



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 COMING SOON TO THE SENIOR CENTER

Hair Dresser, Lynn Shea will be coming to the Senior Center about every 5 weeks offering haircuts to seniors beginning Monday, September 11, 2023 for \$15.00.

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.

At this time we believe haircuts will be offered on Mondays but the day of the week is subject to change.

Lynn is a self employed Hairdresser/Barber, licensed and insured for the past 26 years. She works two days a week at her shop in North Windham, two days a week at Manchester Rehab and Nursing Home, she offers haircuts at the Columbia, Mansfield and Ellington Senior Centers as well as at private homes, Willington Senior Housing and two group homes as needed. Lynn lives in Willington and feels she is lucky to have a job she truly loves.

We welcome Lynn to the Tolland Senior Center.

FOOT CARE



FootCare By Nurses is providing foot care to seniors at the Senior Center:

- ◆ Every 2nd Thursday of the month (Aug is full, Sept has a few openings)
- ◆ Appointments are available from 9:00 AM to 3:00 PM
- ◆ Cost is \$45.00 and should be payable to **FootCare By Nurses, LLC**
- ◆ Appointments will last about half an hour
- ◆ Cancellation of services must occur 48 hours prior to your appointment

To make an appointment call 860-870-3730.



Looking to see if there is any interest in a **Chess Club** or **Ukulele Lessons** at the Senior Center. If you would be interested in either of these programs, please let us know (call 860-870-3730 or email jdube@tollandct.gov).



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, August 2, 2023: *Rice Goulash, Corn, Bread and Birthday Cake*

Wednesday, August 9, 2023: *Sausage & Peppers, Cucumber Salad and Dessert*

Wednesday, August 16, 2023: *Hamburgers, French Fries, Pickle and Dessert*

Wednesday, August 23, 2023: *Chicken Salad Sandwich, Fruit Salad and Dessert*

Wednesday, August 30, 2023: *Sloppy Joe, Coleslaw, Chips and Dessert*

Registration is required no later than the Monday prior to lunch

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 28, 2023 **The Walnut Tree** by Charles Todd

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



SENIORS WITH THYME COOKING PROGRAM

Join Pat Cipollini and guest Kim Kowalyshyn on Thursday, **August 24, 2023** at **10:30 AM** as you work together to make *Italian Antipasto Squares*.

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, and 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>
August 2, 2023	Crystal Peat	Cook Road
August 9, 2023	Madeline Regan	Route 74 - Joshua Trust
August 16, 2023	Knofla - Pond	Bakos Road
August 23, 2023	King Property	55 Dimock Road off Route 74
August 30, 2023	Crandall's paved	Crandalls' Park



CALLING ALL SENIORS!

Join Tolland Garden Paths Club at the Senior Center for a fun afternoon making your own flower arrangement in a cup or mug.

Thursday, August 17, 2023 at 2:00 PM
Tolland Senior Center
674 Tolland Stage Road

Cups, mugs and flowers are donated by the garden club, but participants are welcome to bring their own if they wish.

Please call [860-870-3730](tel:860-870-3730) or email jdube@tollandct.gov to register by August 14, 2023.

RED CROSS BLOOD DRIVE



The Tolland Senior Center will be hosting a Red Cross Blood Drive on Tuesday, August 22, 2023 from 10:00 AM to 3:00 PM in the All Purpose Room (Lower Level)

For an Appointment call 1-800 RED CROSS (733-2767) or visit www.redcrossblood.org

LUNCH & LEARN - AGE IN PLACE

Join us on Thursday, August 17, 2023 at 11:30 AM for lunch while Janice LaPointe & Rebecca Gilbert-Johnson teach you:

- ◆ What aging in place is
- ◆ When to start planning
- ◆ Challenges of aging in place
- ◆ The importance of aging in place
- ◆ What it means to you and your family



Please call [860-870-3730](tel:860-870-3730) or email jdube@tollandct.gov to register by August 14, 2023.

TEA & TOAST WITH TAMMY

Join us for our first quarterly gathering with State Representative Tammy Nuccio on Tuesday, August 15, 2023 at 10:15 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 August 10, 2023.



SAVE THE DATE - 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.

Tickets are available in the Senior Center Office.



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 AM 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 will be required and will begin in September.

Limited to 20 participants.

DID YOU KNOW . . .

We offer *Cards* at the Senior Center on **Wednesdays** from **1 - 3PM?**



At this time the only card game being played is The Game of 65, but grab a friend or 2 or 3 and come play Canasta, Cribbage or Setback too!!!



DID YOU ALSO KNOW . . .

We offer *Cardio Drumming* at the Senior Center on **Tuesdays** from **10:00 - 10:45AM?**

Cardio Drumming is a fun and unique program that uses movement through drumming (on exercise balls in buckets) to be a whole body workout while at the same time, fun enough for everyone to do without any training - sitting or standing! It is a lot of fun and great exercise!!!

AND WERE YOU AWARE . . .



That we offer a *Drumming Circle* on the **1st and 3rd Thursdays of the month** from **5:30 - 7PM?**

A Drumming circle is a group of people playing hand-drums and percussion in a circle. Come learn from Michelle Butler the sounds of the drum and simple rhythms.

No experience necessary to learn how to play. Cost is \$10.00 per session (2 sessions monthly).

2023 Senior Center Trips



September 7, 2023: Theatre By The Sea - Jersey Boys

Enjoy the Jersey Boys musical at the Theatre by the Sea, an historic theatre and playhouse on the Rhode Island Shore. Also enjoy a sit-down lunch prior to the show at George's of Galilee - overlooking the Block Island Sound in the picturesque fishing port of Galilee with entrée choices of Broiled Scrod or Chicken Breast with Chorizo, Sweet Peppers & Asparagus or Roasted Beet Salad, Seasonal Vegetable, Potato, Dessert.

Cost is \$162.00 per person.

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.

PROGRAM CANCELLATIONS

There will be no *Chair Yoga* on *Wednesday, August 9, 2023*.

There will be no *Cardio Drumming* or *Ping Pong* on *Tuesday, August 22, 2023*.

There will be no *Line Dancing* on *Thursday, August 17 & 24, 2023*.

LINE DANCING CHANGES



Beginning in July, line dancing will no longer offer Improver at 2:00 PM and Beginners at 3:15 PM. Instead it will be one class for all levels of line dancers from 2:00 to 3:30 PM.

AUGUST 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
***** Please see activity times below *****		<i>1</i> Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	<i>2</i> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	<i>3</i> Exercise Billiards—Beg Dominos Line Dancing Drumming	<i>4</i>	<i>5</i>
<i>6</i> FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	<i>7</i> Billiards Chorus Chair Yoga	<i>8</i> Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	<i>9</i> Billiards Bridge Walking Club Lunch Cards Bean Bag Toss	<i>10</i> Exercise Foot Care Billiards—Beg Dominos Line Dancing	<i>11</i>	<i>12</i>
<i>13</i> FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	<i>14</i> Billiards Chorus Chair Yoga	<i>15</i> Exercise Toast with Tammy Cardio Drumming Mahjong Ping Pong Chair Volleyball	<i>16</i> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	<i>17</i> Exercise Billiards—Beg Lunch & Learn Dominos Garden Paths Drumming	<i>18</i>	<i>19</i>
<i>20</i> FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	<i>21</i> Billiards Chorus Chair Yoga Jammers	<i>22</i> Exercise Blood Drive Mahjong Chair Volleyball	<i>23</i> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	<i>24</i> Exercise Billiards—Beg Seniors W/ Thyme Dominos	<i>25</i>	<i>26</i>
<i>27</i> FARMERS MARKET 10 AM - 12 PM <i>Tolland Green</i>	<i>28</i> Billiards Chorus Book Club Chair Yoga	<i>29</i> Exercise Cardio Drumming Mahjong Ping Pong Chair Volleyball	<i>30</i> Billiards Chair Yoga Bridge Walking Club Lunch Cards Bean Bag Toss	<i>31</i> Exercise Billiards—Beg Dominos Line Dancing	ALL PROGRAMS ARE Subject to change without notice AT THE DISCRETION OF THE DIRECTOR	

Bean Bag Toss	1:00 PM	Chair Yoga	W-9:00 AM & M-1:00 PM	Line Dancing	2:00 PM
Billiards	9:00 AM	Chorus		Lunch	12:00 PM
Billiards - Beginners	10:00AM	Dominos		Lunch & Learn	11:30 AM
Book Club	1:00 PM	Drumming Circle		Mahjong	1:00 PM
Bridge	9:00 AM	Exercise		Ping Pong	1:00 PM
Cardio Drumming	10:00 AM	Foot Care		Seniors with Thyme	10:30 AM
Cards	1:00 PM	Garden Paths Program		Toast with Tammy	10:15 AM
Chair Volleyball	1:30 PM	Jammers		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 - 12:00 PM.

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.***

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 all levels. 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.

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 website for any changes.

Call the Senior Center at 860-870-3730 for questions.

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: Jeanne Pitney, 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***

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, Glastonbury, Hartford, West Hartford, Farmington 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 (call early to ensure you get on the schedule). 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>