

JULY & AUGUST 2016



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks!!

Welcome to the dog days of summer!! Our hours here are 8:30 am – 3:30 pm from Monday – Thursday and 8:30 am – 12:00 pm on Friday. Why not spend your hours here reading, watching a movie, or joining one of our many programs!! But please be reminded that Tolland Senior Center is a SCENT FREE facility. Thank you for refraining from wearing perfume or cologne. Also, please note our July and August Newsletter will be combined. The next one will be in September.

We had such a wonderful time at our annual Firemen's Picnic. These people!! They give and give and give! We are so grateful for the time they put into their line of work taking care of so many. When they sponsor our luncheon there is a full house, which just goes to show you how popular this is! We thank you, Tolland Fire Department for your care, your presence in this town, and the delicious lunch you provided.

In my absence, I want to thank Roberta Howd for stepping up to the plate and conducting The Notables. I'm sure she did a fabulous job 😊

Have a nice 4th of July and a great summer. (*We will be closed on July 4th.*)

See you at the Senior Center-

Fran



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 July is July 28
Next Birthday Party Lunch for August is August 25



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

July 21st and August 18th

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

Blood Pressure and Blood Sugar

Monday, July 18th from 10 am—11:30 am

Monday, August 15th From 10 am—11:30 am

Lunch

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

No lunch served July 4th, Senior Center is closed.

Our Birthday Party Lunch will be on July 28th and August 25th

Thinking of You!!

Richard Carlson, Prudence Shifley, Irene Mantlik

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



Our deepest sympathy to the family and friends of Dottie Mahurin. Dottie was a very active member of the Tolland Senior Center. Along with her beloved Ike, she would perform for us, always making us laugh. Whenever they would bring their comedy routine, if they received any money for it, they would donate all of it to the Hole in the Wall Gang Camp. We will miss you, Dottie.

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

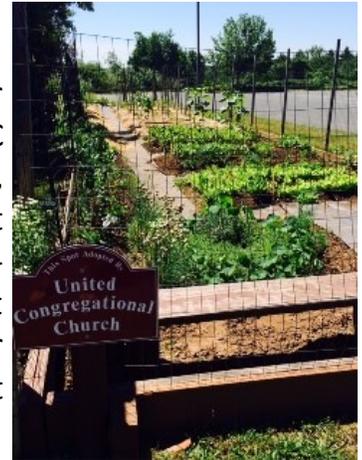
Greetings and Happy Summer to you.

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

— John Steinbeck, *Travels with Charley: In Search of America*

This happens to be my favorite time of the year. It’s so easy, the livin’...

I’d love for you all to take notice as you drive in and out of the Senior Center of the magnificent garden on display. The hard working UCCC members have created such succulence! There are beets, onions, tomatoes, kale, herbs, peas, carrots, squash, let’s see.....what else? Sunflowers, raspberries –oh my mouth is watering! This is our community garden, sponsored by the United Congregational Church of Christ members. We use the food for our pantry clients, as well as the senior center lunch programs. Be sure to thank them if you see them out watering/weeding/or planting. What a great group. Thanks, UCCC!!



There are wonderful on-line services offered for those of you who can’t get out to grocery shop, but need food. It’s an easy set-up, and you’d pay for the service with a credit card. If you’d like, I’d be glad to stop by and explain it in detail. Your food is ordered on line, and delivered to your door the following day. Can’t beat it! Give me a call if you have any questions. And don’t forget about the Meals On Wheels Program through Visiting Nurse and Health Care Services. If this better suits your needs, you can call 860-872-9163 to set up an account with them. These meals come as frequently as you like, already cooked and warm when you get them. Just a thought.

I know I mentioned in last month’s newsletter about the scamming that’s going on. But I want to address it again, because there are just so many sneaky ways these unscrupulous people are hitting on seniors. Hang up the phone if you receive calls from these people. The IRS or any government related program will not call you for any reason. They will use any method to get your social security number or your checking account number, etc. Never give it out! I didn’t think another reminder would hurt.

As we age, there should be certain plans set forth to help navigate through crisis, should they happen. It starts by figuring out your preferences, understanding what needs might arise and learning what the costs might be to pay for the services needed. Consider these three questions: Who is the one person I will depend on for support as I age? If I need to move out of my home, where would I most like to move? What’s the one thing I would like my loved ones to know about my preferences as I age? It would be very helpful to write the answers to these questions down, and discuss it with your family members.

I hope your summer is filled with warmth, good health and sunshine, “Let us dance in the sun, wearing wild flowers in our hair...” — Susan Polis Schutz

Blessings and Peace –
Rebecca

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:
July 16, 2016
August 20, 2016

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:
July 7 & 21
August 4 & 18

Residents participating in the program must bring their own bags.



July & August Birthdays ...
Happy Birthday!!

Patricia Perry	7/1	Carolyn DeVaux	7/18
Richard West	7/2	Barbara Matteo	7/19
Sandy Nedwell	7/4	Walter Dovhan	7/19
Sheila Cignetti	7/5	Genevieve Fenn	7/20
John Boor	7/7	Roberta Schmeiski	7/21
Dortha Bundy	7/7	Joan Tower	7/21
Louise Marcella	7/7	Helen Moskey	7/21
Dorothy Eklund	7/10	Ruth Levesque	7/25
Donald Thompson	7/11	Frank Aiudi	7/25
Jackie Low	7/11	Ronald Mahurin	7/25
Dot Loehr	7/16	Judy Gottier	7/29

Irene Mantlik	8/2	Lucy Cardaropol	8/15
Stanley Szemreylo	8/2	Barbara Ronski	8/17
Pat Woods	8/2	Anita Schmidt	8/18
Dan Burbank	8/5	Richard Avery	8/20
Richard Harrison	8/7	Margie Hare	8/21
Sophia Thompkins	8/8	Joan Lange	8/23
Mary Zuckerman	8/9	Jean Konrad	8/23
Ginny Guardiani	8/10	Maria Schadt	8/23
Shirley Wochomurka	8/13	Dick Ingraham	8/28
Roberta Howd	8/14	Rosalie Holmes	8/29
Harvey Blauvelt	8/15	Ed Fuller	8/29
Bill DeBacco	8/15	Bob Noonan	8/29
		Doreen Shaw	8/30

JULY 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	4 CLOSED 	5 EXERCISE KNITTING GROUP	6 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	7 TAI CHI QUILTING DOMINOES Westchester Broadway Theater Trip	8 BILLIARDS: MEN & WOMEN PAINTING	9
10	11 LUNCH CHORUS SOCIAL MEDITATION	12 EXERCISE KNITTING GROUP ADULT COLORING	13 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	14 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	20 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	21 TAI CHI QUILTING DOMINOES FOOT CARE (CALL FOR APPT.)	22 BILLIARDS: MEN & WOMEN PAINTING	23
24	25 LUNCH CHORUS SOCIAL MEDITATION	26 EXERCISE KNITTING GROUP ADULT COLORING	27 NO LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	28 TAI CHI QUILTING DOMINOES Birthday Party Lunch 12 pm	29 BILLIARDS: MEN & WOMEN PAINTING	30
31	(Continued from 25)					

Adult Coloring 1:00 p.m.
 Billiards 10:00 a.m.
 Book Club 1:00 p.m.
 Cards 1:00 p.m.
 Chorus 10:00 a.m.
 Computer Lab (resumes in Sept.)
 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 (resumes in Sept.)
 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.

AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>1</i> LUNCH CHORUS SOCIAL MEDITATION	<i>2</i> EXERCISE KNITTING GROUP	<i>3</i> LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	<i>4</i> TAI CHI QUILTING DOMINOES	<i>5</i> BILLIARDS: MEN & WOMEN PAINTING	<i>6</i>
<i>7</i>	<i>8</i> LUNCH CHORUS SOCIAL MEDITATION	<i>9</i> EXERCISE KNITTING GROUP ADULT COLORING CT River Cruise trip	<i>10</i> LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	<i>11</i> TAI CHI QUILTING DOMINOES	<i>12</i> BILLIARDS: MEN & WOMEN PAINTING	<i>13</i>
<i>14</i>	<i>15</i> LUNCH CHORUS SOCIAL MEDITATION BLOOD PRESSURE 10:00 - 11:30 am	<i>16</i> EXERCISE KNITTING GROUP	<i>17</i> LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	<i>18</i> TAI CHI QUILTING DOMINOES FOOT CARE (CALL FOR APPT.)	<i>19</i> BILLIARDS: MEN & WOMEN PAINTING	<i>20</i>
<i>21</i>	<i>22</i> LUNCH CHORUS SOCIAL MEDITATION	<i>23</i> EXERCISE KNITTING GROUP ADULT COLORING	<i>24</i> NO LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	<i>25</i> TAI CHI QUILTING DOMINOES Birthday Party Lunch 12 pm	<i>26</i> BILLIARDS: MEN & WOMEN PAINTING	<i>27</i>
<i>28</i>	<i>29</i> LUNCH CHORUS SOCIAL MEDITATION	<i>30</i> EXERCISE KNITTING GROUP	<i>31</i> LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	***** Please see activity times below *****	ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE AT THE DISCRETION OF THE DIRECTOR	

Adult Coloring 1:00 p.m.
 Billiards 10:00 a.m.
 Book Club 1:00 p.m.
 Cards 1:00 p.m.
 Chorus 10:00 a.m.
 Computer Lab (resumes is Sept.)
 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 (resumes in Sept.)
 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.

RENTER'S REBATE PROGRAM

State law provides a reimbursement program for Connecticut renters who are 65 years of age or older OR disabled and receiving Social Security Disability. In addition, qualified applicants must meet income requirements. The rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies.

FILING PERIOD IS FROM APRIL 1, 2016 – OCTOBER 1, 2016

TO QUALIFY, YOU MUST BE 65 YEARS OF AGE OR OLDER OR DISABLED THROUGH SOCIAL SECURITY AND YOUR INCOME MUST HAVE BEEN LESS THAN \$42,900 FOR A MARRIED COUPLE AND \$35,200 FOR A SINGLE PERSON IN THE YEAR 2015.

Information needed to complete your application:

EXPENSES

- Rent receipts or letter from landlord stating what you paid for the year 2015.
- Utility (electric, water, oil and/or gas) receipts or statement from utility company.
- Must have proof of expenses actually paid.
- You can call Eversource for a printout at 800-286-2000.

INCOME

- Social Security SSA-1099 statement or print-out from the Social Security Office.
- Pensions, wages, VA benefits and any other sources of income.

****IF YOU FILED A FEDERAL TAX RETURN FOR YEAR 2015, A COPY OF YOUR TAX RETURN IS REQUIRED.****

****YOU MUST HAVE ALL DOCUMENTS/INFORMATION IN ORDER TO FILE YOUR APPLICATION****

To schedule an appointment for the Renter's Rebate program

please contact:

Stephanie Mansell at (860) 871-3615 or smansell@tolland.org or

Rebecca Ellert at (860) 870-3726 or rellert@tolland.org.

Join the *Tolland Seniors*

Cruise the Connecticut

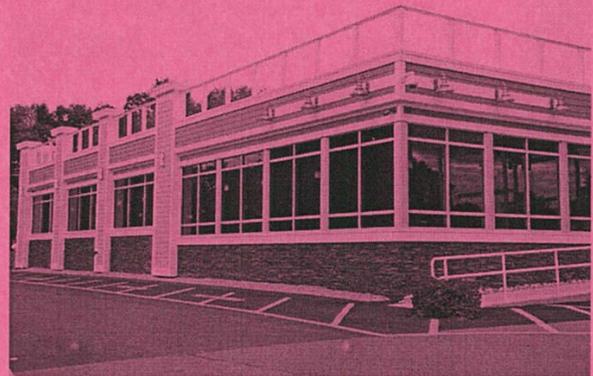
Lobster Roll Luncheon

The New Dockside Restaurant & Marina

Tuesday, August 9, 2016

Package Includes:

- Roundtrip Deluxe Motor Coach
- Waterfront Luncheon at The Dockside Restaurant
- 75 Minute Connecticut River Cruise on the Lady Bea
- Stop at Atkins Farm Country Market

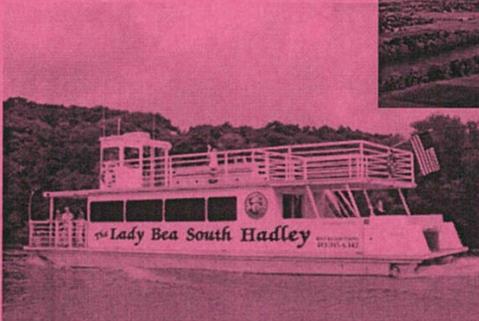


The NEW Dockside Restaurant
South Hadley, MA



\$78

PER PERSON



DockSide Menu

Fresh Garden Salad

Your Choice Of

Lobster Roll
Fries & Coleslaw

Salmon
Rice & Vegetable

Grilled Chicken Breast
Rice & Vegetable

Dessert , Coffee & Tea

Lady Bea

Bus Departs at 10:30 a.m.
Tolland Senior Ctr
674 Tolland Stage Rd
Tolland, CT

To Reserve Your Seat:
Fran Weigand
860-870-3730

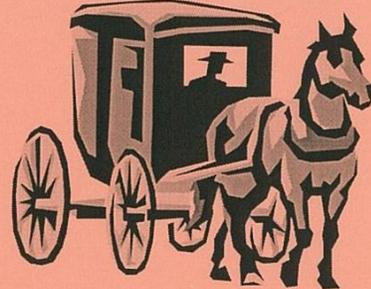
The Tolland Seniors present

“SAMSON” is coming to Lancaster, PA!

The all-new Biblical Show is coming in the Spring of 2016!

3 Day Tour - September 20 –22, 2016

Watch one of the most captivating stories in the Bible come to life on the giant wrap-around stage at Sight & Sound Theatre. SAMSON is filled with colorful characters, extraordinary feats of strength and amazing special effects SAMSON will literally "bring down the house" as he stands between colossal columns and starts to push. This extraordinary production delivers a message of hope for the wayward, comfort for the weary, and the incredible grace of God that enables us to be strong in Him!



Package Includes:

- Round Trip Deluxe Motor Coach
- 2 Nights - Crown Plaza Resort Hotel
- 2 Buffet Breakfast at the Amish View
- Dinner Show at Hotel with Vinnie Talarico
- Family Style Dinner in a real Amish Home
- Reserved Seats at Sight & Sound for the all new Biblical Show “SAMSON”
- Kitchen Kettle Village - Free time
- Professional Guided Amish Tour with the Amish Quilt Store & Eli’s Roadside Stand
- Chalk Talk with Elva Hurst in her Studio
- Baggage Handling & All Taxes
- Driver Gratuities

\$383. P.P.

Double Occupancy

Triple \$373 Single \$493

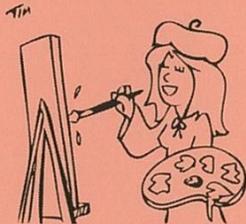
*Cancellation Protection is available for Only \$35 per person

Deposit of \$50 pp at SIGN UP

Balance is due: August 15, 2016

For more information:

**Fran Weigand
(860) 870-3730**



Artist Elva Hurst

Make Checks to Payable to:

Tolland Senior Center

Mail to:

Tolland Senior Center

Tolland, CT



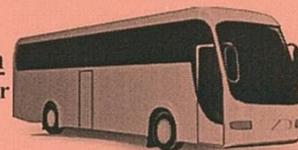
Meal in a real Amish Home!



Bus Departs at 7am

Tolland Senior Center

Tolland, CT



Tolland Senior Center Presents:

Krucker's OKTOBERFEST

OCTOBER 12, 2016 *Wednesday*

ENJOY A FULL DAY OF ENTERTAINMENT, FOOD, FUN,
MUSIC, AND DANCING AT KRUCKER'S IN
POMONA, NY.

This lovely resort features its popular Oktoberfest with great food
and music, the genuine spirit of an Oktoberfest.

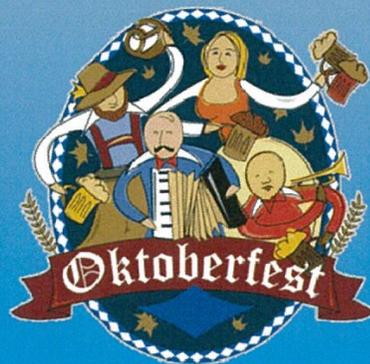
- **Welcome Reception – Coffee, Tea, Buttermilk Scones, Pancake with Maple Syrup, and Apple Cider**
- **Lunch: Beef Barley Soup, Applesauce, Choice of: Sauerbraten with Red Cabbage OR Sliced Pork Loin with Sauerkraut, Mashed Potatoes, Brussel Sprouts, Glazed Carrots, Apple Strudel & Vanilla Ice Cream**
- **Beer, Wine & Soft Drinks 12:00p-4:30p**
- **Entertainment throughout the day - Music, Dancing & Games**
- **Bratwurst Sandwich & Cucumber Salad served at 4:00p**

COST: \$89 pp based on 40-52

**Reservations: Tolland Senior Center
860-870-3725**

**Depart: 7:30a Tolland Senior Center
674 Tolland Stage Road**

Return: 8:00p Tolland



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.



**FRIENDSHIP TOURS
THE SHIP SHOP**

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

Senior Center Trips for 2016

July 7th Westchester Dinner Theater-*Happy Days*-\$101
August 9th CT River Cruise, Hadley, MA—Lobster/Lunch-\$78
October 12th Krucker's—*Octoberfest* lunch/entertainment-\$89
December 6th Newport Playhouse—*Nana's Naughty Knickers*-\$90



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)
(see page 11 for more details)



Senior Center Book Club

Book Club will resume in September

***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 June, July, August and December

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 (**will resume Sept. 1st**)

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 (**will resume Sept. 13th**)

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
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

The Town of Tolland is An Affirmative Action/Equal Opportunity Employer.

***HOCKANUM VALLEY COMMUNITY COUNCIL
DIAL-A-RIDE PROGRAM*** **860-870-7940**

Tolland residents who are at least 60 years of age or disabled adults (18 to 60 years of age) 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 and Tamarack in South Windsor on the first and third Thursday 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. - 5:00 p.m. (Closed for lunch 12:30-1:30 pm). 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.

