

JUNE 2016



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks!!

I'd like to begin by wishing a very Happy Father's Day to all our "dads" out there. When I think of the qualities of a great father, what comes to mind is leadership, strength, provision and courage-Happy Father's Day!

June 20th begins the season of very warm weather. As a reminder, we have a comfortable, air conditioned facility for you to relax and enjoy in. Why not spend your hot, muggy summer days here, participating in some of the wonderful programs offered to you. A reminder: The Tolland Senior Center is a SCENT FREE facility.

I want to congratulate our Pen and Tell group that meets here twice a month on their first edition of their published work "*Musings*"!! We have some very talented writers right here in our little Tolland. This was a dream of Judy Goodman and Rita Milton long ago, and it has finally come to fruition. Congratulations to all our authors! This published work can be purchased at the Senior Center for only \$5. Pen and Tell does not meet during the summer months, but will resume **September 13th**. Why not consider joining them? Also, the computer class will not meet during the summer, and will resume **September 1st**. I'd like to thank both Charlie Hare and Carolyn Kolwicz for their dedication to these programs.

I want to thank the Tolland Garden Paths for their demonstration of Plant Life. The explanation of various plants and the effect on our senses; sight, touch, smell was so interesting. Thanks to all who stayed and benefited from this wonderful educational session. The goodies were great for our senses, too. Thank you... Peggy Webbe, Marilyn Shirley, Lynn McLeod, and Marilyn Jezek.

Speaking of gardening....I'd like to again acknowledge the United Congregational Church of Tolland Community Garden tended to by the members of their church. As you drive slowly by, check out the different vegetables and herbs they planted. The produce will benefit our local pantry, the senior center lunch program, and YOU. If you're interested in participating in this, and want to volunteer some time, I'm sure they can set you up for a week's worth of watering/weeding. It's just one more way to enjoy the beautiful weather.

The Tolland Fire Department will once again treat us to a summer barbeque. The date for this lively function is **Thursday, June 30th at 12 pm**. Don't miss this one. It's a great way to meet and greet our wonderful first responders, and thank them for all the hard work they put into this community. Sign up is a must, as space is limited!!

Next month's newsletter will incorporate July and August in one edition.

See you at the Senior Center,

Fran

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:

June 9 & 23

July 7 & 21

Residents participating in the program must bring their own bags.

Thinking of You!!

*Lena Cressotti Kathy Dovhan Richard Carlson
Prudence Shifley Irene Mantlik Carol Bunce*

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



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, June 16th

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

Blood Pressure and Blood Sugar

Monday, June 20th 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 June 30th



A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings, and Happy Father's Day to all!

June!! I walked out to my car this morning, 6:15 a.m., and noticed first the beautiful birds greeting me with their individual songs. A chorus from heaven. It stopped me in my tracks, and as I paused to listen I became aware of all the buttercups that seemed to spring up from the grass overnight. They weren't there yesterday, I'm sure. Remember when you were a kid and someone picked a buttercup and held it under your chin to see "if you love butter"? June is such a pretty month... How conscious are we as we plod through each day, of the beauty all around us. Do we stop to smell, see, listen, touch and even taste? Are our senses as sharp as they were when we were children, or have the cares and worries of this life robbed us of such beauty?

"Today, while the blossom still clings to the vine, I'll taste your strawberries and drink your sweet wine – a million tomorrows shall all pass away, 'ere I forget all the joy that is mine....today"
(Lyrics to "Today"; words and music by Randy Sparks)

Our Beloved *Crandall Park* offers many open trails for hiking, areas to picnic and swimming to enjoy. There is, as well, the paved ADA path you can pick up across from Tolland Intermediate School.

<http://www.tolland.org/conservation-commission/pages/open-space-conservation-areas>

This link will lead you to Tolland's conservation commission website where you'll find information on the many beautiful places to visit right here in Tolland.

Most Recent Scams

Tax Refund Scam Artists Posing as Taxpayer Advocacy Panel (TAP)

A new email scam targeting taxpayers has emerged. According to the Taxpayer Advocacy Panel (TAP), taxpayers are receiving emails that appear to be from TAP about a tax refund. These emails are a phishing scam, where unsolicited emails which seem to come from legitimate organizations — but are really from scammers — try to trick unsuspecting victims into providing personal and financial information. **Do not respond or click the links in them.** If you receive an email that

appears to be from TAP regarding your personal tax information, please forward it to phishing@irs.gov and note that it seems to be a scam email phishing for your information.

TAP is a volunteer board that advises the IRS on systemic issues affecting taxpayers. It never requests, and does not have access to, any taxpayer's personal and financial information such as Social Security and PIN numbers or passwords and similar information for credit cards, banks or other financial institutions.

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Scammers Change Tactics

Aggressive and threatening phone calls by criminals impersonating IRS agents remain a major threat to taxpayers, but now the IRS is receiving new reports of scammers calling under the guise of verifying current tax return information over the phone.

Scam artists call saying they have your tax return, and they just need to verify a few details to process your return. The scam tries to get you to give up personal information such as a Social Security number or personal financial information, such as bank numbers or credit cards. I cannot stress it enough – IRS does not call you on your phone and ask questions regarding your taxes. Never give personal information to any one calling you for any reason.

Grab a friend, grab a lunch and enjoy the great outdoors!

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:
June 18, 2016
July 16, 2016

ROCKVILLE EXCHANGE CLUB

is hosting a
Senior Chicken BBQ
June 18th at 11:30 am
In Henry Park
120 South Street, Vernon
Free to all Tri Town seniors!





June Birthdays ...

Happy Birthday!!

Carol Brownson	6/1	Carol Bunce	6/23
Dot Mahurin	6/1	Prudence Schifley	6/23
Marion Fritz	6/3	Teri Leonaitis	6/24
Lori Faucher-Sgro	6/4	Pat Kramer	6/24
James Nedwell	6/4	Jeanne Koziak	6/25
Barbara Dwire	6/8	Virginia Cohen	6/26
Dennis Lacoss	6/8	Rosemary Noonan	6/26
Ebrahimi Manoachek	6/9	Leila Gorsky	6/27
Jo-an Ulrich	6/9	Gabby Messier	6/28
Mary Balmer	6/11	Heidi Ludwig	6/29
Barbara Yurgel	6/11	Joyce Novick	6/29
Rose Rovozzo	6/14	Terry DeVauz	6/29



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 June is June 30

JUNE 2016

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

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.

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.

Tolland Seniors presents ..

Happy Days .. The Musical

The Westchester Broadway Dinner Theater
Thursday, July 7, 2016

Grab your poodle skirt, saddle shoes and the kids, and take a rock & roll trip down memory lane! This new Musical is based on the television series and written by its creator, Garry Marshall. When Arnold's, the town's number one hangout and malt shop, is in danger of being torn down, Richie, Potsie, Arthur "The Fonz" Fonzarelli and the rest of the gang team up to save it with a dance contest. A Bright and funny musical celebration of nostalgia with lots of Singing & Dancing!

Package Includes:

- Roundtrip Motor Coach Transportation
- Full Course Luncheon at the Theater
- Matinee performance of "Happy Days the Musical"
- Driver Gratuities

\$101. pp

**\$50.00 pp Non-Refundable
deposit due at Sign up.**

For Reservations Contact:
Fran Weigand
860-870-3730



Bus Departs at 8:30 a.m.
Tolland Senior Ctr
674 Tolland Stage Rd
Tolland, CT



Luncheon MENU:

Assorted Rolls & House Salad
Choose off the menu at the Theater
CHICKEN MARSALA
BEEF STROGANOFF
TILAPIA FLORENTINE
CHEESE RAVIOLI AND MEATBALLS
BROILED TILAPIA WITH LEMON BUTTER
EGGPLANT PARMIGIANA
Chef's Choice Dessert Coffee or Hot Tea



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

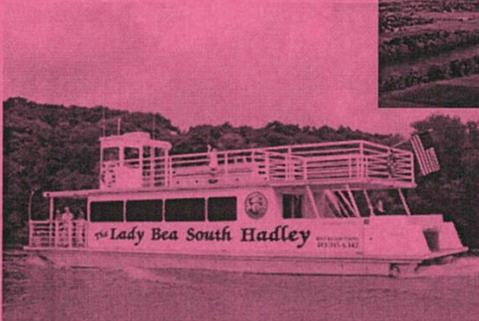


The NEW Dockside Restaurant
South Hadley, MA



\$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

Senior Center Trips for 2016

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-\$89
December 6th	Newport Playhouse— <i>Nana's Naughty Knickers</i> -\$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)



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



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 (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.

