December 2015

Senior Happenings

Dedicated to Tolland's Senior Citizens

Hello Folks!

The first thing on the agenda for December is our annual **Bake/Craft Sale**. This is one of our bigger fund raisers, so we need your support. This will be held on **Saturday, December 5, from 10:00 am – 2:00 pm** here at the center. Please sign up to bake one of your favorite recipes, and bring it to the center on Friday, December 4th before noon or Saturday morning (no earlier than 8:30 am).
Spread the word to friends and family and purchase your holiday treats to support our senior center.

December is the month of the **Fireman's Holiday Social**. This has always been an outstanding event, and this year I'm sure you won't want to miss it. This social is sponsored by the volunteer firemen/women. They have done this for Tolland's seniors for many years, and we can't thank them enough. Just by being here, you are showing your support to some of Tolland's finest young men and women. **This will be held, Sunday, December 13th at noon**, here at the center.

I know this may be redundant, but I want to get the word out. We have been selected by AARP to be an income tax return site. There will be trained volunteers offering a free service to our community and surrounding towns here at our senior center. There is no age limit, and it will be offered by appointment only. Please refer to page 4 in this newsletter for more information.

Please note that we have cancelled the blood pressure and blood sugar clinic for the month of December. However Winding River is offering a clinic, see page 2 for more details. Just another reminder that future clinics here will be 10:00 – 11:30 am.

The Travel Committee has selected a number of beautiful trips for 2016. Please check this newsletter for more information regarding these trips. Signing up early ($5 holds your seat) is important, because it assures us better seating at the restaurants and theaters. Check them out!

Due to the fact that December is such a short month because of the holiday, and with all the hustle and bustle, our last lunch gathering will be Monday, December 28th. The center will be closed on Dec. 30th, 31st and January 1st. There will be no programs the week of December 21st, due to the Care & Share program. (Consider sponsoring a family) Check the calendar for closing dates.

As we bring 2015 to a close and I reflect back on the year, I'm so impressed with all the accomplishments. Our canopy is beautiful, new programs have been added, as well as new faces and friends. I look forward to welcoming in 2016, and want to wish each of you a happy and healthy New Year! Thank you, one and all, for your contributions to this amazing senior center. It is YOU who make things happen here, and I am very grateful to all of you.

Fran

Thinking of You!!

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

It is with great sadness we mourn the loss of two wonderful men, Murray Wheeler and Donald Nelson. Both were WWII Veterans and very honorable men. They were active members of our Senior Center and a great asset to the Note-able Chorus.
They will be deeply missed.

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, December 17th
(please call 860-870-3730 for an appointment) $29.00 fee

Blood Pressure and Blood Sugar

There will be no Blood Pressure/Blood Sugar clinic this month,
but there will be one at ***Winding River Village on December 28th, 10 am—11 am***

Lunch

Mondays and Wednesdays at 12:00 noon, $4.00 per lunch
There will be no lunch served Monday, December 21st.
There will be no lunch served Wednesday, December 16th, 23rd, and 30th.
Our Birthday Party Lunch will be on December 17th.

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings and Auld Lang Syne

Should old acquaintance be forgot, and never brought to mind?

Should old acquaintance be forgot, and old lang syne?

CHORUS
For auld lang syne, my dear, for auld lang syne, we'll take a cup of kindness yet, for auld lang syne.

And surely you'll buy your pint cup! and surely I'll buy mine!

And we'll take a cup o' kindness yet, for auld lang syne.

We two have run about the slopes, and picked the daisies fine;

But we've wandered many a weary foot, since auld lang syne.

We two have paddled in the stream, from morning sun till dine;

But seas between us broad have roared since auld lang syne.

And there's a hand my trusty friend! And give me a hand o' thine!

And we'll take a right good-will draught, for auld lang syne.

Closing out 2015…time marches on.

It's been a very good year, full of laughter, and some challenges along the way. But we're always learning, aren't we! I want to take this opportunity to thank the many volunteers who have helped me out over this past year. My two dearest faithfuls, Helen and Joan, down in the pantry – fabulous job, girls. I salute you! My wonderful, trust worthy drivers for our more frail seniors, Don, Roger, Vicky – you have certainly stepped up to the plate and helped so many. Thank you. My volunteers who visit, listen, pray, make meals, drive, bring out recycle and garbage bins, and then bring them back, shovel, call, and so on…Thank you. May you all receive 100 fold in return for your kindness and generosity.

Peace and Prosperity, Health and Happiness in 2016

Rebecca

Senator
Mae Flexer

Representative
Gregg Haddad

Representative
Linda Orange

Representative
Susan Johnson

& UCONN invite you

Senior Health & Wellness Fair

Friday, December 4, 2015 from 10:00 AM to Noon

Mansfield Community Center, 10 South Eagleville Road, Mansfield

UCONN physical therapy students will provide free health assessments, including:

- Body composition and nutrition
- Cardio and aerobic capacity
- Balance
- Strength
- Flexibility
- Cognition
- Posture

UCONN
DOCTOR OF PHYSICAL THERAPY PROGRAM

Additional attractions to include:

- Counseling regarding federal and state programs and benefits
- Voter registration and voter education information
- Coffee and refreshments provided by local retailers
- Information from dozens of state and local vendors

For more information, please call Andrew at 1-800-842-1420

AARP Tax-Aide

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 will be available from **February 9th-April 12th** on consecutive Tuesdays. (February 9th, February 16th, February 23rd, March 1st, March 8th, March 15th, March 22nd, March 29th, April 5th, 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.

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
$1,800	$2,425	$3,052	$3,678	$4,303	$4,930	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:
December 19, 2015
January 16, 2016

Connecticut Energy Assistance Program

Hard to believe, but heating season is right around the corner! Appointments to apply for the 2015/2016 Energy Assistance Program will be scheduled beginning September 8; deliveries of fuel will begin **November 10.** On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood/pellets. Homeowners and renters may apply. **Income Guidelines are listed below.**

Application Documentation- Residents must provide proof of all Income (employment/ unemployment, Social Security, pensions, child support, etc.) and Assets (checking, savings, CD's, stocks, bonds, shares, certificates of deposit and individual retirement accounts if the accounts are in the name of a household member who is at least 59 ½ years old) for ALL household members for the four weeks prior to the application date.

Tolland residents may contact the following with inquiries or to schedule an appointment to apply for energy assistance:

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. We are unable to process walk-in applications.

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

December Birthdays …

Happy Birthday!!

Priscilla Shaw	**12/3**	**Herbert Terban**	**12/19**
Yvonne Gottier	**12/3**	**Mary LaFontaine**	**12/20**
Peter Golden	**12/5**	**John Beauchemin**	**12/20**
Bette Harrington	**12/6**	**Pat Skinner**	**12/22**
Calvin Stark	**12/8**	**Rita Milton**	**12/23**
Dave Shaw	**12/9**	**Charlotte Limberger**	**12/24**
Richard Fournier	**12/10**	**Jeanette Loehr**	**12/24**
Elizabeth Cook	**12/10**	**Linda Romeo**	**12/26**
Sue McAuliffe	**12/11**	**Pat Tracey**	**12/27**
Ali Bassett	**12/12**	**Christine Schoenfuss**	**12/27**
Bill Sears	**12/12**	**Eugene Wochomurka**	**12/27**
Anita Davis	**12/13**	**Jim Titus**	**12/28**
Frank Howd	**12/14**	**Alan Ward**	**12/30**
Anna Lord	**12/17**		

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
- Payment is required in advance ($4)
- If you need to cancel, please call 860-870-3730.

Next Birthday Party Lunch for December is December 17

DECEMBER 2015

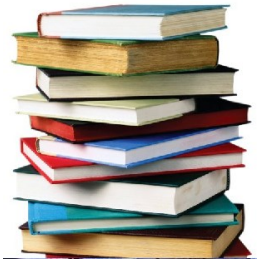
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	********** *Please see activity times below* **********	1 EXERCISE KNITTING GROUP PENN & TELL	2 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	3 COMP LAB TAI CHI QUILTING DOMINOES	4 BILLIARDS: MEN & WOMEN PAINTING	5 *Bake Sale* *10 am-2 pm*
6	7 LUNCH CHORUS SOCIAL MEDITATION	8 EXERCISE KNITTING GROUP	9 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	10 COMP LAB TAI CHI QUILTING DOMINOES	11 BILLIARDS: MEN & WOMEN PAINTING	12
13 ***Fire Dept. Holiday Social 12:00pm***	14 LUNCH CHORUS SOCIAL MEDITATION	15 EXERCISE KNITTING GROUP PENN & TELL	16 NO LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	17 COMP LAB TAI CHI QUILTING DOMINOES Birthday Party Lunch 12 pm FOOT CARE (CALL FOR APPT.)	18 BILLIARDS: MEN & WOMEN PAINTING	19
20	21 NO PROGRAMS Holiday basket Set up	22 NO PROGRAMS Holiday basket Pick up	23 CLOSED	24 CLOSED	25 ***CLOSED*** 	26
27	28 LUNCH CHORUS SOCIAL NO MEDITATION	29 EXERCISE KNITTING GROUP PENN & TELL	30 CLOSED	31 CLOSED	***PLEASE CALL 860-870-3730 TO CONFIRM PROGRAMS***	***ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE***

Billiards	10:00 a.m.
Book Club	1:00 p.m.
Bridge	12:30 pm
Cards	1:00 p.m.
Chorus	10:00 a.m.
Computer Lab	9:30 a.m.
Crafts	10:00 a.m.

Dominoes	1:00 p.m.
Exercise	9:00 a.m.
Knitting Group	9:30 a.m.
Lunch	12:00 p.m.
Meditation	1:30 pm
Painting	9:00 a.m.

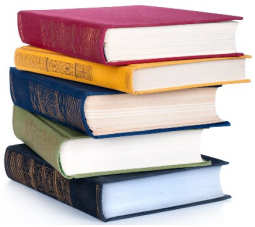
Pen & Tell	1:00 p.m.
Ping Pong	9:30 a.m.
Quilting Group	10:00 a.m.
Social	10:00 a.m.
Tai Chi	9:30 a.m.
Yoga	2:30 p.m.

Senior Center Book Club Selections for 2016



January 25, 2016
THE DRESSMAKER by Kate Alcott

February 22, 2016
WHISTLING PAST THE GRAVEYARD by Susan Crandall



March 28, 2016
THE ROSIE PROJECT by Graeme Simsion

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

FOODSHARE MOBILE FOOD PANTRY

FOODSHARE
"When hunger stops, so will we."
www.foodshare.org

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 FOOD-SHARE website, www.foodshare.org. For the next few months, distribution at the Tolland site will be on the following dates:

Winter dates are:
December 10th & 24th
January 7th & 21st

Residents participating in the program must bring their own bags.

If you don't have time to do your Holiday baking, please join us at our

SENIOR BAKE & CRAFT SALE

Saturday, December 5, 2015

10:00 a.m. - 2:00 p.m.

Pies,
cookies,
breads,
cupcakes, etc.
and
assorted
crafts

At the

Tolland Senior Center

674 Tolland Stage Road

Senior Center Trips for 2016

February 14th	The Bushnell—*Love Letters*-$105
April 19th	Newport Playhouse—*One Slight Hitch*-$84
June 16th	St. Clements Castle, Portland, CT
July (TBD)	Westchester Dinner Theater-*Happy Days*
August (TBD)	CT River Cruise, Hadley, MA—Lobster/Lunch
October 13th	Platzl Brauhaus—*Octoberfest* lunch/entertainment
December 6th	Newport Playhouse—*Nana's Naughty Knickers*

SENIOR CENTER OVERNIGHT TRIPS

May 22-26, 2016
Wildwood/Cape May-New Jersey, 5 days-4 nights

September 13-15, 2016
SIGHT AND SOUND Theatre –
production of "Samson" 3 day/2 night trip to Pennsylvania

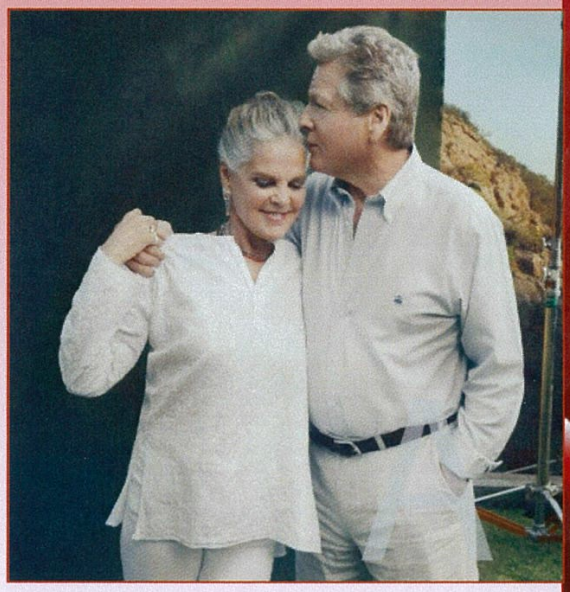
Tolland Senior Center Presents:

Coming to The Bushnell

"LOVE LETTERS"

Starring Ali McGraw & Ryan O'Neal
Valentine's Day Matinee
Sunday, February 14, 2016

Don't Miss This Special Treat
Featuring Two Beloved Entertainers



Having co-starred in the popular "Love Story" the pair will now star in an upcoming National tour of **Love Letters,** AR Gurney's romance about first loves and second chances. An emotional ride through the lives of lifelong friends and sometimes lovers who share their most intimate thoughts through letters.

- 1:00p Performance

Includes Deluxe Motorcoach Transportation

COST: $105pp based on 40-52
For Info: Fran Weigand 860-870-3730
Depart: 11:30a Tolland Senior Center, 674 Tolland Stage Road
Return: 4:00p Tolland
Checks Payable to: Town of Tolland

FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

Friendship Tours arranges the components of the tours and does not own or operate the independent suppliers of services including motorcoaches. Trips cancelled because of weather conditions are handled on a per trip basis. Refunds will depend on timing of the cancellation and supplier policies. Tickets to theaters / events are non-refundable. Friendship Tours reserves the right to adjust cost based on fuel surcharges.

HOLIDAY SOCIAL

Given by:
Tolland Fire Department and Volunteers

Tolland Senior Center
674 Tolland Stage Road

Sunday, December 13, 2015

12:00 Noon

Senior Center Activities

Billiards - men meet on Wednesday mornings at 9:30 a.m. to 12 p.m. Men and women meet every Friday morning at 9:30 a.m. to 12 p.m.

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. un less 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.

Bridge - join us for a game of Bridge every fourth Wednesday, 12:30-2:00 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.

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 for special programs.

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.