



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>



HAIRCUTS AT THE SENIOR CENTER

In need of a haircut?

Hair Dresser, Lynn Shea is offering haircuts to seniors at the Senior Center about every 5 weeks on Mondays for \$15.00.

Next date: September 11, 2023

Appointments are 15 minutes long beginning at 8:45 AM (appointments will be made in time order) with the last available appointment at 11:00 AM.

To make an appointment call 860-870-3730.



VETERANS COFFEE HOUSE

The Tolland Veterans Recognition Commission (TVRC) will be hosting a Veterans Coffee House to meet and greet veterans at the Senior Center on Tuesday, September 12, 2023 from 10:00 AM to 12:00 PM. There will be a guest speaker from the Rocky Hill VA along with members of the TVRC to provide updates on current projects and events and to discuss VA benefits.

Coffee and snacks will be provided, bring your questions!!!

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, September 6, 2023: *Chicken Fingers, French Fries, Pickle and Birthday Cake*

Wednesday, September 13, 2023: *Tacos, Corn and Dessert*

Wednesday, September 20, 2023: *Chicken Pot Pie, Cucumber & Tomato Salad and Dessert*

Wednesday, September 27, 2023: *Pasta w/ Meat Sauce, Salad, Garlic Knot 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

September 25, 2023 **The Last Days of Night** by *Graham Moore*

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*



SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini and guest Sandy Hamilton on Thursday, **September 28, 2023** at **10:30 AM** as you work together to make *Easy Blueberry Buckle*.

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>
September 6, 2023	Shenipsit Lake	Route 74 across from Eversource
September 13, 2023	Knofla - Loop Trail	Bakos Road
September 20, 2023	Shafron	Eaton Road
September 27, 2023	Becker	South River Road

RENTER'S REBATE

Tolland Human Services Continues to take Renter's Rebate applications. Renters aged 65+ (or younger totally disabled) can qualify for up to a \$700 rebate check.

To qualify:

- Your income must be less than \$40,300 single or \$49,100 married
- You must produce Rent receipts from 2022
- You must indicate your 2022 Eversource account # and obtain any other qualifying utility bill (gas, water, fuel) if applicable
- You must submit your 2022 1099 from Social Security 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 at rellert@tollandct.gov or 860-870-3726 or Tolland Human Services at 860-871-3648 for more information and to see if you qualify. Applications are taken by appointment only.

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. Beginning in September, help may be available. *Contact Becky at 860-870-3726 for an appointment to see if you qualify.*



BLOOD PRESSURE & BLOOD SUGAR CLINIC RETURNS

Stop in on the 4th Monday of the month between 10 and 11:30 AM to have your blood pressure and blood sugar checked at no charge to you.

DID YOU KNOW ...



We offer ***Ping Pong*** at the Senior Center on **Tuesdays** from **1 - 3PM**?

Afraid you're not good enough? No worries, we welcome all levels of Ping Pong players.

Come join us for a couple hours of fun!!!

NOTEABLES CONCERT

We will be hosting a *Noteables Family & Friends Concert* at the Senior Center on
Sunday, September 17, 2023 at 2:00 PM.



Drinks and snacks will be provided after the concert.



There is no cost for the event, however tickets are needed to attend.
We have no more tickets available in the office so please reach out to choir members.



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.

LINE DANCING RETURNS TO TWO CLASSES



Beginning in September, Improver /Intermediate will be from 2:00 to 3:00 PM
and Beginners will be from 3:00 to 4:00 PM.



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.

2023 Senior Center Trips



October 5, 2023: Nellie's Oktoberfest **TRIP FULL - CURRENTLY A WAITLIST**

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.

FOOT CARE

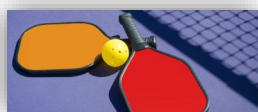


FootCare By Nurses is providing foot care to seniors at the Senior Center every 2nd Thursday of the month with appointments available from 9:00 AM to 3:00 PM (waitlist only for Sept & Oct).

The cost is \$45.00 payable to ***FootCare By Nurses, LLC.***

Appointments last about half an hour and cancellation of services must occur 48 hours prior to your appointment.

To make an appointment call 860-870-3730.




PICKLEBALL RETURNS

The Senior Center in conjunction with the Tolland Recreation Center is once again offering drop-in Pickleball on Wednesdays at the Recreation Center (104 Old Post Road) beginning September 6, 2023 from 1:00 PM to 3:00 PM.

No registration is required and there is no fee, however, you will all be responsible for setting up the court and taking it down.

*Please note when the schools have an early dismissal there will be **NO** Pickleball (check calendar).*

SEPTEMBER 2023

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

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

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

Chair Yoga
Chorus
Dominoes
Drumming Circle
Exercise
Foot Care
Haircuts
Jammers

W-9:00 AM & M-1:00 PM
10:00 AM
1:00 PM
5:30 PM
9:00 AM
9:00 AM
8:45 AM
1:00 PM

Line Dancing
Lunch
Mahjong
Noteables Concert
Pickleball
Ping Pong
Seniors with Thyme
Veterans Coffee House
Walking Club

2:00 & 3:00 PM
12:00 PM
1:00 PM
2:00 PM
1:00 PM
1:00 PM
10:30 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 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.

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 8:45 - 11:00 AM. ***Call 860-870-3730 for an appointment.*** Cost is \$15.00 payable to Lynn.

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)

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: Caitlin Mather, 860-871-3612
Human Services Case Manager: , 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!***