



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 Country Butcher
property at
1032 Tolland Stage
Road
Every Saturday
10 am—12 pm

The Senior Scoop

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

Hi,

I can't believe it is already August!! Where does the time go?

Becky has created the bulletin board at the Center with the theme "*What Does Our Senior Center Mean To You?*". That's a good question, what does our Senior Center mean to you?? Becky has typed up a small questionnaire for you to fill out and return to us. If you would like to fill out the questionnaire, it can be found on the bulletin board or I will list the questions below and you can jot your answers down on a piece of paper and give them to us. Or better yet, you can email us your answers.

- ◆ How often do you come to the center?
- ◆ Have you formed any friendships as a result of coming here?
- ◆ Are there any programs you would like to see implemented that we don't currently have?
- ◆ Do you feel you have a voice in activities and/or services offered?
- ◆ What are some of the programs you participate in? (circle) Recreational, Educational, Health Related, Benefits & Entitlements, Opportunities to Volunteer, Socialization.
- ◆ What does our Senior Center mean to you?

We will post the results of the questionnaire next month. Feel free to give us your first name.

Please note the Blood Pressure Clinic has been moved to Thursday, August 11th as we cancelled all programs on August 9th.

We have decided to offer a painting class quarterly with our next one being September 29th. See a picture of the lighthouse we will paint on page 5.

I hope to see **ALL** of you at the Senior Picnic on August 24th. We will have good food, good entertainment, and a lot of fun. And the best part, Town of Tolland employees will serve you!!!

Take care and enjoy the lazy days of summer.

Kim



Need a Helping Hand?



If you have a small job around the house that might be difficult for you, a small group of volunteers from the Congregational Church might be able to help you out! Please reach out to Maureen at Tolland Human Services (860-871-3612) to find out more.

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings

I feel a need to explain the different positions that Kim and I occupy here in Tolland Human Services. I just want to clarify because quite often, people will look to Kim for something that may pertain to me or look to me for something that may pertain to Kim. Even though when one of us needs help, the other is right there to pitch in. Following is a list of my responsibilities and duties as Senior Outreach. Hopefully, this will clear up some confusion as to who does what around here. 😊

I conduct outreach home visits to home bound or nursing home bound elderly residents. I provide assessment of needs, information and referrals, as well as intervention and follow up services. I provide case work services to assist and complete application forms for various types of assistance, including Medicare insurance forms, fuel assistance, renters rebate app. I provide information and assistance on housing, SNAP (food stamps) or any other Dept. of Social Service applications. I provide information and referrals on various home-care, day-care and other supportive services to our seniors. I also coordinate Meals on Wheels program with CRT. *Oh, and by the way – CRT is looking for volunteers to deliver these meals to our homebound. If you're interested, please contact me.* I also coordinate donations to Tolland's Food Pantry, and oversee the distribution by volunteers to eligible recipients. Kim and I both work closely with local aging organizations in order to provide up to date information on elderly resources in the community. I do *not* provide transportation to doctors, hair appointments, shopping, etc. We have Dial-A-Ride for all of this within the Tri-Town area. Please see the last page of our newsletter for information on how to contact them.

As far as Kim goes and her duties and responsibilities, just look around the center. Everything you see that goes on within these walls is done by her (and her volunteers). She wears many, many hats and does one heck of a job juggling all of it. It is a pleasure working beside her.

I hope this helps in determining who to speak with when you have a question or a concern. Even though we work side by side, our jobs are quite different. Thanks for your attention. See you soon. Peace to all...

Becky

FARMERS MARKET VOUCHERS

Tolland Human Services has received a limited supply of Senior Farmers Market Vouchers.

These vouchers can be used at any participating Farmers Markets. To be eligible you must be 60 or older and meet the following financial guidelines:

- ♦ Single- annual income must be \$25,142 or less
- ♦ Married- annual income must be \$33,874 or less

To request a coupon book contact Rebecca Ellert at 860-870-3726
or Jeanne Pitney at 860-871-3615.

RENTER'S REBATE

Tolland Human Services is accepting applications for the **Renter's Rebate Program** through September 29, 2022

To qualify:

- Your income must be less than \$38,100 single or \$46,400 couple
- You must produce Rent receipts from 2021
- You must indicate your 2021 Eversource account # and obtain any other qualifying utility bill (gas, water, fuel) if applicable
- You must submit your 2021 1099 from Social Security and all other sources of income received in 2021
- If you filed taxes in 2021, a copy will be needed

Contact Rebecca Ellert at the Senior Center rellert@tollandct.gov 860-870-3726 or Jeanne Pitney at Tolland Human Services JPitney@tollandct.gov 860- 871-3615 for more information and to see if you qualify. Maximum Renter's Rebate grant is \$700.

FOODSHARE MOBILE PANTRY

The FoodShare Mobile Food Pantry is available in Tolland on alternate Thursdays, **10-10:30 AM** in the parking lot adjacent to the United Congregational Church of Tolland, 45 Tolland Green. Pre-registration and identification are not required. For more information about FoodShare, residents may contact FOODSHARE at (860) 286-9999 or the UCC office at (860) 875-4160, or visit www.foodshare.org.

Distribution at the Tolland site will be on *August 11 & 25*.

Residents must bring their own bags.

ACCESS MOBILE FOOD PANTRY

Date - August 18, 2022

Time - 12-1 PM

Place - ACCESS Housing at Parker Place

The Access Mobile Food Pantry will have an assorted selection of non-perishable items, fresh product, dairy, and more! Food will be distributed from the Mobile Food Pantry van in front of the main building. Please bring reusable bags!

Any Tolland senior is eligible to get food - no documentation is required.



WEDNESDAY LUNCHESES

Join us at the Senior Center every Wednesday as our chefs **Joanne & Judy** and their helpers serve you a delicious lunch while you enjoy great company.

The cost is **\$5.00 per lunch** payable when you come in.

On the first Wednesday of each month we will celebrate all birthdays for that month by singing happy birthday and sharing birthday cake!

Take out will still be available with a pick up time of 12:15 PM.

The menu is as follows:

Wednesday, August 3, 2022: *Penne w/ meat sauce, Italian meatballs, salad, roll & B-day Cake*

Wednesday, August 10, 2022: *Grilled cheese sandwich, tomato soup, pickle & dessert*

Wednesday, August 17, 2022: *Taco bar, three bean salad & dessert.*

Wednesday, August 24, 2022: *SENIOR PICNIC (rain date Thursday, August 25th) see page 7.*

Wednesday, August 31, 2022: *Tator tot breakfast bake, melon & dessert.*

Registration is required no later then the Monday prior to lunch

Contact the Senior Center at 860-870-3730 or kkowalyshyn@tollandct.gov to register.

Lunch on Wednesday, August 3, 2022 (Birthday Lunch)

Penne w/ meat sauce, Italian meatballs, garden salad and a roll with butter

is being catered by

PAGANI'S MANCHESTER CATERERS

A great big THANK YOU to Pagani's for their generosity and kindness and a special THANK YOU to Chef Joanne for making it all happen!!!!



Pagani's
Manchester Caterers

AN AFTERNOON OF PAINTING WITH SANDY

DATE: Thursday, September 29, 2022
TIME: 2:00 - 4:00 PM
PLACE: Tolland Senior Center, 674 Tolland Stage Road
COST: \$20.00 (includes canvas, brushes, paints)



Join Sandy Poirier in painting this beautiful lighthouse while enjoying cold beverages, snacks and good company. Please call 860-870-3730 to reserve a spot. Limited to 20 participants.



COME WORKOUT AT THE SENIOR CENTER

Want to workout a little but don't want to join a gym?

Then come to the Senior Center! We now have four (4) recumbent bikes, a treadmill and a punching bag/speed bag combo available for seniors to use (as well as exercise class Tuesday and Thursday mornings at 9:00).



Exercise equipment is available to use anytime we don't have programs downstairs. Check your calendar or give us a call if you are unsure.



KEEP YOUR BRAIN & BODY HEALTHY AT HOME

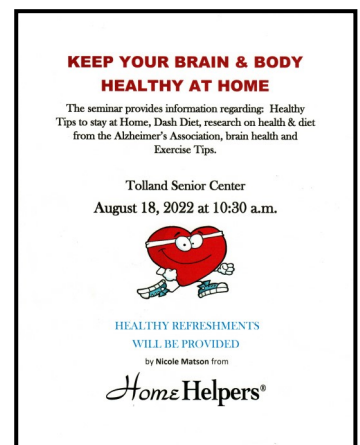
Keep Your Brain & Body Healthy At Home is a presentation that will provide you with information regarding:

- ◆ Healthy tips to stay at home
- ◆ Dash Diet
- ◆ Research on health & diet from the Alzheimer's Association
- ◆ Brain health
- ◆ Exercise tips

Where: Tolland Senior Center

When: Thursday, August 18, 2022

Time: 10:30 AM



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

Healthy refreshments will be provided!



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.

August 22, 2022	The Shell Seekers by Rosamunde Pilcher
September 26, 2022	Circle of Friends by Maeve Binchy
October 24, 2022	The Searcher by Tana French
November 28, 2022	The Book Of Lost Names by Kristin Harmel

LIBRARY PROGRAMS

Below are Library programs that may be of interest to some of you. Library programs are **free of charge** but do require you to **register prior to the program**. *Register for any of these programs by using the Online Library Events Calendar found at www.tolland.org/library or by calling the library at 860-871-3620.*

Meditation (Library Program Room & Zoom)
Tuesday, August 2, 2022 - 6:30 PM

Tolland Writer's Group (Library Audiovisual Room)
Tuesday, August 16, 2022 - 6:00 PM

Information on Universal Class (Library Program Room)
Thursday, August 25, 2022 - 2:00 PM



RECREATION PROGRAMS

Below are Recreation programs that may be of interest to some of you. Recreation programs do have a **fee associated** with them and require you to **register prior to the program**. *For more information or to register for a program visit www.tollandrec.com or call the Recreation Department at 860-871-3610.*

Yoga (Tolland Recreation Center)
Tuesdays, July 26 - August 23, 2022 - 9:00 AM
Wednesdays, July 27 - August 24, 2022 - 4:45 PM AND 6:00 PM



SENIORS WITH THYME COOKING PROGRAM

We are giving Pat Cipollini a much needed break for August. Be sure to check back in September to see what she will be cooking up!!!



SENIOR PICNIC

Please join us on Wednesday, August 24, 2022 (*Thursday, August 25, 2022 rain date*) for our **First Annual Senior Picnic** at the pavilion at Crandall Park!!!

We will serve hamburgers, hot dogs, baked beans, chips, watermelon, cookies, soda & water.



For your listening pleasure the Jammers will be onsite to entertain you!!

We will also have bean bag toss and bocce ball available to play!



The fun will begin at 12:00 noon ending around 3:00 PM.

This will be in place of lunch. All you lunch volunteers can sit back and relax while Town of Tolland employees serve you!!!

So mark your calendars and **DON'T FORGET TO SIGN UP** by Thursday, August 19, 2022. You can sign up by calling the Senior Center at 860-870-3730 or emailing Kim at kkowalyszyn@tollandct.gov.

Please note the Senior Center will close at 11:00 AM on Wednesday, August 24th (rain date Thursday, August 25th).

Health and Wellness



Blood Pressure Clinic:

Thursday, August 11, 2022, 10:00 to 11:30 AM

Chair Yoga: Wednesdays at 9:00 AM (except August 31)

Exercise: Tuesdays & Thursdays at 9:00 AM

Foot Care: Thursday, August 18, 2022 - \$30.00 fee
(please call 860-268-7698 for an appointment)

Reiki: Wednesday, August 10, 2022, 10:30 AM to 12:00 PM
(please call 860-870-3730 for an appointment)

Walking Club: Mondays at 1:00 PM (*weather & temperature permitting*)
(meet at Senior Center or let us know you will meet us at trail head)

July Walking Club Schedule

<u>Date</u>	<u>Hiking Trail</u>	<u>Location</u>	<u>Distance (mi)</u>
August 1, 2022	Stoppeworth	Hunter Road	1.0
August 8, 2022	King	Merrow Road	2.0
August 15, 2022	Schindler-Schmidt	Sugar Hill Road	2.0
August 22, 2022	Parciak Blue Trail	Bald Hill Road	1.0
August 29, 2022	Tobiassen	Noah Lane	1.5

2022 Senior Center Trips



August 17, 2022: Covered Bridges of New Hampshire

At the Cathedral of the Pines in Rindge, NH, stand among the tall pines overlooking the valley as you explore the sanctuary, sacred spaces, monuments, and burial grounds built as memorial to those fallen in service on your guided tour. Lunch will be nearby at the Woodbound Inn with its rustic & cozy atmosphere. And finally grab your camera and come explore several covered bridges on a guided driving tour in Southern New Hampshire.

*Depart Tolland Senior Center at 8:00 AM with estimated return at 5:45 PM
Cost \$104.00 per person*

September 21 - 23, 2022: Sight & Sound Theatre - David - Lancaster, PA (2 nights)

Spend 2 nights at the newly renovated Comfort Suites Lancaster. On your first night you will have an authentic Amish meal in an actual Amish home enjoying a Q&A with your Amish hosts. The next day enjoy an Amish Artisan shopping adventure traveling through spectacular Amish farmlands, then you will watch the new show "David" at the Sight & Sound Theatre and finish up the day with dinner at Miller's Smorgasbord. On the last day before you head home, you will stop at the Bird-in-hand Farmers market before boarding the Strasburg Railroad as you travel through 2,500 acres of preserved Amish farmland.

Cost \$585.00 per person for double/triple room or \$715.00 per person for single room

November 10, 2022: Grand Oak Villa - America the Beautiful, Oakville, CT

Visit the Grand Oak Villa for their annual patriotic luncheon show. Ray Guillemette, Jr., and his live band, King Kountry will be performing some of your favorite patriotic and country hits in a tribute to our Veterans. Cheese, crackers & pepperoni will be served upon arrival and then a family style meal will be served.

*Depart Tolland Senior Center at 10:30 AM with estimated return at 4:30 PM
Cost \$104.00 per person*

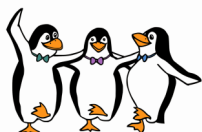
December 6, 2022: Christmas Lights & Song

Enjoy a delicious lunch at the Student Prince while being entertained by the famous Fort Street Holiday Carolers. Following lunch spend time at MGM Springfield Casino and then onto Bright Nights (2 1/2 miles of lighting displays and 250,000 lights) at Forest Park in Springfield, MA.

*Depart Tolland Senior Center (time to be determined) with estimated return (time to be determined)
Cost \$98.00 per person*

*For more information visit our webpage at www.tolland.org/senior-center/pages/trips,
stop by the Senior Center or give us a call at 860-870-3730.*

All trips are subject to change



LINE DANCING

Come join us on Thursdays for Line Dancing - Don't know how?

No problem, we will teach you during our beginner class. Great fun and exercise!!!

Improver - 2:00 to 3:00 PM - **Beginner** - 3:15 to 4:15 PM

Remember to bring water and a change of shoes!!

August Birthdays

Peggy D.	8/2	Francis P.	8/12	Marjorie H.	8/21
Stanley S.	8/2	Ruth M.	8/13	Sherrill C.	8/23
Pat W.	8/2	Ilse S.	8/13	Jean K.	8/23
Cindy J.	8/3	Shirley W.	8/13	Jeff O.	8/23
Jo Ann C.	8/4	Roberta H.	8/14	Maria S.	8/23
Alma L.	8/4	Bill D.	8/15	Pat C.	8/26
Roberta M.	8/4	Pamela P.	8/15	Rosalie H.	8/29
Dan B.	8/5	Joanne S.	8/15	August L.	8/29
Mary Z.	8/9	Barbara R.	8/17	Pat O.	8/29
Lynn C.	8/10	Helena G.	8/18	Kathe O.	8/29
Virginia G.	8/10	Anita S.	8/18	Billie D.	8/30
Stanley C.	8/11	Lorraine P.	8/20	Susan M.	8/30
Hannah H.	8/11	James S.	8/20	Doreen S.	8/30



Happy Birthday



TOLLAND DUAL PRIMARY



On Tuesday, August 9, 2022, Tolland will have a Dual Primary.

Districts 1 & 3 will vote at the Recreation Center.

District 2 will vote at the Senior Center.

With voting being held here at the Center, we will be cancelling all classes and programs on August 9, 2022.

We apologize for any inconvenience this may cause.

CHAIR YOGA

Chair Yoga is available at the Senior Center every Wednesday at 9:00 AM.

Join us for an hour of stretching and relaxation!!!

There will be no Chair Yoga on August 31 & September 7, 2022



SENIOR CENTER PROGRAMS

Bean Bag Toss: Join us on Wednesdays from 1:00 - 3:00 PM to toss a few bean bags.

Billiards: Join us on Mondays and Wednesdays from 9:00 AM - 12:00 PM to play billiards.

Blood Pressure & Blood Sugar Clinic: Stop in on the 2nd Tuesdays of the month (*may change occasionally*) between 10:00 and 11:30 AM to have your blood pressure and blood sugar checked.

Book Club: Book discussion is held on the 4th Monday of the month at 1:00 PM.

Cards: Join us on Wednesdays from 1:00 - 3:00 PM to play Canasta, Cribbage, Setback, Bridge 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 at 9:00 AM for a time of relaxation.

Chorus: Love to sing? Then join the "Note-ables" on Mondays at 10:00 AM.

Dominoes: Join us on Thursdays from 12:30 - 2:30 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 3rd Thursday of the month (*may change occasionally*) between 9:00 AM and 2:30 PM.

Jammers: Come sit back and enjoy the wonderful music from the Tolland Jammers Band every 1st and 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.

Ping Pong: Join us on Tuesdays at 1:00 PM to play Ping Pong.

Quilting & More: Join us on Tuesdays and Thursdays at 10:00 AM as we quilt, stitch, needle point, knit or crochet while enjoying good company.

Reiki: Make an appointment with our Reiki therapist on 1st and 3rd Wednesdays of the month 10:30 AM - 12:00 PM. Be sure to wear comfortable clothes and bring a pillow case and twin sheet or beach towel.

Walking Club: Meet us on Mondays at 1:00 PM for a walk/hike on the beautiful trails of Tolland. *We meet up at the Senior Center or the hiking trail, whichever is closest for you.* Weather & temperature permitting.

*All Programs are subject to change without notice at the discretion of the Director.
Any questions? Please call the Senior Center at 860-870-3730.*

AUGUST 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***** Please see activity times below *****	1 BILLIARDS CHORUS JAMMERS WALKING CLUB	2 EXERCISE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL	3 BILLIARDS CHAIR YOGA LUNCH CARDS BEAN BAG TOSS	4 EXERCISE QUILTING & MORE DOMINOES LINE DANCING	5	6 FARMERS MARKET 10 AM - 12 PM 1032 Tollard Stage Road
7	8 BILLIARDS CHORUS WALKING CLUB	9 NO PROGRAMS Primary Day 6 AM - 8 PM (District 2)	10 BILLIARDS CHAIR YOGA REIKI LUNCH CARDS BEAN BAG TOSS	11 EXERCISE BLOOD PRESSURE QUILTING & MORE DOMINOES LINE DANCING	12	13 FARMERS MARKET 10 AM - 12 PM 1032 Tollard Stage Road
14	15 BILLIARDS CHORUS JAMMERS WALKING CLUB	16 EXERCISE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL	17 COVERED BRIDGE BILLIARDS CHAIR YOGA LUNCH CARDS BEAN BAG TOSS	18 EXERCISE FOOT CARE QUILTING & MORE BRAIN/BODY HEALTH DOMINOES LINE DANCING	19	20 FARMERS MARKET 10 AM - 12 PM 1032 Tollard Stage Road
21	22 BILLIARDS CHORUS BOOK CLUB WALKING CLUB	23 EXERCISE BLOOD PRESSURE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL	24 BILLIARDS CHAIR YOGA SENIOR PICNIC CENTER CLOSING @ 11 AM	25 EXERCISE QUILTING & MORE DOMINOES LINE DANCING SENIOR PICNIC RAIN DATE	26	27 FARMERS MARKET 10 AM - 12 PM 1032 Tollard Stage Road
28	29 BILLIARDS CHORUS WALKING CLUB	30 EXERCISE QUILTING & MORE MAHJONG PING PONG CHAIR VOLLEYBALL	31 BILLIARDS LUNCH CARDS BEAN BAG TOSS	ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR		

Bean Bag Toss	1:00 PM	Chorus	10:00 AM	Lunch	12:00 PM
Billiards	9:00 AM	Covered Bridge Trip	8:00 AM	Mahjong	1:00 PM
Blood Pressure Clinic	10:00 AM	Dominoes	12:30 PM	Ping Pong	1:00 PM
Book Club	1:00 PM	Exercise	9:00 AM	Quilting & More	10:00 AM
Brain & Body Health	10:30 AM	Foot Care	9:00 AM	Reiki	10:30 AM
Cards	1:00 PM	Jammers	1:00 PM	Senior Picnic	12:00 PM
Chair Volleyball	1:30 PM	Line Dancing	2 & 3:15PM	Walking Club	1:00 PM
Chair Yoga	9:00 AM				

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
Elderly Outreach Caseworker: Rebecca Ellert, 860-870-3726
Human Services Director: Beverly Bellody, 860-871-3611
Assistant Director of Human Services: Maureen Flanagan, 860-871-3612
Human Services Case Manager: Jeanne Pitney, 860-871-3615
Human Services Administrative Assistant: Lynn Munz, 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>