

*MAY 2016*



# *Senior Happenings*

*Dedicated to Tolland's Senior Citizens*

Hi Folks!!

Whew!! Oh what a night! Our 27<sup>th</sup> Annual Variety Show was a huge success.

The auditorium was packed, and what a great audience we had! Backstage was buzzing with “youthful energy” from the sound/lighting crew to all the little dancers. There was “senior energy” on fire as well, with The Notables belting it out! I do feel a sense of relief now that it’s over, especially to see what a huge success it was. I’m filled with gratitude for all the entertainers who so willingly stepped up to the plate with their talent and asked nothing in return. As this is our biggest fundraiser, the response was overwhelming. Our Stage Manager, Rebecca, is very heavily relied upon to keep things moving. Thanks to all of you who sold tickets to all your neighbors, friends and family. My thanks, Barbara Stone, for taking charge of the ticket sales and all the “behind the scenes” work you do handling that!! With Irene and Joan at your side the night of the show selling tickets, you obviously know how to “work it”. Kudos to The Notables, and Rosemary and Mark for your dedication and hard work to create such harmonies and share your love for music. I would be remiss if I didn’t thank Chris Gayson and Frank Howd for always being our competent videographers! Of course where would we be without Reverend Hannah Howe, our Master of Ceremonies. She makes the time in between acts so enjoyable sometimes we think we are spending time with an old friend. To sum things up, everyone plays a part in this, whether you work behind the scenes or show up to support your senior community and sit back to enjoy the show. My heart is full. 😊

I want to wish a very Happy Mothers Day to all the mothers out there. Also, don’t forget our town’s annual Memorial Day Parade on **Sunday, May 29th at 1 pm**. It’s just another opportunity to come together to celebrate those we hold in our memories, and those we still have with us.

Remember we are closed on **Monday, May 30<sup>th</sup>**. Check the calendar for all events and activities. See you at the center!

*Fran*



# May Birthdays ... *Happy Birthday!!*

Irene Surdel	5/6	Juanita Nelson	5/17
Peg Aiudi	5/8	Tomi Kowalski	5/18
Diana Terban	5/9	Sandra Stark	5/26
Ellen Hardy	5/10	Carol Ingraham	5/26
Andreas Schadt	5/11	Marion Moore	5/27
Sunny Nicoletta	5/11	Alexandra Tsidridis	5/27
John Hutton	5/13	Peter Piwoski	5/28
Barbara Lemek	5/17	Louise Piwoski	5/29

## *Thinking of You!!*

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

*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, May 19th**

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

## Blood Pressure and Blood Sugar

**Monday, May 16th** 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 May 26th***

# *A Note About Outreach Activities*

*Rebecca Ellert, Elderly Outreach Caseworker*

Greetings on this beautiful Spring Day!

I'm still on a high after the completely exhilarating Variety Show last Friday night. There was so very much going on backstage and I was running on high octane the entire evening. It was such a blast performing with my family as well. The audience was so receptive to all of the talent, and I do believe the auditorium was *almost full!* What a great job Fran did – again – kudos to her and the way she just draws people in with her love! Great job Fran!

I'd like to share with you some information I came across last week. It comes from a circular that we receive here at the center periodically, called *New LifeStyles – The Source for Senior Living* which had an article that tells what questions you should ask when choosing community care. I'd like to share some of these with you, because if you're anything like me, you walk out of the conversation and say "Shoot! Why didn't I ask that question!" So here we go...

What levels of care do they offer?

Do they accept Medicare or Medicaid? (I can explain the difference to you)

Are there any restrictions on the type of residents they admit to their practice or facility?

What is provided for in the basic daily rate?

What services cost extra?

Is there a volunteer program?

This article recommends you visit the facility and try to observe the following: Is there adequate staff? See if the residents look clean and are in clean clothes. Observe if the staff members are kind and responsive when they talk to the residents.

How is the food? Ask a resident how it tastes. Is it hot? How about the portion? Are the residents helped with eating when required?

Are there any activity programs with a full-time activity director? Are these activities posted where all can see them? Is there something for the resident to do when confined to her/his room?

Based on the above questions and answers, your choice of a care community should include the following:

Good visible resident care

Convenient location

Friendly, competent staff

Good food, well prepared and attractively served

Clean, free of unpleasant odors

Many times when there's a need for a skilled nursing facility, decisions have to be made quickly. It may be a good idea to visit these facilities before the need for one arises. Then you'll have a knowledge based on experience rather than hearsay.

We have a number of *New LifeStyles* magazines available, full of helpful information. Swing by and grab one, but grab some lunch first (if its Monday or Wednesday).

Happy May –

Peace, *Rebecca*

## 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](http://www.foodshare.org). For the next few months, distribution at the Tolland site will be on the following dates:

*Spring dates are:*  
**May 12 & 26**  
**June 9 & 23**

Residents participating in the program must bring their own bags.

### 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:

<b>Household Size/ Maximum Monthly Income Guidelines for SNAP</b>						
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:  
**May 21, 2016**  
**June 18, 2016**

## 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 May is May 26**

# MAY 2016

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

Adult Coloring  
Billiards  
Book Club  
Cards  
Chorus  
Computer Lab  
Crafts

1:00 p.m.  
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.

Tolland Senior Center Presents:

**Luncheon Show at Elegant  
SAINT CLEMENTS CASTLE  
Portland, CT  
Thursday, June 16, 2016**

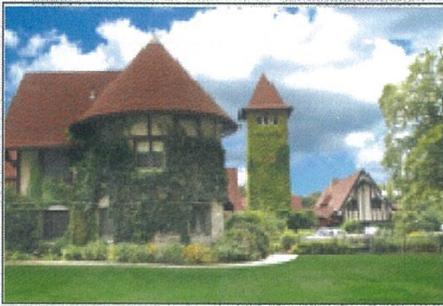
Back by Popular Demand **JOHN TIMPANELLI**  
with an **ALL NEW SHOW !**  
**"THEY WRITE THE SONGS"**

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](http://www.friendshiptours.net)

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



## **Senior Center Trips for 2016**

June 16 <sup>th</sup>	St. Clements Castle, Portland, CT-\$80
July 7 <sup>th</sup>	Westchester Dinner Theater- <i>Happy Days</i> -\$101
August 9 <sup>th</sup>	CT River Cruise, Hadley, MA—Lobster/Lunch-\$78
October 12 <sup>th</sup>	Krucker's— <i>Octoberfest</i> lunch/entertainment-\$89
December 6 <sup>th</sup>	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 Selections for 2016**

**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***

## *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, 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.***

## ***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](http://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.

