



**Tolland Senior Center**  
674 Tolland Stage Rd.  
Tolland, CT 06084

**Mailing Address:**  
21 Tolland Green

**Phone: 860-870-3730**

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**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)

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**Dial-A-Ride Program**  
860-870-7940

*See back page for more  
information*

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# *The Senior Scoop*

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

Happy Fall everyone! I need a little help, a couple of weeks ago someone called me asking about an earring they lost (the kind that goes up your ear) but I can't remember who it was and I have found the earring. If it was you, please call me at 860-870-3730.

There will be no programs on Tuesday, November 7<sup>th</sup> due to the elections and we will be closed on Thursday, November 23<sup>rd</sup> for Thanksgiving.

***Save The Date - December 14, 2023, 5:00 to 7:00 PM - Holiday Party***

## **FLU SHOT CLINIC**

**DATE:** Thursday, November 2, 2023  
**TIME:** 11:00 AM - 2:00 PM  
**PLACE:** Tolland Senior Center, 674 Tolland Stage Road



***It's that time of the year again – flu shot time!!!***

Jessica from Stop & Shop Pharmacy will be at the Senior Center giving out flu shots to all seniors in need of the vaccination.

Although walk-ins are welcome, **we are asking that seniors make an appointment.** Appointments can be made in person, by calling us at 860-870-3730 or by email at [jdube@tollandct.gov](mailto:jdube@tollandct.gov).

**You must bring a copy of your insurance card(s) - either on a phone, a photocopy or the actual card.**

Consent forms will need to be filled out, we have some in the office so feel free to stop by and pick one up. They will also be available at the clinic.

## **THANKSGIVING BINGO**

Join us for ***Thanksgiving Bingo*** on Monday, November 20, 2023, at 2:00 PM with Brenda Abrams (Recreation Director - Woodlake at Tolland Nursing and Rehabilitation Center). She'll bring the bingo game and prizes and we will supply the snacks and drinks.

We ask that you please sign up by noon on Thursday, November 16th so that Brenda can bring enough supplies.

Come join us, this may be the one and only time we play bingo . . .





## 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, November 1, 2023:** *Shepherd's Pie, Biscuit and Birthday Cake*

**Wednesday, November 8, 2023:** *Balsamic Glazed Chicken, Au Gratin Potatoes, Corn and Dessert*

**Wednesday, November 15, 2023:** *Cheeseburger Pie, Carrots and Dessert*

**Wednesday, November 22, 2023:** *No Lunch - Happy Thanksgiving!*

**Wednesday, November 29, 2023:** *Baked Potato Bar 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.

## 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

November 27, 2023	<b>The Husband's Secret</b> by Laine Moriarty
December 18, 2023	<b>The Orphan's Tale</b> by Pam Jenoff
January 22, 2024	<b>Apples Never Fall</b> by Laine Moriarty
February 26, 2024	<b>The Last Thing he Told Me</b> by Laura Dave
March 25, 2024	<b>The Dressmaker</b> by Kate Alcott



## 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>
November 1, 2023	King Property	55 Dimock Road off Route 195
November 8, 2023	Crandall's Paved	Crandall's Park
November 15, 2023	Knofla – Loop Trail	Bakos Road
November 22, 2023	<b>NO HIKING - Happy Thanksgiving</b>	
November 29, 2023	Shafron	Eaton Road

*After this month the Walk In The Woods Club will resume in March.*



**Saturday, December 9, 2023**  
**Tolland Senior Center**  
**674 Tolland Stage Road**  
**10:00 AM to 1:00 PM**



We hope we can count on you to help make this fundraiser the best ever!  
 Dust off those pans and get your “baking Mojo” in gear!

We realize that many are intimidated when it comes to baking...there's no need for that!  
 Some of the most popular items are the simpler things!

*Cookies (chocolate chip, peanut butter, sugar)*

*Sweet Bread (pumpkin, cranberry, banana, pound)*

*Hearty Bread (white, sourdough, corn, fruit & nuts)*

*Cake (apple, chocolate, coffee, pound, lemon, Bundt)*

*Iced Layer Cakes & Iced Cupcakes are always beautiful but they must be carefully wrapped to keep the frosting where it belongs and still pretty!*

*Christmas Candy (fudge, dipped pretzels w/ sprinkles, bark, Christmas Crack) are always a hit!*

*Pies of any type fly out the door!*

We will ask that you package items securely with Saran Wrap or baggies, and an index card telling what it is...make sure to mention nuts!

We would like to set a standard where everyone is comfortable with the quality/safety of the wrapping - appearance of the item makes a good impression! We will have ribbon to tie on as well.

With cookies & muffins, packing them in packages of 6 or 12 works well and makes pricing easier.

We have had no experience with Vegan baking but know that some of you do it quite well. Go for it!

We can prepare a special section for our very special Vegan friends.

We guarantee you will have a good time!! 😊

Wear an apron if you are working.

Baked goods can be delivered to the Senior Center:

Friday, December 8<sup>th</sup> from 9 – 11 AM & Saturday, December 9<sup>th</sup> from 8 - 9:30 AM **sharp!**

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***If you will be baking a treat or want to put on your Christmas apron and lend a hand on the day of the Bake Sale, please call 860-870-3730 or email [jdube@tollandct.gov](mailto:jdube@tollandct.gov).***

Thanks for your help...looking forward to seeing 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 & MORE



**Chair Yoga:** Mondays at 1:00 PM & Wednesdays at 9:00 AM  
*(no Chair Yoga on November 22, 2023)*

**Exercise:** Tuesdays & Thursdays at 9:00 AM  
*(no Exercise on November 7 & 23, 2023)*



**Foot Care:** Thursday, November 9, 2023, 9 AM to 3 PM - \$45.00 fee  
*(please call 860-870-3730 for an appointment - waitlist only for Oct & Nov)*

**Haircuts:** Monday, November 20, 2023, 8:30 to 11:00 AM - \$15.00 fee **(cash only)**  
*(please call 860-870-3730 for an appointment)*



**Blood Pressure Clinic:** Monday, November 27, 2023, 10:00 - 11:30 AM



## SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini and guest Rosh Bajwa on Thursday, **November 30, 2023**  
at **10:30 AM** as you work together to make *Chana Masala*.

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



November is designated as National Veterans and Military Families Month.

Join us at our next Coffee House at the Tolland Senior Center on Tuesday, November 14, 2023 from 10:00 AM to 12:00 PM to thank present service members and families for their service and bravery.

There will be a movie, "Thirty Seconds Over Tokyo", that inspired a Nation to action, and we will be honoring those who died in pursuing our freedom during WWII. We hope to see many veterans at this coffee house. ***Coffee and snacks will be provided!!!***



## LINE DANCING

Sue Beeching, our Line Dancing Instructor, has made a final decision to offer one line dancing class every Thursday from 2:00 - 3:30 PM for high beginner, improver, and intermediate dancers.

There is a suggested donation of \$5.00 weekly.

*Please note there will be no Line Dancing on Thursday, November 2 & 23, 2023.*



## 2023 Senior Center Trips



### **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.*

**We still have  
room on the bus**

*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.



### **UKULELE LESSONS**

Want to try an instrument that is fun and easy to play?

Join Julie Stepanek as she shows the fundamentals of ukulele playing at the Senior Center on Tuesdays, November 14, 21 and 28, 2023 from 11 AM to 12 PM.

No experience necessary. Ukuleles provided.

The cost is \$100 for the three week session with registration and payment due no later than November 8, 2023.

To register please stop in the office at the Senior Center (payment is due with registration).

**Getting to know YOU**

### **GETTING TO KNOW YOU**

**Getting to know YOU**

Are there people at the Senior Center you'd like to know better?

Our very own Investigative Reporter, Diane Walter will be interviewing one senior each month to feature in our new "Getting To Know You" shadow box found in the entrance of the Senior Center.

If you are interested and would like to volunteer to sign up for a month, stop in the office and let us know. If you don't sign up Diane will be coming for you!!

We have the questions printed up and will share them with you prior to your interview.

We would also like to include your picture so other members know who you are.

Be prepared, our goal is to interview all members!!!

# November 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***** Please see activity times below *****			<b>1</b> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	<b>2</b> Exercise Billiards—Beg Flu Clinic Dominos Drumming	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Billiards Chorus Chair Yoga	<b>7</b> <b>NO PROGRAMS</b>  <b>Election Day</b> <b>6 AM—8 PM</b>  <b>(District 2)</b>	<b>8</b> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	<b>9</b> Exercise Foot Care Billiards—Beg Dominos Line Dancing  <b>CLOSING AT</b> <b>4:30 PM</b>	<b>10</b>	<b>11</b> 
<b>12</b>	<b>13</b> Billiards Chorus Chair Yoga	<b>14</b> Exercise Cardio Drumming Veterans Coffee Ukulele Lessons Mahjong Ping Pong Chair Volleyball	<b>15</b> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	<b>16</b> Exercise Billiards—Beg Dominos Line Dancing	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> Haircuts Billiards Chorus Chair Yoga Bingo	<b>21</b> Exercise Cardio Drumming Ukulele Lessons Mahjong Ping Pong Chair Volleyball	<b>22</b> Billiards Bridge Pickleball	<b>23</b> <b>CLOSED</b> 	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Billiards Blood Pressure Chorus Book Club Chair Yoga	<b>28</b> Exercise Cardio Drumming Ukulele Lessons Mahjong Ping Pong Chair Volleyball	<b>29</b> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	<b>30</b> Exercise Billiards—Beg Seniors W/ Thyme Dominos Line Dancing	<b>ALL PROGRAMS ARE</b> <b>Subject to change</b> <b>without notice</b> <b>AT THE DISCRETION</b> <b>OF THE DIRECTOR</b>	

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

1:00 PM  
9:00 AM  
10:00 AM  
2:00 PM  
10:00 AM  
1:00 PM  
9:00 AM  
10:00 AM  
1:00 PM  
Chair Volleyball  
Chair Yoga  
Chorus  
Dominoes  
Drumming Circle  
Exercise  
Foot Care  
Haircuts  
Line Dancing

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

Lunch  
Mahjong  
Pickleball  
Ping Pong  
Seniors with Thyme  
Ukulele Lessons  
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 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 3rd Thursday of the month (**1st Thursday this month**) from 5:30 - 6:30 PM to learn the sounds of the drum and simple rhythms (\$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.

**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 5th 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 (No Jammers in November).

**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 (**5th Thursday this 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 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 Dubè, 860-870-3730  
Human Services Director: Beverly Bellody, 860-871-3611  
Assistant Director of Human Services: , 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!***