



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—1 pm
May 5 - Oct 13, 2024**

The Senior Scoop

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

FALL PREVENTION LUNCH & LEARN

Join us at the Senior Center on **Thursday, May 9, 2024** at **11:30 AM** for lunch and a Fall Prevention Workshop with Janice and Rebecca from Right at Home. The following topics will be discussed:

- ⇒ Understanding the risk factors of falls
- ⇒ Exercises to improve balance and strength
- ⇒ Medication management
- ⇒ Vision and hearing screenings
- ⇒ Foot care and proper footwear
- ⇒ Strategies for fall recovery
- ⇒ Encouraging regular check ups with healthcare providers



Registration required - Call 860-870-3730 or email jdube@tollandct.gov

MEDICARE FRAUD LUNCH & LEARN

Join us at the *Tolland Senior Center, Tuesday, May 21, 2024* from
11:30 AM - 12:30 PM

as the Senior Medicare Patrol at Senior Resources, Eastern Connecticut Area Agency on Aging educates seniors on how to prevent, detect, and report Medicare fraud, errors, and abuse.

Lunch will be provided.

Registration required - Call 860-870-3730 or email jdube@tollandct.gov

MEDICARE EDUCATIONAL WORKSHOP

Join us at the *Tolland Senior Center, Thursday, May 16, 2024* from **5:30-6:30 PM** for a Medicare educational workshop designed specifically for those entering Medicare for the first time. Topics to be covered include:

- ◆ The ABC's and D's of Medicare
- ◆ Which Parts you'll need and when, how & where to enroll
- ◆ Medicare Supplement vs Medicare Advantage
- ◆ Open Question & Answer period

Registration is required by calling 888-842-9080 or by following the Educational Workshops tab at www.wolff-associates.com.

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 1, 2024:** *Rice Goulash, Green Beans and Birthday Cake*
- Wednesday, May 8, 2024:** *Chicken Pot Pie, Cucumber & Tomato Salad and Dessert*
- Wednesday, May 15, 2024:** *Macaroni & Cheese, Ham, Carrots and Dessert*
- Wednesday, May 22, 2024:** *Chicken Thighs, Potato Salad, Coleslaw and Dessert*
- Wednesday, May 29, 2024:** *Taco Bake, Corn and Dessert*



Registration is required no later than the Monday prior to lunch



A HIKE IN THE WOODS CLUB

Join us at the Senior Center on Wednesday mornings at 10:00 to take a hike 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 Hike In The Woods Club” Schedule

<u>Date</u>	<u>Hiking Trail</u>	<u>Location</u>	<u>Distance</u>
May 1, 2024	Becker	South River Road	1.0 Miles
May 8, 2024	Madeline Regan	Rte 74 - Joshua Trust	1.0 Miles
May 15, 2024	Shenipsit Lake	Rte 74 - Eversource	1.5 Miles
May 22, 2024	Crystal Peat	Cook Road	1.0 Miles
May 29, 2024	Knofla - Loop & Pond	Bakos Road	2.0 Miles

MEDICARE SAVINGS PROGRAM

Do you qualify for the Medicare Savings Program?

See chart to the right.

Please see Becky with questions or for an application.

MEDICARE SAVINGS PROGRAMS (MSP)		
	eff. 3/1/2024	
	Single	Couple
Q01/QMB (211% FPL)	\$2,649	\$3,595
Q03/SLMB (231% FPL)	\$2,900	\$3,935
Q04/ALMB (246% FPL)	\$3,088	\$4,191



MEDITATION

Join us at the Senior Center on **Thursday, May 2 & 30, 2024** from **12:30 - 1:00 PM** for Meditation. This is a Pilot Program lead by Rebecca Ellert to gauge if there is an interest in a Meditation program at the Senior Center.

RENTER'S REBATE PROGRAM

Tolland Human Services is accepting applications for the Renter's Rebate Program now through September 2024.

To qualify:

- Your income must be less than \$43,800 single or \$53,400 couple
- You must produce Rent receipts from 2023
- You must indicate you 2023 Eversource account # and obtain any other qualifying utility bill (gas, water, fuel) if applicable
- You must submit your 2023 Social Security 1099 and all other sources of income received in 2023
- If you filed taxes in 2023, a copy will be needed

Contact Human Services Department at 860-870-3648 or Jillian Fiddler in Human Services jfiddler@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.



SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini and Priscilla Shaw on **Thursday, May 23, 2024 at 10:30 AM** as you work together to make a *Strawberry Trifle*.

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

TEA & TOAST WITH TAMMY

Join us for our third quarterly gathering with State Representative Tammy Nuccio on **Tuesday, May 28, 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 to **register** by **May 23, 2024**.



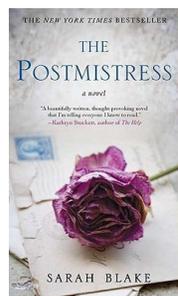
HAIRCUTS
By Lynn Shea

**\$15
Cash**

Monday
May 13th
8:30 AM - 11:00 AM

CALL FOR AN APPOINTMENT
860-870-3730
No Walk-ins

BEYOND THE BOOK CLUB



Book Club Discussion
May 20 at 1:00 PM

May Book:
The Postmistress
by Sarah Blake

What would happen if someone did the unthinkable- and didn't deliver a letter? Filled with stunning parallels to today, *The Postmistress* is a sweeping novel about the loss of innocence of two extraordinary women- and of two countries torn apart by war.

Read the book and come prepared to discuss.

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



HEALTH & WELLNESS



Chair Yoga: Wednesdays at 9:00 AM

Exercise: Tuesdays & Thursdays at 9:00 AM

Foot Care: Thursday, May 9, 2024, 9 AM to 3 PM - \$45.00 fee

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



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

September 19, 2024: Salem & Marblehead, MA

Salem is so much more than witch trials! This colorful, coastal city features a rich maritime heritage, an impressive display of historic architecture and amazing stories that span almost four centuries.

Upon arrival in Salem, enjoy a **Buffet Lunch** at the Historic Hawthorne Hotel right on the Salem Common. After lunch, meet our local guide for a riding tour of Salem and Marblehead with opportunities to step off. Free time for shopping in Salem on Pickering Wharf with its charming winding streets, lots of fun & interesting stores.

Cost is \$134.00; Depart 8:45 AM; Estimated Return 5:45 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.

MAY 2024

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

Bean Bag Toss	1:00 PM	Chorus	10:00 AM	Mahjong	1:00 PM
Billiards	9:00 AM	Dominoes	1:00 PM	Meditation	12:30 PM
Billiards - Beginners	10:00 AM	Exercise	9:00 AM	Pickleball	1:00 PM
Book Club	1:00 PM	Foot Care	9:00 AM	Ping Pong	1:00 PM
Bridge	9:00 AM	Haircuts	8:30 AM	Seniors with Thyme	10:30 AM
Cardio Drumming	10:00 AM	Jammers	1:00 PM	Tap Dancing	11:00 AM
Cards	1:00 PM	Line Dancing	2:00 PM	Veterans Coffee House	10:00 AM
Chair Volleyball	1:30 PM	Lunch	12:00 PM	Hiking Club	10:00 AM
Chair Yoga	9:00 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.

Book Club: Book discussion is held on the 4th (3rd for May) 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 5 weeks on Monday between 8:30 - 11:00 AM. *Call 860-870-3730 for an appointment.* Cost is \$15.00 (**cash only**).

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

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.

Meditation: Join Rebecca at 12:30 for a half hour of Meditation and Mindfulness.

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.*

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

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
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!***