking for a few good volunteers to help with lunches and shopping for lunches. Please give us a call at 860-870-3730 or stop in if you are interested or if you want to learn more.

Happy Spring!!!

Kim, Becky & Jackie



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, June 7, 2023: *Chicken Pot Pie, Cucumber & Tomato Salad and Birthday Cake*

Wednesday, June 14, 2023: *Chili Dogs, Potato Salad and Dessert*

Wednesday, June 21, 2023: *Ham & Cheese Sliders, Chicken & Rice Soup, Chips and Dessert*

Wednesday, June 28, 2023: *Chicken, Pasta Salad and Dessert*

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.

June 26, 2023 **Wish You Were Here** by Jodi Picoult

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 on Thursday, **June 22, 2023 at 10:30 AM** as you work together to make *A Mystery Recipe!!!*

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.

Each trail is between 1 and 2 miles & mostly flat. 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. Be sure to 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>
June 7, 2023	Crystal Peat	Cook Road
June 14, 2023	Shenipsit Lake Trail	Route 74 across from Eversource
June 21, 2023	Crandall's Paved Trail	Crandall's Park
June 28, 2023	King Property	55 Dimmock Road off Route 195



2023 Senior Center Trips



July 20, 2023: Portsmouth Harbor Cruise

Enjoy a 2 1/2 hour cruise of the Historic Isles of Shoals and Scenic Lighthouses along the New Hampshire and Maine Seacoast. Start the trip with lunch at Warren's Lobster House in Kittery, Maine with entrée choices of Ritzy Filet of Haddock, Top Sirloin Steak or Chicken Parmesan.

Cost is \$140.00 per person.

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

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.



CARDIO DRUMMING

Cardio drumming is drumming that incorporates sufficient movement to be a whole body workout while remaining fun enough for anyone to do with no training and only the most basic equipment.

Stop in on Tuesdays at 10:00 AM and give it a try, it's great exercise and lot of fun.

JUNE 2023

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

Bean Bag Toss
 Billiards
 Billiards - Beginners
 Blood Pressure Clinic
 Book Club
 Bridge
 Cardio Drumming
 Cards

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

Chair Volleyball
 Chair Yoga
 Chorus
 Dominoes
 Drumming Circle
 Exercise
 Identity Theft
 Jammers

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

Line Dancing
 Lunch
 Mahjong
 Pickleball
 Ping Pong
 Seniors with Thyme
 Tech Class
 Walking Club

2 & 3:15 PM
 12:00 PM
 1:00 PM
 1:00 PM
 1:00 PM
 10:30 AM
 2:15 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 - 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 9:30 - 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 Improver and 3:15 PM for Beginners. 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.

Pickleball: Join us on Wednesdays (thru June 14th) from 1:00 - 3:00 PM to play Pickleball at the *Tolland Recreation Center* (104 Old Post Road)

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 the month at 2:15 PM for one on one Tech help.

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.

*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: , 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 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. 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>