

MARCH 2016



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hello Folks!

Times Marches on! Happy St. Patrick's Day to all our lovely Irish folks!! Spring is not far behind...

Things are really buzzing around the Senior Center. Our latest endeavor, the "AARP Tax Aide" program is up and running, and every Tuesday we are keeping these wonderful volunteers very busy. As a reminder, this is a free program open to the public. Any age, any town. Call in advance for an appointment.

Here's a new program for you. For the month of March, on the second Wednesday (**March 9th**), we are asking you to "**Invite a Friend to Lunch.**" There are many seniors who perhaps want to come to the Senior Center, but don't know how to break through. This is your opportunity to seek them out, invite them, introduce them, show them around, share your friends. I expect this program to really take off, but we'd need a head count for lunch. Please call in advance if you are bringing someone with you. Then we'll make sure we have enough food!

This leads me to remind you about the **Open House** we are planning. This is another opportunity to bring a friend or neighbor to check things out here. This will take place on **Sunday, April 3rd from 12:30-3:00 pm.** So many people in our community don't really know what our Senior Center is all about. This is our opportunity to show them. This event is open to the public – all are welcome! Refreshments will be served.

Just a reminder, the Driving Course, sponsored by AARP will be held **Saturday, April 9th.** Space is limited, so please call the Senior Center and sign up. (860-870-3730).

Our **27th Annual Variety Show** is creeping up on us. It will be held the last Friday in April, on **April 29th.** We have a great line up. *Quintree Quartet* will be a part of the show this year. *Quintree Quartet* you ask? One of the members of this female quartet works for the Town of Tolland. They've been singing together all their lives, and have three recordings to their name. Can you guess? But that's not all!! A very special guest appearance by someone quite famous is also a part of our show. That's all I'm going to say about this now. You'll just have to buy your ticket, which will go on sale this month. Do your part and spread the word. Invite your friends, family, neighbors, people in line at the grocery... Tickets are \$10 for adults, \$7 for students. Every year it gets more and more difficult to top the previous year. But I think we've done it!

I would like to draw your attention to the many trips we offer through our Senior Center. We have 6 trips going out, one of which is an overnight. Stop at the Senior Center, and read up on these trips. They are a great deal of fun. Our Trip Committee spends many hours going over the options, and this year is no exception. If you have a birthday or anniversary to celebrate, and your kids want to know what you'd like, tell them to buy a trip for you. Great gift idea 😊

Please be considerate to our more sensitive members here and refrain from wearing cologne and perfume. Thank you.

See you soon... *Fran*

Thinking of You!!

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

*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

Thursday, March 17th

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

Blood Pressure and Blood Sugar

Monday, March 21st 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 March 31st

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings!

Advanced directives: A formal piece of paper that tells family, health officials, care givers what your preferences you would have in an emergency situation should you be unable to communicate them. “Here’s what I want done or here’s what I don’t want done...”

Because we never know what our future holds, I feel it is extremely important to have our preferences in writing.

There are a few ways this can be done. There’s the Living Will – which indicates your choices on end of life decisions.....whether or not you want life support, etc. Life support is defined as any medical device, procedure or medicine to keep you alive artificially, if your body cannot survive on its own. Your Health Care Proxy will use your living will as a guide for how to best advocate for you. This Living Will should be signed by you and a witness, and it then become legally binding. Store a copy of this document with your other important documents. Be sure to give a copy to your Health Care Proxy, and maybe your doctor as well.

Advance Care Directives are a little more detailed and covers things such as:

- *Your appointment of a Health Care Agent*
- *Your appointment of an Attorney-in-fact for health care decisions*
- *The designation of your conservator of the person for your future incapacity*
- *Your documents of anatomical gifts*

This document would go to any physician treating you. As your physician, he must rely on any information provided by your care-giver based on decisions made by you.

I realize many of these decisions may be difficult to discuss with your family members. I guess I am a proactive person. Better to let people know where you stand rather than leave them guessing and thus, misinformed.

I look forward to seeing you all at the Senior Center. Please feel free to call me with any questions you may have.

Happy Spring,

Rebecca

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.



Saturday, April 9th
8:30 am—12:30 pm
Space is limited, so please call
the Senior Center and sign up
860-870-3730



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!

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.

Energy Assistance - Winter Heating Assistance - program dates

Applications taken thru 5/2/16 (utility-heated with shut-off notice, thru 5/16/16)

11/10/15 First day for fuel authorization or deliveries.

3/15/16 Deadline for fuel authorizations

5/02/16 Last day that a household can apply to establish its eligibility for benefits unless the household is utility heated and has a shut off notice for its primary source of heat.

5/16/16 Last day that a utility heated household with a shut-off notice may apply

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



March Birthdays ... *Happy Birthday!!*

Charles Kolberg	3/1	Barbara Zabilansky	3/19
Irene Gay	3/2	Virginia Miller	3/20
Dorothy Hagen	3/3	Chris Forbusch	3/21
Mary Crocker	3/9	Mary Shelsky	3/22
Carol Gardner	3/9	Joan Mayer	3/24
Dorothy McMahon	3/9	Irene Raische	3/25
Steve Gudernatch	3/12	Rosemarie Capuano	3/26
Andre Beauchemin	3/13	Florence Hawkes	3/26
Sheila Duffy	3/15	Alma Hovis	3/27
Larry Anderson	3/15	Norma Wilcox	3/27
BettyJane DuBois	3/16	Leonard Romeo	3/29
Lucille Lashetski	3/16	Diane Kurtzman	3/29
Jeanne Lemek	3/16	Charles Hare	3/31

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 March is March 31

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:

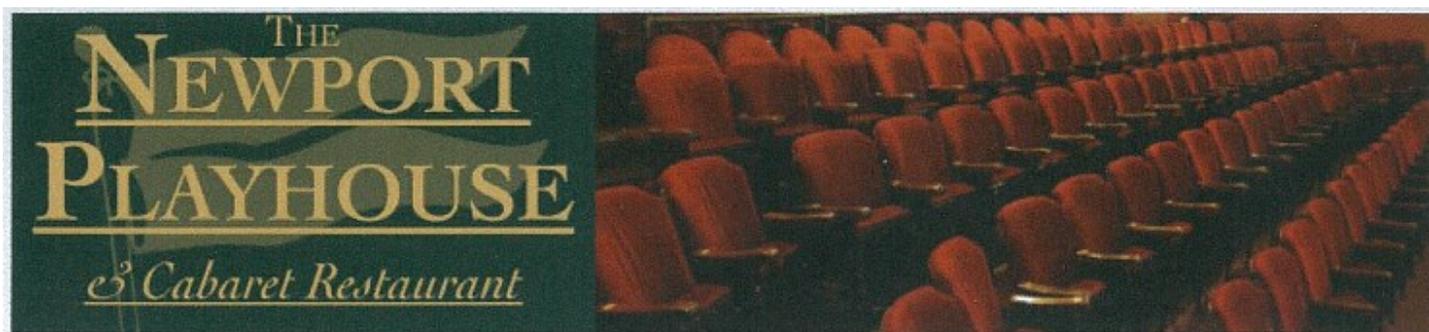
- you own a home ◇ you are working full or part-time ◇ you have retirement income
- you have a car ◇ you are living with others

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:
March 19, 2016
April 16, 2016



“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



MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>***** Please see activity times below *****</p>		<p>1 EXERCISE KNITTING GROUP PEN & TELL</p>	<p>2 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA</p>	<p>3 TAI CHI QUILTING DOMINOES</p>	<p>4 BILLIARDS: MEN & WOMEN PAINTING</p>	<p>5</p>
<p>6</p>	<p>7 LUNCH CHORUS SOCIAL MEDITATION</p>	<p>8 EXERCISE KNITTING GROUP ADULT COLORIING</p>	<p>9 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA</p>	<p>10 TAI CHI QUILTING DOMINOES</p>	<p>11 BILLIARDS: MEN & WOMEN PAINTING</p>	<p>12</p>
<p>13 </p>	<p>14 LUNCH CHORUS SOCIAL MEDITATION</p>	<p>15 EXERCISE KNITTING GROUP PEN & TELL</p>	<p>16 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA</p>	<p>17 COMP LAB TAI CHI QUILTING DOMINOES FOOT CARE (CALL FOR APPT.)</p>	<p>18 BILLIARDS: MEN & WOMEN PAINTING</p>	<p>19</p>
<p>20 </p>	<p>21 LUNCH CHORUS SOCIAL MEDITATION BLOOD PRESSURE 10 :00 - 11:30 am</p>	<p>22 EXERCISE KNITTING GROUP ADULT COLORIING</p>	<p>23 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA</p>	<p>24 COMP LAB TAI CHI QUILTING DOMINOES</p>	<p>25 CLOSED</p>	<p>26</p>
<p>27</p>	<p>28 LUNCH CHORUS SOCIAL MEDITATION BOOK CLUB</p>	<p>29 EXERCISE KNITTING GROUP PEN & TELL</p>	<p>30 NO LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA</p>	<p>31 COMP LAB 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
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

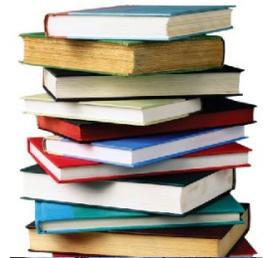
1:00 p.m.
9:00 a.m.
9:30 a.m.
12:00 p.m.
1:30 pm
9:00 a.m.

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 Book Club Selections for 2016



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:

*Spring dates are:
March 3, 17 & 31
April 14 & 28*

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.

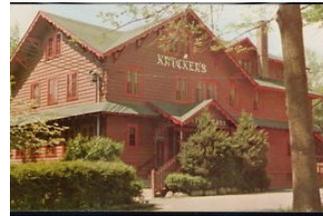
Tax Deferral for Senior Citizens (Ordinance 25) is a local tax deferment program. This program defers property taxes for low income homeowners while they own their property. When the property is sold or a use change occurs, all back taxes are due with interest. Your maximum income cannot exceed \$52,650 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.

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)

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.



THE ELEGANCE OF SAINT CLEMENTS CASTLE

Wait until you see where we will be spending our day! The ‘Castle’ is set amidst 82 scenic acres alongside a beautiful one mile stretch of the meandering Connecticut River in Portland, CT. Saint Clements Castle is designed like a French chateau with two Norman Towers and French Tudor ambience.



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: \$80pp

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

**Depart: 10:30a Tolland Senior Center
674 Tolland Stage Road**

Return: 4:30p Tolland

Friendship Tours arranges the components of the tour 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 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. 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.

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.

**** Any questions? Please call the Senior Center at 860-870-3730.****

***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

MARCH



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.

