



**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>



## **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 are available on consecutive Tuesdays  
through April 9, 2024.

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



## **TAP DANCING**

Join us at the Senior Center every **Tuesday** for "**Tappy Hour**"!

Beginning **March 5, 2024 at 11:00 AM** we will be offering a tap dancing  
class to get former and new tappers up on their feet and dancing. Everyone  
is welcome, no matter their ability.

Tap dance improves our brains, bones and balance. We'll start with easy  
patterns of steps and build upon them. **We don't do any jumps or leaps, so  
joints are protected.** And adding some wonderful tunes will get everyone  
moving. You won't need tap shoes to start, any hard sole shoe will do!

*A \$5.00 donation is recommended.*

## 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, March 6, 2024:** *Meatloaf, Mashed Potatoes, Green Beans and Birthday Cake*

**Wednesday, March 13, 2024:** *Balsamic Glazed Chicken, Buttered Noodles, Corn and Dessert*

**Wednesday, March 20, 2024:** *Pork Roast, Au Gratin Potatoes, Salad and Dessert*

**Wednesday, March 27, 2024:** *Pizza, Chips, 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



## 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, 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>	<u>Distance</u>
March 6, 2024	Crystal Peat	Cook Road	1.0 Miles
March 13, 2024	Knofla – Loop & Pond	Bakos Road	2.0 Miles
March 20, 2024	Crandall’s Blue Trail	Cider Mill Road	2.5 Miles
March 27, 2024	Luce	Susan Drive	1.5 Miles

## ASK THE ...

**LAWYER:** Wednesday, March 6, 2024, 10 AM - 12 PM

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

**MEDICARE EXPERT:** Tuesday, March 12, 2024, 10 AM - 12 PM

Ken Huffine, Medicare Insurance Agent - General questions on Medicare and Medicare supplements.



**Call the Senior Center at 860-870-3730 or email [jdube@tollandct.gov](mailto: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, April 3, 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

**Chair Yoga:** Wednesdays at 9:00 AM

**Exercise:** Tuesdays & Thursdays at 9:00 AM

**Foot Care:** Thursday, March 14, 2024, 9 AM to 3 PM - \$45.00 fee  
*(please call 860-870-3730 for an appointment)*

**Blood Pressure Clinic:** Monday, March 25, 2024, 10:00 to 11:30 AM



## SENIORS WITH THYME COOKING PROGRAM



Join Pat Cipollini on **Thursday, March 28, 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](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, March 12, 2024 from 10:00 AM to 12:00 PM

*Coffee and snacks will be provided!!!*

## DID YOU KNOW ...

We offer **CARDIO DRUMMING** on **Tuesday** mornings at **10:00**. Cardio Drumming is drumming that incorporates sufficient movement for a whole body workout while at the same time, fun for everyone to do without any training - sitting or standing!



## HAIRCUTS

By Lynn Shea

*\$15  
Cash*

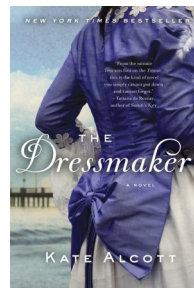
*Monday  
March 4th  
8:30 AM - 11:00 AM*

**CALL FOR AN APPOINTMENT**

**860-870-3730**

**No Walk-ins**

## BEYOND THE BOOK CLUB



**Book Club Discussion  
March 25 at 1:00 PM**

**April Book:**  
**The Seven Husbands of Evelyn Hugo**  
*by Taylor Jenkins Reid*

*Tess, an aspiring seamstress, thinks she's had an incredibly lucky break when she is hired by famous designer Lady Lucile Duff Gordon to be her personal maid on the Titanic.*

Read the book and come prepared to discuss.

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



## **HEARING PRESENTATION & SCREENINGS**

Join us at the Senior Center on Wednesday, March 27, 2024 at 10:30 AM as Katherine Audet from the *UConn Speech and Hearing Clinic* presents on a topic of utmost significance - hearing loss and hearing aids.

*She will also provide free hearing screenings and hearing aid checks for seniors by appointment from 11:20 AM thru 1:00 PM. Please call 860-870-3730 or email [jdube@tollandct.gov](mailto:jdube@tollandct.gov) for an appointment.*

### **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*

## **June 25, 2024: Cape Cod Canal Cruise**

*For a unique adventure, cruise the renowned Cape Cod Canal. Departing from Onset, MA, the Cape Cod Canal cruise will pass under the impressive railroad and highway bridges, the Bourne and Sagamore, and sail along a parade of pleasure boats and commercial vessels also on the canal. A knowledgeable commentator leads you on a 2-hour cruise detailing the history and natural beauty of this fascinating waterway.*

*Enjoy a Buffet Lunch at Mezza Luna Restaurant in Buzzards Bay prior to the cruise consisting of **Garden Salad, Homemade Italian Garlic Bread, Cheese Ravioli, Chicken Marsala, Rice Pilaf, Assorted Italian Mini Pastries with Coffee & Tea.***

*Cost is \$144.00; Depart 8:45 AM; Estimated Return 6:30 PM*

## **August 15, 2024: The Newport Playhouse - Nunsense**

*"Nunsense", the heavenly, heartwarming, musical comedy will lift your spirits and then some. With its silly jokes, audience participation, live music and lovely voices, "Nunsense" is good plain fun and highly entertaining.*

***Traditional buffet:** 16 hot entrees, salads, veggies, dessert, fruit and beverages. After dining, take your reserved seats in the theater. When the Play is over, return to the dining room for the Cabaret Show.*

*Cost is \$152.00; Depart 8:30 AM; Estimated Return 6:30 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!!!*

***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*

## **December 3, 2024: Shadows of The 60s - A Holiday Tribute To Motown**

*Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs, done with a Motown twist that will be sure to put you in the mood to sing and dance along.*

***Coffee & Donuts** upon arrival. Family Style Meal: **Garden Salad, Pasta, Chicken Parmesan & Broiled Scrod with Spinach & Tomato Topping, Potato, Vegetable, Dessert & Coffee.***

*Cost is \$124.00; Depart 10:30 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.*

# MARCH 2024

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

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

1:00 PM  
9:00 AM  
10:00 AM  
10:00 AM  
1:00 PM  
9:00 AM  
10:00 AM  
1:00 PM  
11:00 AM

Chair Yoga  
Chorus  
Dominoes  
Exercise  
Foot Care  
Haircuts  
Jammers  
Line Dancing

9:00 AM  
10:00 AM  
1:00 PM  
9:00 AM  
9:00 AM  
8:30 AM  
1:00 PM  
2:00 PM

Lunch  
Mahjong  
Pickleball  
Ping Pong  
Seniors with Thyme  
Tap Dancing  
Veterans Coffee House  
Walking Club

12:00 PM  
1:00 PM  
1:00 PM  
1:00 PM  
10:30 AM  
11:00 AM  
10:00 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 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.***

**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

**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.

**Tap Dancing:** Join us on Tuesdays at 11:00 AM to get former and new tappers up on their feet and dancing. Tap shoes not needed to start, any hard sole shoe will do. ***\$5.00 weekly donation.***

**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 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!***