

JANUARY 2016



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hello Folks!

Happy New Year to you all!!

It's with great joy that I can say we accomplished so much in the year 2015. I look forward to making great strides in 2016 in growing our beloved senior center. With each year we are given, actually, with each new day, we can look forward to happy times here. It has been said "Happiness comes from something to do, someone to love and something to look forward to"....and that's what I believe we offer here at the Senior Center.

One of the high points in 2015 was the completion of our canopy that we all took part in. I want to celebrate this by having an open house sometime in March. We have much to be thankful for, and want our community at large to celebrate with us. When I set the date, I will announce it to you, so stay tuned.

I want to extend our gratitude to the Tolland Volunteer Fire Department for the Holiday Social they sponsored for our seniors. What a magnificent time we had. I heard from everyone there how impressed they all were. Jessica and Jim were in the kitchen the entire time, cooking up a storm. Debra, along with the help from the Ladies Auxiliary was in charge of setting up and organizing this function. Santa, our very own generous, kind and loving Santa showed up. Thanks Santa – you are truly loved! Thanks, again, to all of the volunteers who participated in this. We are very grateful!

Our Annual Bake/Craft Sale generated a few dollars to our general fund. So much goes on behind the scenes for this event. Elizabeth and her crew organized the crafts, Barbara and her crew organized the baked goods, and Dave and Doreen had a light lunch prepared and served those who came. With everybody's efforts, we cleared over \$1,000. Not too shabby 🙌

Don't forget, the Senior Center will be utilized as an Income Tax Site. See page 4 of the newsletter for more information. You must call the center to make an appointment. This is a free service, open to the public.

Just as a reminder, when we finally do get cold, wintery weather, know that if the schools are closed due to inclement weather, we are closed. Rebecca (Becky) and I will be here, but the Senior Center will be closed for all activities.

Happy New Year to all.

Fran

Thinking of You!!

Lena Cressotti Kathy Dovhan

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



Save the Date!

Annual Senior Center Variety Show
Friday, April 29, 2016 at 7 pm
Tolland High School



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

Tuesday, January 12th & Thursday, January 21st
(please call 860-870-3730 for an appointment) \$29.00 fee

Blood Pressure and Blood Sugar

Monday, January 25th 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 January 28th

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Charles Morgan explains why the happiest-thinking man is really so as quoted from Cheerio's Book of Days by Charles Field:

Charles Morgan quotes Richard Wagner as saying, "Joy is not in things, it is in us." Then Morgan goes on to say "Joy, happiness, is the product of right thinking and right acting, and there is no human being in the world who cannot be happy by complying with the law that produces happiness. It is a product that comes back to us *from what we send out*; no one ever found happiness who did not manufacture it for himself. It is a product of our mental attitude toward others.

Unselfish service is one of the greatest of happiness producers. It is a product of our sowing. Ah!! Happiness comes from every good deed, every loving thought, every helpful thing, from an unselfish service, through honesty, virtue and integrity. A chance to serve our fellow man, to be of use in the world, herein will we find real happiness."

As I read this, I was drawn to the fact that we have really happy people visiting us at the Senior Center. They come and go for programs, many of which they volunteer for themselves. I see unselfishness and service...every helpful thing, every loving thought coming through our doors all the time. There is a purpose for them here...

No one lives very long without finding out how much of the responsibility for unhappiness lies at our own doors.

If you're new to our senior center, we hope you are finding all you've been looking for, in activity, friendship, volunteering, and in general, service to others. Fran has quoted often "The quickest way to get old is to do nothing!" I could not agree more.

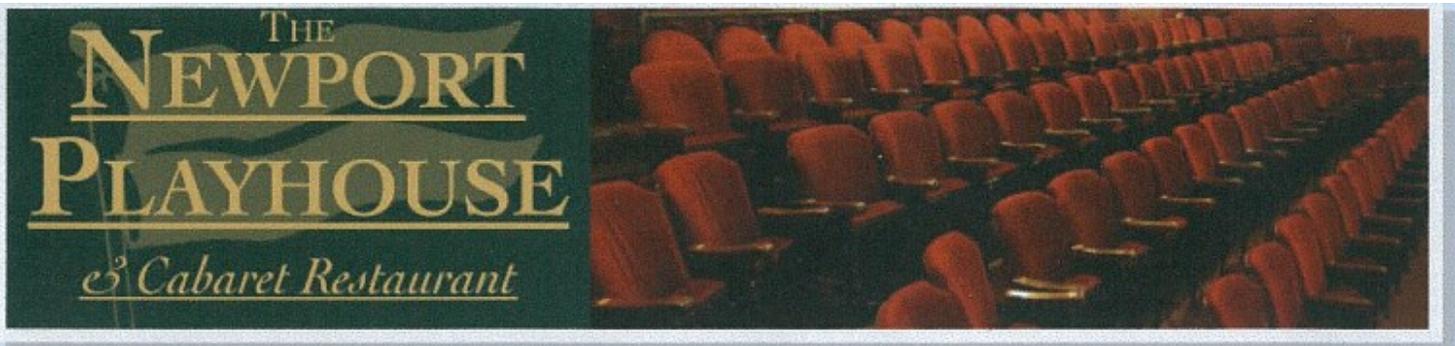
As we begin 2016, I encourage you to come to the center and reach out, in whatever capacity you can.

And if you've been a part of us forever, we thank you from the bottom of our hearts for your presence, your helpfulness, your strengths, and (even your weakness...as they give others a chance to use their abilities to help you).

We are family here, all putting into the pot from that which we possess.

Looking forward to a wonder-filled 2016 and celebrating every day with each of you.

Blessings and Peace on Earth,
Rebecca



“ONE SLIGHT HITCH”

Tuesday, April 19, 2016

Enjoy a Great Buffet with a wide variety of Salads, Hot & Cold Entrees, Desserts, Beverage
ALL FOOD IS PREPARED ON THE PREMISES & ENJOYED IN THE MAIN DINING ROOM.

After dining, take your reserved seats in the theater.

After the Play, return to the dining room for the Cabaret Show.

COST: \$84 pp based on 40-52

For info: Fran Weigand (860-870-3730)

Depart: 8:15 am; Tolland Senior Center, 674 Tolland Stage Rd

Return: 6:30 pm

Checks Payable to: Town of Tolland



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
\$1,815	\$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:
January 16, 2016
February 20, 2016

Call the church office for an appointment @ 860-875-4160.

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



January Birthdays ... *Happy Birthday!!*

Kathy Kolberg	1/1	Lois West	1/14
Brenda Morse	1/2	Leola Wheeler	1/18
Elaine Bugbee	1/5	Alan Knofla	1/19
Durwood Winchell	1/6	William Waite	1/21
Kathy Wilcox	1/9	Carol Golden	1/24
Jean Leonard	1/11	Tim Smith	1/26
Nolan Payton	1/11	Bill Ward	1/28
Lin East	1/12	Lena Cressotti	1/28
		Larry Ross	1/29



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

Next Birthday Party Lunch for January is January 28

Getting to Know You

This lady has attended many events at the Tolland Senior Center and until recently, volunteered at the center for various activities. Charlotte or Char, as she is called by friends, was born and raised in Ellington, the sixth of nine children. Charlotte attended the Pollywog School for grades one through six, with one teacher and then went on to Longview School and Rockville High School. At school, Charlotte and Urban were in the same class together. During that time they didn't date but it was later, through involvement in church activities, that they formed a friendship, dated and eventually married in 1946. Four years later they purchased a farm in Tolland on Snipsic Lake Road, starting with ten cows. She had no farming experience but Urban had a farming background and Charlotte soon learned dairy farming from him. Eventually, their family grew to seven, their daughter Becky, whom we all know and love, being their fifth child.

In 1979, they were honored as Outstanding Young Farmers of Connecticut and were awarded a trip to tour dairy farms in Cedar Rapids, Iowa. There was a lot more travel after that. Over the years, they enjoyed trips to Hawaii, Bermuda and other islands as well as Switzerland where they had relatives.

While the children were growing up Charlotte knitted sweaters for them and sewed many of their clothes using fabric that was woven in Stephenson's Mill in Rockville. Also a quilter, she made good use of those fabrics.

Widowed for 17 years, Charlotte remarried in 2002. She and Walt had known each other as school children years ago. Each married and raised large families. Walt and his family lived in New Hampshire. After being widowed, Walt left New Hampshire where he'd raised his family and returned to his roots in Ellington. He attended the same church as Charlotte and the two became reacquainted. Charlotte's cooking is in the Swiss tradition, favorites being knoefly, which is noodles with lots of butter. She also makes bitzly potatoes which are drained, cubed boiled potatoes which are topped with browned butter. Is butter a trend here? She recalls childhood Christmases with Wecca bread and holiday cookies. Her own specialty is baking Tollhouse and oatmeal cookies, favorites of her family which numbers 22 grandchildren, 50 great grandchildren and one great, great grandchild. Charlotte enjoys spending time with her sisters and longtime friends who all live in Ellington. She keeps in touch with family and friends via e-mail and is especially happy that she can talk with her great granddaughter in Chicago via Skype.

Charlotte celebrated her 90th birthday in December at a big party with family and friends. She doesn't have a Bucket List because she said that she is very happy with the way things are and where she is now in life. Would that everyone were able to state that!

I'm pleased to have had the privilege of meeting Charlotte and spending time chatting with such a lovely lady.

JANUARY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	***** Please see activity times below *****	ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE		PLEASE CALL 860-870-3730 TO CONFIRM PROGRAMS	1 CLOSED 	2
3	4 LUNCH CHORUS SOCIAL	5 EXERCISE KNITTING GROUP PEN & TELL	6 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	7 TAI CHI QUILTING DOMINOES	8 BILLIARDS: MEN & WOMEN PAINTING	9
10	11 LUNCH CHORUS SOCIAL MEDITATION	12 EXERCISE KNITTING GROUP FOOT CARE (CALL FOR APPT.)	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 CLOSED 	19 EXERCISE KNITTING GROUP PEN & TELL	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 BOOK CLUB BLOOD PRESSURE 10 :00 - 11:30 am	26 EXERCISE KNITTING GROUP	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	30
31						

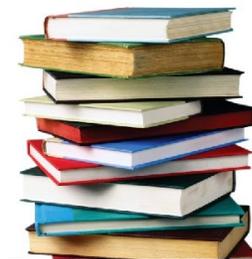
Billiards 10:00 a.m.
 Book Club 1:00 p.m.
 Bridge 12:30 pm
 Cards 1:00 p.m.
 Chorus 10:00 a.m.
 Computer Lab 9:30 a.m.
 Crafts 10:00 a.m.

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



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:

*Winter dates are:
January 7th & 21st
February 4th & 18th*

Residents participating in the program must bring their own bags.

Senior Center Trips for 2016

CANCELLED

~~February 14th The Bushnell—*Love Letters*—\$105~~

April 19th

Newport Playhouse—*One Slight Hitch*—\$84

June 16th

St. Clements Castle, Portland, CT—\$80

July 7th

Westchester Dinner Theater—*Happy Days*—\$101

August 9th

CT River Cruise, Hadley, MA—Lobster/Lunch—\$78

October 13th

Platzl Brauhaus—*Octoberfest* lunch/entertainment—\$86

December 6th

Newport Playhouse—*Nana's Naughty Knickers*



SENIOR CENTER OVERNIGHT TRIP

September 20-22, 2016

SIGHT AND SOUND Theatre –

production of “Samson” 3 day/2 night trip to Pennsylvania

\$377 per person (double occupancy)

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. 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.

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.

