

APRIL 2016

Senior Happenings

Dedicated to Tolland's Senior Citizens

Hello Folks!

Happy Spring!!

Here it is, our big month! Our Annual Variety Show is right around the corner on **Friday, April 29th at 7:00 p.m.** Tickets are on sale now - \$10 adults, \$7 for children 17 & under. See the flyer on page 9 of the newsletter. We have a very entertaining lineup this year. As we mentioned in last month's newsletter, we have a very special guest appearance by someone quite famous...and to add a little spice, something that will really make you laugh. And don't forget...Quintree Quartet which is comprised of Becky and her three sisters will be performing. Don't pass this up! It's our big fundraiser, so invite your friends and family members.

I want to thank our volunteers Bill Ward and Irene Raiche for spear-heading the AARP Driving Course again. They are so faithful to this program. We certainly appreciate you two!

I'd like to explain something to you all regarding trips from our senior center. When we offer a trip, I need to see *right up front*, that there is some interest generated. Asking you for a small deposit (\$5.00) will not only secure a seat for you, but it shows the tour company that there is an interest. If the trip doesn't materialize, you will certainly get your deposit back, but at least this way, the tour company knows how many to count on and won't re-direct our tickets somewhere else. So, with that being said, please read on page 11 about all the wonderful places we will visit this year and come sign up.

Last month was the first month we had "Invite a Friend to Lunch". In April, it will be the **2nd Monday, April 11th**. Please invite a friend who isn't a part of our center to come enjoy lunch with us. Please call in advance to make sure we have enough food.

Don't forget our **Open House on Sunday, April 3rd at 12:30 pm.** Bring the whole clan!

Our AARP Tax Aide program is winding down, see more information on page 4. This has been very successful, and I'm so pleased with the way things turned out. Our wonderful volunteers did a great job, and I'd like to name them one by one...Burt, Beth, Dorothy, Mark, MariCarol and Jo-Anne. I heard so many good reports from those that had their taxes done by them. From the bottom of my heart, I thank you. We look forward to offering this program for many years to come. 😊

See you at the Senior Center,
Fran

Thinking of You!!

*Lena Cressotti Kathy Dovhan Richard Carlson
Peter Golden Prudence Shifley*

*A special hello to all our friends at
Fox Hill, Vernon Manor and Woodlake.*



No matter how
long the winter,
spring is sure
to follow.

~Proverb



Saturday, April 9th

8:30 am—12:30 pm

Space is limited, so please call the Senior Center
and sign up 860-870-3730



Health and Wellness

Exercise: Tuesdays at 9:00 a.m.

Yoga: Wednesdays at 2:30 p.m.

Tai Chi: Thursdays at 9:30 a.m.



Foot Care

Thursday, April 21st

(please call 860-870-3730 for an appointment) \$29.00 fee

Blood Pressure and Blood Sugar

Monday, April 18th from 10 am—11:30 am

Lunch

Mondays and Wednesdays at 12:00 noon, \$4.00 per lunch

Our Birthday Party Lunch will be on April 28th

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings!

This month's edition will be chuck full of information – a kind of “did you know??”

Starting with: **did you know** that when a loved one passes, not only are you in mourning, but you could end up in debt, too. In some cases, a bogus collection agency will call a few days after the funeral and claim your deceased relative owed money and you have to pay. If the money owed is in the deceased one's name only, you are not responsible for this debt, nor are their children. Some credit card companies and collections agencies will stoop very low to get you to pay up. They will use misleading statements, empathy, and even outright lies to get this money. Do not agree to pay anything and always check with your lawyer first. Unless you cosigned a loan for your deceased relative, you are not responsible for the debt that he/she incurred.

Did you know that you can pay less for a “senior friendly” phone? Many of these phones offer benefits like a large, easy to read display screen. Here are a few selections to choose from: **Coupe** \$40.00 with a 2 year contract from Verizon Wireless. **LG UX280** \$40.00 with contract. This one is compatible with hearing aids. If you qualify for any state or federal programs, such as SNAP, Energy Assistance, etc., you can get a free SafeLink phone. I can help fill out the application for this phone, or go to safelinkwireless.com on your own and order it.

Did you know there are easy ways to earn extra money? Here are a few: file papers – some companies may need help filing, making copies and other part-time clerical work. Provide editing services, editing term papers, etc. especially if you live near a college. Be a handyman. You have skills and tools and the ability to fix things?? Deliver newspapers, good if you're an early riser. Be a professional shopper – busy people need someone to shop for them, especially around the holidays. Teach a workshop – share your expertise and knowledge with others. Tutor – help younger students – check with your local schools. Walk dogs, or become a pet sitter. Direct traffic – work as a school crossing guard.

And lastly, **did you know** there are free options for eyewear? Most health insurance plans and Medicare don't pay for much eye care. Here are some free options: Vision USA, run by the American Optometric Association (AOA) provides free eye care to uninsured and low-income. www.aoa.org Also, the Lions Club www.lionsclubs.org can help you find free or discounted eye care. If you buy your eye glasses on line, check out www.zennioptical.com you can get glasses starting at \$8 - and they're nice!! Bifocals start at \$25, and progressive as low as \$37. Some shipping charges apply There's also www.glassesusa.com, www.39dollarglasses.com, and www.eyebuydirect.com

So there you have it. Information you can count on.

-Rebecca



AARP Tax Aid: Tolland Senior Center is pleased to offer on-site assistance with filing your taxes. There are no age requirements and you do not have to be a Tolland resident or an AARP member. This is a free service and is staffed by trained volunteers willing to give their time.

Appointments available on April 5th and April 12th. One hour time slots will be available starting from 12 pm-1 pm, 1 pm-2 pm, 2 pm-3 pm, 3 pm-4 pm. Appointments must be made either in person at the Senior Center (674 Tolland Stage Road) or call Fran Weigand at 860-870-3725.

On the day of your appointment you will be required to complete an interview questionnaire, bring a form of photo identification, and bring the following documents as applicable to your financial situation:

- copy of last year's tax return
- proof of all income sources (which could include W2 for earned wages, unemployment compensation)
- SSA-1099 for Social Security
- 1099-MISC for miscellaneous income
- 1099-R for pension or annuity income
- proof of interest or dividends (all 1099 forms)
- all forms indicating federal income tax paid
- dependent care provider information
- all receipts or cancelled checks for itemized deductions (such as property tax, car tax, medical expenses),
- **Social Security cards for you and all dependents.**

Also, please bring your checkbook for refunds to be directly deposited into your account.

Connecticut Energy Assistance Program

Tolland residents who meet the income guidelines below may contact the following with inquiries as to their eligibility to apply for energy assistance **by April 25th:**

Seniors- contact Rebecca Ellert, (860) 870-3726;

All others residents contact Nancy Dunn, (860) 871-3612; residents may also contact the ACCESS Agency in Willimantic, (860) 450-7423.

Household Income Guidelines for Energy Assistance- 2015/2016						
1	2	3	4	5	6	7
Under \$33,132	Under \$43,327	Under \$53,521	Under \$63,716	Under \$73,910	Under \$84,105	Under \$86,016

FOODSHARE MOBILE FOOD PANTRY



The FoodShare Mobile Food Pantry is available in Tolland on alternate Thursdays, 9-9:30 a.m. 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 the FOODSHARE website, www.foodshare.org. For the next few months, distribution at the Tolland site will be on the following dates:

Spring dates are:

April 14 & 28

May 12 & 26

Residents participating in the program must bring their own bags.

Town of Tolland Tax Relief Programs

The Tolland Tax Assessor's office is currently accepting applications for tax relief for senior citizens or permanently disabled homeowners from **February 1, 2016 through May 15, 2016**. There are three separate programs available:

Homeowner Aid for the Elderly and Disabled Program (Circuit Breaker) is a State program which requires homeowners to be 65 years of age as of December 31, 2016, or be 50 years of age or over and the surviving spouse or civil partner of a homeowner who at the time of death had qualified for and was entitled to tax relief, or be eligible to receive permanent total disability benefits under Social Security. Such spouse or civil union partner must have been domiciled with the homeowner at the time of death. You must also have been a resident of Connecticut for at least one year. Your 2015 income, including Social Security, cannot exceed \$42,900 if married or \$35,200 if unmarried.

Tax Deferral for Senior Citizens (Ordinance 25) is a local tax deferment program. This program defers property taxes for low income homeowners while they own their property. When the property is sold or a use change occurs, all back taxes are due with interest. Your maximum income cannot exceed \$52,650 for this program. You must be over 65 years of age or eligible to receive permanent total disability benefits under Social Security.

Local Tax Relief Program for Permanently Disabled and Senior Residents (Ordinance 60) is a tax freeze program. Eligibility requirements are that homeowners must have resided and paid taxes on property since July 1, 2015 or earlier, at least one of the homeowners must be 65 years of age by December 31, 2015 or eligible to receive permanent total disability benefits of the surviving spouse or civil union partner or homeowner who at the time of death qualified for this program. Household income for the year 2015 cannot exceed \$52,650 and total household assets (excluding the home) cannot exceed \$526,500.

The application period for all three programs is February 1, 2016 through May 15, 2016. All applications must be accompanied with proof of 2015 income. For an application or more information, please call the Tolland Assessor's office at 871-3650.



April Birthdays ...
Happy Birthday!!

Nancy Farrington	4/1	Esther Keeley	4/20
Roger Stevens	4/2	Gail Mitrowski	4/21
Donald Waldo	4/4	Heidi Horsman	4/23
Hazel Bartley	4/5	Theresa Palmer	4/23
Irene Duval	4/7	Jeanne East	4/26
Mary Andrulat	4/7	Kathleen Foley	4/27
Donna Kaylor	4/14	Bill Tripp	4/28
Rosemary Torrisi	4/16	Theresia Johnson	4/28
Faith McCusker	4/19	Ron Kleef	4/29
Hazel Kehoe	4/19	Mary Malone	4/29
		Judy Prochorchik	4/29

BIRTHDAY PARTY LUNCH



It is typically held on the last Thursday of the month at noon. Here are the guidelines to participate:

- ♦ By Reservation Only-we cannot accept walk-ins
- ♦ Put your name on the sign up sheet by the Tuesday before the event and payment is required at that time (\$4)
- ♦ If you need to cancel, please call 860-870-3730.

Next Birthday Party Lunch for April is April 28



Sunday, April 3rd
12:30 pm—3:00 pm

Open to the general public
 Don't miss an opportunity to see the Senior Center and everything we have to offer!



Need Help With Food?
Find Out If You Are Eligible for
(formerly known as Food Stamps)

Did you know... you may qualify for SNAP even if:

- you own a home ◇ you are working full or part-time ◇ you have retirement income
- you have a car ◇ you are living with others

You may qualify if you meet these SNAP income guidelines:

Household Size/ Maximum Monthly Income Guidelines for SNAP						
1	2	3	4	5	6	7
\$1,815	\$2,456	\$3,098	\$3,739	\$4,380	\$5,022	higher

Foodshare will be offering **SNAP eligibility screening and application assistance** at the United Congregational Church of Tolland (in the church office), 45 Tolland Green, Tolland, CT

By Appointment from 10:00 am—12:00 pm
on the following Saturdays:
April 16, 2016
May 21, 2016

Tolland Senior Center Presents:

Luncheon Show at Elegant
SAINT CLEMENTS CASTLE
Portland, CT
Thursday, June 16, 2016

Back by Popular Demand **JOHN TIMPANELLI**
with an **ALL NEW SHOW !**
“THEY WRITE THE SONGS”

John Timpanelli returns by popular demand. John pays tribute to some of the great songwriters and singers such as Neil Sedaka, Paul Anka, Barry Manilow, Peter Allen, Elton John and Barry Gibb, to name a few. John is a complete entertainer and a real crowd pleaser.



You'll enjoy a beautifully prepared and presented lunch in the Prince Edward Ballroom. Dine on Salad, Choice of: Chicken Francaise with Lemon and Capers OR Tropical Mahi Mahi with a Mango Pepper Relish, Vegetable, Potato, Delicious Dessert and Coffee. Entrée choice in advance.

COST: \$80 per person
For reservations: 860-870-3725
Depart: 10:30 am from
Tolland Senior Center
Return: 4:30 pm

APRIL 2016

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 BILLIARDS: MEN & WOMEN PAINTING	2
3 Open House 12:30 pm	4 LUNCH CHORUS SOCIAL MEDITATION	5 EXERCISE KNITTING GROUP ADULT COLORIING	6 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	7 TAI CHI QUILTING DOMINOES	8 BILLIARDS: MEN & WOMEN PAINTING	9 AARP Driving Course 8:30 am- 12:30 pm
10	11 LUNCH CHORUS SOCIAL MEDITATION	12 EXERCISE KNITTING GROUP PEN & TELL	13 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	14 COMP LAB TAI CHI QUILTING DOMINOES	15 BILLIARDS: MEN & WOMEN PAINTING	16
17	18 LUNCH CHORUS SOCIAL MEDITATION BLOOD PRESSURE 10 :00 - 11:30 am	19 EXERCISE KNITTING GROUP ADULT COLORIING	20 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	21 COMP LAB TAI CHI QUILTING DOMINOES FOOT CARE (CALL FOR APPT.)	22 BILLIARDS: MEN & WOMEN PAINTING	23
24	25 LUNCH CHORUS SOCIAL MEDITATION Budget Presentation 12:30 pm BOOK CLUB	26 <i>Primary Election 6 am- 8 pm</i> EXERCISE	27 NO LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	28 COMP LAB TAI CHI QUILTING DOMINOES Birthday Party Lunch 12 pm	29 BILLIARDS: MEN & WOMEN PAINTING VARIETY SHOW Tolland High School 7 pm	30

Adult Coloring
Billiards
Book Club
Cards
Chorus
Computer Lab
Crafts

1:00 pm
10:00 a.m.
1:00 p.m.
1:00 p.m.
10:00 a.m.
9:30 a.m.
10:00 a.m.

Dominoes
Exercise
Knitting Group
Lunch
Meditation
Painting

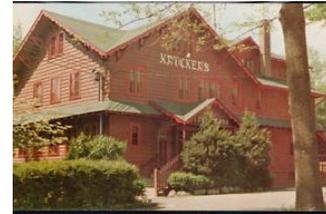
1:00 p.m.
9:00 a.m.
9:30 a.m.
12:00 p.m.
1:30 pm
9:00 a.m.

Pen & Tell
Ping Pong
Quilting Group
Social
Tai Chi
Yoga

1:00 p.m.
9:30 a.m.
10:00 a.m.
10:00 a.m.
9:30 a.m.
2:30 p.m.

Senior Center Trips for 2016

April 19th	Newport Playhouse— <i>One Slight Hitch</i> -\$84
June 16th	St. Clements Castle, Portland, CT-\$80
July 7th	Westchester Dinner Theater- <i>Happy Days</i> -\$101
August 9th	CT River Cruise, Hadley, MA—Lobster/Lunch-\$78
October 12th	Krucker's— <i>Octoberfest</i> lunch/entertainment-\$86
December 6th	Newport Playhouse— <i>Nana's Naughty Knickers</i>

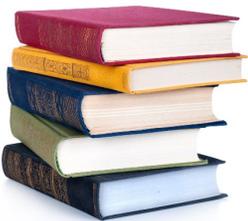


SENIOR CENTER OVERNIGHT TRIP

September 20-22, 2016

SIGHT AND SOUND Theatre –
production of “Samson” 3 day/2 night trip to Pennsylvania
\$383 per person (double occupancy)

Senior Center Book Club Selections for 2016

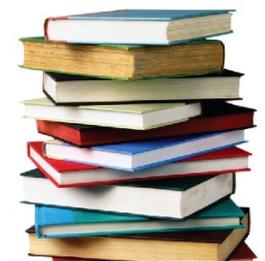


April 25, 2016

THE NIGHTINGALE by Kristin Hannah

May 23, 2016

THE HOUSE WE GREW UP IN by Lisa Jewell



***Book Club meets the fourth Monday of the month at 1:00pm
Date may change if Monday is a holiday
(please check calendar)***

Book Club will not meet in December, June, July and August

Senior Center Activities

Adult Coloring - held every other Tuesday from 1:00—2:30 p.m.

Billiards - men meet on Wednesday mornings at 9:30 a.m. to 12 p.m. Women and men meet every Friday morning at 9:30 a.m. to 12 p.m. Open tables for women and men as long as there is no conflict with another activity.

Birthday Party Lunch - held once a month to celebrate all those who have had a birthday during that month. This special event is by reservation only and is held at 12:00 p.m. unless otherwise noted, and the cost is \$4.00

Book Club - book discussion is held on the fourth Monday of the month, 1:00-2:00 p.m.

Cards - join us for a game of cards every Wednesday, 1:00-2:30 p.m.

Chorus - the “Note-ables” meet every Monday morning, 10:00-11:30 a.m.

Computer Lab - learn how to use a computer on Thursday mornings, 9:30-10:30 a.m.

Crafts - every Wednesday morning, 10:00-11:30 a.m. - You may bring a craft of your own choice, such as knitting, crocheting, etc. or you may participate in making center pieces for our Birthday Party Lunches.

Dominoes - held every Thursday, 1:00-3:30 p.m.

Exercise - Tuesday mornings, 9:00-10:00 a.m. - This is a stretch and balance, low-impact class

Intergenerational Programs - programs that include the young people in Tolland

Knitting Group - work on knitting projects on Tuesday mornings, 9:30-11:30 a.m.

Lunch Box Cafe - every Monday and Wednesday at 12:00 noon, lunch is served. The cost is \$4.00 per meal and the menu varies.

Meditation - held every Monday afternoon, 1:30-2:30 p.m.

Painting – Water color painting class– every Friday 9:30 a.m.

Pen & Tell - a creative writing class held every other Tuesday, 1:00-2:30 p.m.

Ping Pong - come over to the Senior Center for a game on Wednesdays, 9:30-10:30 a.m.

Quilting Group - meets on Thursdays, 10:00 a.m. to 12 p.m.

Social - every Monday at 11:30 a.m. - Join us and share a special visit with one another

Tai Chi Class - a gentle exercise class held on Thursdays, 9:30-10:30 a.m.

Yoga– every Wednesday at 2:30pm

All Programs are subject to change without notice at the discretion of the Director.

Dedicated to Tolland Senior Citizens

Tolland Senior Center
674 Tolland Stage Rd
P.O. Box 159
Tolland, CT, 06084

Phone: 860-870-3730
Monday-Thursday
8:30 a.m. - 3:30 p.m.
Friday 8:30 a.m. - noon

New Members
and drop-ins are
always welcome.

Check the Calendar



Tolland Human Services Department

Senior Center Director: Fran Weigand, 860-870-3725
Elderly Outreach Caseworker: Rebecca Ellert, 860-870-3726
Newsletter Editors: Fran Weigand, Rebecca Ellert
Human Services Director: Beverly Bellody, 860-871-3611
Assistant Director of Human Services: Nancy Dunn, 860-871-3612
Human Services Case Manager: Stephanie Mansell, 860-871-3615
Human Services Administrative Assistant: Bridget Joy, 860-871-3648

Please visit us on the Tolland website at www.tolland.org

HOCKANUM VALLEY COMMUNITY COUNCIL DIAL-A-RIDE PROGRAM

860-870-7940

Tolland residents who are at least 60 years of age or disabled adults under 60 are qualified for the Dial-a-Ride service. Transportation is provided between 8:30 a.m. - 4:00 p.m., Monday through Friday excluding holidays. Dial-a-Ride travels to all locations in Vernon, Ellington and Tolland including medical appointments, shopping, social and recreational. Whenever possible grocery and other shopping trips are provided on a group basis. They also go to Manchester on Mondays and Thursdays for doctor's appointments only.

In order to continue to provide reliable safe transportation to the Tri Town area, a \$2.00 donation will be needed 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. To make reservations, call 860-870-7940, Monday - Friday between 8:30 a.m. - 4:00 p.m. Reservations can be made in advance, on a first come first serve basis. The minimum amount of time to make a reservation is one week in advance of the appointment.

