



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>



LEARN THE ART OF REFLEXOLOGY

Reflexology works with reflex points that correspond to all parts of the body including glands, organs, etc. It is about bringing balance back into the body.

Are you interested in learning more?

Join us at the Senior Center on **Tuesday, May 9, 2023 at 10:30 AM**

RENTER'S REBATE PROGRAM

Tolland Human Services is accepting applications for the Renter's Rebate Program now through September 28, 2023.

To qualify:

- Your income must be less than \$40,300 single or \$49,100 couple
- You must produce Rent receipts from 2022
- You must indicate you 2022 Eversource account # and obtain any other qualifying utility bill (gas, water, fuel) if applicable
- You must submit your 2022 Social Security 1099 and all other sources of income received in 2022
- If you filed taxes in 2022, a copy will be needed

Contact Rebecca Ellert at the Senior Center rellert@tollandct.gov (860-870-3726) or Jeanne Pitney in Human Services jpitney@tollandct.gov (860-871-3615) for more information and to see if you qualify. Residents at Winding River & Old Post Village can sign up with their Resident Services Coordinator.

CONVERSATION WITH THE TOWN MANAGER

Do you have questions for the Town Manager?

Now is your opportunity to ask them!!!

Join the Town Manager at the Senior Center on **Tuesday, May 16, 2023 at 11:30 AM** to get answers to your questions.

Registration is required for this program. All questions need to be submitted in advance by calling 860-870-3730 or emailing jdube@tollandct.gov by Wednesday, May 10, 2023.

Lunch will be provided.



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, May 3, 2023: *Chicken Pot Pie, Cole Slaw and Birthday Cake*

Wednesday, May 10, 2023: *Balsamic Glazed Chicken, Potato, Green Beans, & Dessert*

Wednesday, May 17, 2023: *BLT, Chicken w/ Rice Soup & Dessert*

Wednesday, May 24, 2023: *Baked Potato Bar, Salad & Dessert*

Wednesday, May 31, 2023: *Egg & Bacon Casserole, English Muffin, Fruit & 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.

May 22, 2023

Switchboard Soldiers by Jennifer Chiaverini



SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini and special guest YoungHee Chudy on Thursday, **May 25, 2023** at **10:30 AM** as you work together to make *Bibimbap (Seasoned Vegetables and Beef over Rice)*.

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

A WALK IN THE WOODS CLUB

(The former Walking Club has been revamped)

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

We will rotate between 5 trails that are all between 1 and 2 miles long and are mostly flat, meeting at the Senior Center, sign in and then car pool or drive to the weekly destination.

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.

We will create a phone/email tree to give out to members in case of inclement weather.

“A Walk In The Woods Club” Schedule

<u>Date</u>	<u>Hiking Trail</u>	<u>Location</u>
May 3, 2023	Crystal Peat	Cook Road
May 10, 2023	Shenipsit Lake Trail	Route 74 across from Eversource
May 17, 2023	Crandall's Paved Trail	Crandall's Park
May 24, 2023	King Property	55 Dimmock Road off Route 195
May 31, 2023	Knofla Pond	Bakos Road—South Parcel



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.

PROGRAM TIME CHANGES

Beginner Billiards will be moving from 9:00 - 11:00 AM to **10:00 AM - 12:00 PM**

Cardio Drumming will be moving from Mondays at 9:00 AM to **Tuesdays at 10:00 AM**

Chair Volleyball will be moving back to **Tuesdays at 1:30 PM**

MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Billiards Chorus Chair Yoga	2 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	3 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball Tech Class	4 Exercise Billiards—Beg Dominos Line Dancing Drumming	5	6
7 FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	8 Billiards Chorus Chair Yoga	9 Exercise Cardio Drumming Reflexology Mahjong Ping Pong Chair Volleyball	10 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	11 Exercise Billiards—Beg Dominos Line Dancing	12	13
14 FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	15 Billiards Chorus Chair Yoga Jammers	16 Exercise Cardio Drumming Town Manager Talk Mahjong Ping Pong Chair Volleyball	17 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball Tech Class	18 Exercise Billiards—Beg Dominos Line Dancing Drumming	19	20
21 FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	22 Billiards Chorus Blood Pressure Book Club Chair Yoga	23 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	24 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	25 Exercise Billiards—Beg Seniors W/ Thyme Dominos Line Dancing	26	27
28 FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	29  CLOSED	30 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	31 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR		***** 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
Jammers

1:30 PM
9:00 AM & 1:00 PM
10:00 AM
1:00 PM
5:30 PM
9:00 AM
1:00 PM

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

2 & 3:15PM
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 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 and 3rd Wednesdays 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>