



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
thru November 2023

The Senior Scoop

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

3rd ANNUAL HOLIDAY BAKE SALE



*Dust off your baking pans and pull out your aprons . . .
we'll be having our 3rd Annual Holiday Bake Sale!!!*



Rosemarie Capuano and Roberta Howd have agreed to once again co-chair our Annual Bake Sale (we're very lucky as they do a wonderful job).

The Bake Sale is ***Saturday, December 9, 2023*** from ***10 AM to 1 PM***.

Rosemarie and Roberta are looking for bakers and bake sale workers. The ladies will be contacting you if you don't contact them first!! You can also let us know in the office if you would like to help out.

Please try to lend a hand, the bake sale is our only fundraiser.

Watch for more details in the November newsletter.

BRAZILIAN JIU JITSU BASED SELF-DEFENSE

**Join *Secret Pages Brazilian Jiu Jitsu* for a fun, practical and engaging
Brazilian Jiu Jitsu based Self-Defense Class.**

DATE: *Tuesday, October 24, 2023*

TIME: *10:30 AM (about 1 1/2 to 2 hours)*

COST: *\$5.00 (payable in class)*



The goal is to provide the tools necessary to react to an uncomfortable situation where you need to defend yourself. The class will be filled with realistic scenarios, situational awareness and modern, vetted techniques to help optimize your ability to navigate a potential self-defense situation.

***Registration is required by calling 860-870-3730 or
emailing jdube@tollandct.gov.***

***Wear workout clothing and bring water, a great attitude and
a desire to learn self-defense.***



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, October 4, 2023: *Tomato Soup, Grilled Cheese and Birthday Cake*

Wednesday, October 11, 2023: *Chicken, Herb & Buttered Noodles, Green Beans and Dessert*

Wednesday, October 18, 2023: *Lasagna, Salad, Bread and Dessert*

Wednesday, October 25, 2023: *Mummy Dogs, Tater Tots, Pickles 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 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

October 23, 2023	The Gown: A Novel of the Royal Wedding by Jennifer Robson
November 27, 2023	The Husband's Secret by Laine Moriarty
December 18, 2023	The Orphan's Tale by Pam Jenoff
January 22, 2024	Apples Never Fall by Laine Moriarty



SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini and guest Diane Walter on Thursday, **October 26, 2023** at **10:30 AM** as you work together to make a *Pumpkin Roll*.

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.

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>
October 04, 2023	Luce	Susan Drive
October 11, 2023	Crystal Peat	Cook Road
October 18, 2023	Madeline Regan	Route 74 - Joshua Trust
October 25, 2023	Knofla Pond	Bakos Road

FARMERS MARKET BENEFIT CARDS

Tolland Human Services has a limited number of \$24 Senior Farmers Market Benefit Cards.

To qualify:

- ◆ Recipients must be over 60
- ◆ Your income must be less than \$26,973 single or \$36,482 married



Call Tolland Human Services at 860-871-3648 for more information. Cards are distributed by appointment only.

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

Exercise: Tuesdays & Thursdays at 9:00 AM

Foot Care: Thursday, October 12, 2023, 9 AM to 3 PM - \$45.00 fee
(please call 860-870-3730 for an appointment - waitlist only for Oct & Nov)

Haircuts: Monday, October 16, 2023, 8:30 to 11:00 AM - \$15.00 fee (cash only)
(please call 860-870-3730 for an appointment)



Blood Pressure Clinic: No Blood Pressure Clinic in October



SENIORHOOD FAIR



Saturday, October 21, 2023 from 9:30 AM - 2:00 PM

Vernon Center Middle School

Presented by the Tolland County Multidisciplinary Team

The purpose of the fair is to educate and provide information to adults and seniors to plan for and enhance their “seniorhood” health and lifestyle. The exhibits will showcase a variety of public and private services that are available in the local community, which focus on the lifestyle needs of the growing senior population.

Free lunch to the first 300 attendees.

**Tolland Seniors will be represented at the fair so please join us,
there will be lots of good information available**

AARP SAFE DRIVER CLASS

The Tolland Senior Center in conjunction with the Willington Senior Center is offering an
AARP Safe Driver Class

Thursday, October 19, 2023, from 12:00 to 4:00 PM at the Tolland Senior Center

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.

Registration is required by calling 860-870-3730 or emailing jdube@tollandct.gov.

Limited to 20 participants.

TECHNOLOGY TRAINING - BRIDGE THE DIGITAL DIVIDE

***Did you know your smart phones and iPads have an Accessibility setting that
allows you to bold your text or increase the size of your display buttons?***

There is so much more our phones and iPads can do to make our lives easier if we
just knew how. Now's your chance to find out how!



Make an appointment with Accessibility Specialist, William Seaman
on **Thursday, October 12, 2023** and spend up to an hour working with
him to make technology work for you!!!

Bridge the Digital Divide in CT is a new program offered by NEAT (New England Assistive Technology) and sponsored by the Department of Aging and Disability Services State Unit on Aging & the CT Tech Act Project and it's **FREE**.

Call the office at 860-870-3730 to make an appointment. Appointments are available between 10:00 AM and 3:30 PM and are held at the Senior Center. Only six appointments are available so don't wait to sign up!!!

TECH CLASS RETURNING IN DECEMBER



Tech Class will be resuming the **first Wednesday of every other month** from
2:00 to 3:00 PM beginning **December 6, 2023** for one on one tech help.

Come on down with your phone, tablet, iPad or laptop and our volunteer Tolland
High School students will help you with your questions.

Don't let your smart phone be smarter than you!



VETERANS COFFEE HOUSE

The Veterans Coffee House will be held at the Senior Center on Tuesday, October 10, 2023 from 10:00 AM to 12:00 PM hosted by the Tolland Veterans Recognition Commission (TVRC).

Janett Moore, Tolland Senior Center exercise leader, will be the guest speaker, discussing why exercise is good for you and demonstrating exercises that will benefit you throughout your life.

Coffee and snacks will be provided!!!

COOKIES & CONVERSATION

Join us on Monday, October 30, 2023 at 2:30 PM for our second quarterly

Cookies & Conversation

A time to come together and discuss the future of our Senior Center!

Some ideas we discussed at our last gathering were:



Expanding the Senior Center

Dial-A-Ride trips

Handicap spaces

Program on hearing aids

Chairs with arms



Be sure to bring your ideas and we will supply the cookies!!!



DRUMMING CIRCLE

Beginning in October, Drumming Circle will meet only once a month, on the third Thursday (October 19, 2023), from 5:30 to 6:30 PM.

Don't know what Drumming Circle is? Join us at to the Senior Center to learn the sounds of the drum and simple rhythms and maybe even meet some new friends.

PICKLEBALL



Drop-in Pickleball is Wednesdays at the Rec Center from 1:00 to 3:00 PM.

Although no registration is required, **you must be a member of the Senior Center to play.**

*There is **NO** Pickleball when schools have early dismissal (check calendar).*

Medicare Questions?

Are you aware of all your Medicare options?

Let Kenneth Huffine explain the Medicare options available to you!

Join us on Thursday, October 26, 2023 at 4:00 PM

Location: Tolland Senior Center

Topics of Discussion:

1. Understanding the Basics of Medicare.
2. Know the difference between an Advantage plan and a Supplement.
3. Learn about the plans that are available in your area.

It can be a daunting task to keep up with all the changes every year.

***LET US PROVIDE THE KNOWLEDGE NECESSARY TO
CHOOSE THE RIGHT MEDICARE PLAN!***



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.

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 October 19, 2023.

To register please stop in the office at the Senior Center (payment is due with registration). We need at least 6 people to sign up in order for this program to run.



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.

She'll ask questions like what makes you unique, what are your interests, what are your passions as well as a few questions about your life journey.

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

Be prepared because our goal is to interview all of our members!!!

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Billiards Chorus Chair Yoga	3 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	4 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	5 Oktoberfest Trip Exercise Billiards—Beg Dominos Line Dancing	6	7
8 FARMERS MARKET 10 AM - 12 PM Tolland Green	9  CLOSED	10 Exercise Cardio Drumming Veterans Coffee Mahjong Ping Pong Chair Volleyball	11 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	12 Exercise Foot Care Billiards—Beg Tech Training Dominos Line Dancing	13	14
15 FARMERS MARKET 10 AM - 12 PM Tolland Green	16 Haircuts Billiards Chorus Chair Yoga Jammers	17 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	18 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	19 Exercise Billiards—Beg Safe Driver Dominos Line Dancing Drumming	20	21 SENIORHOOD FAIR 9:30 AM - 2 PM Vernon Middle School
22 FARMERS MARKET 10 AM - 12 PM Tolland Green	23 Billiards Chorus Book Club Chair Yoga	24 Exercise Cardio Drumming Self Defense Mahjong Ping Pong Chair Volleyball	25 Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss Pickleball	26 Exercise Billiards—Beg Seniors W/ Thyme Dominos Line Dancing Medicare Program	27	28
29 FARMERS MARKET 10 AM - 12 PM Tolland Green	30 Billiards Chorus Chair Yoga Cookies & Conv	31 Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	***** Please see activity times below *****		ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR	

Bean Bag Toss	1:00 PM	Cookies & Conversation	2:30 PM	Medicare Program	4:00 PM
Billiards	9:00 AM	Dominoes	1:00 PM	Oktoberfest Trip	7:00 AM
Billiards - Beginners	10:00AM	Drumming Circle	5:30 PM	Pickleball	1:00 PM
Book Club	1:00 PM	Exercise	9:00 AM	Ping Pong	1:00 PM
Bridge	9:00 AM	Foot Care	9:00 AM	Safe Driver	12:00 PM
Cardio Drumming	10:00 AM	Haircuts	8:30 AM	Self Defense	10:30 AM
Cards	1:00 PM	Jammers	1:00 PM	Seniors with Thyme	10:30 AM
Chair Volleyball	1:30 PM	Line Dancing	2:00 & 3:00 PM	Tech Training	10:00 AM
Chair Yoga	W-9:00 AM & M-1:00 PM	Lunch	12:00 PM	Veterans Coffee House	10:00 AM
Chorus	10:00 AM	Mahjong	1:00 PM	Walking Club	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 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

Line Dancing: Come join Susan for this popular dance on Thursdays at 2:00 PM for improvers and 3:00 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). 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.

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

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!***