

NOVEMBER/DECEMBER 2016



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks!!

To begin with, this newsletter will be a combination of November and December's information. Please save the calendar sections to refer to for activities and dates at the Senior Center. In case of a change, please contact the Senior Center directly to confirm.

A few reminders... **November 8th**, the Senior Center will be used as a voting center and there will be no activities that day. Please remember to come out and vote for this very important election.

Also, as winter approaches, if the schools are closed, there will no activities here at the Senior Center. When in doubt, the information will be posted on Channel 3 News. However, you can still give us a call since Rebecca and I will be working that day.

John Littell, Director of Public Safety, just conducted an Emergency Training Seminar which Rebecca and I attended. We want you to be aware that the Fire Department has a Special Needs Registration Form in case you required special assistance during a weather-related emergency. We have forms here at the Senior Center that you can fill out. Also, this is a good time to remind you that you should be putting together a disaster/emergency kit – we have a list of items here that you can refer to for some ideas.

I want to thank Steve Boyer from the Country Butcher for the amazing meal that he catered for our annual banquet. Rebecca and I had such a great time, and we're so thankful for every one of you that supported us! We hope you thoroughly enjoyed your evening, as well. Thanks, Steve!

Also, thanks so much to Bill Ward and Irene Raiche for conducting another successful driving course. Thank you, Bill and Irene for your continuous giving nature!

A reminder that **Friday, November 11**, is Veteran's Day, so the Senior Center will be closed. Our thanks and gratitude goes out to all of our veterans for their service to our country!

December 3rd is our annual Bake & Craft Sale. This is one our bigger fund raisers, so please donate your baked goods, and swing by to buy what someone else donated. We appreciate your support!

The Annual Fire Department Holiday Social will be held here at the Senior Center on **Sunday, December 11th at noon.** This is a wonderful winter event that is so well attended. Don't you miss out this year.

I know one day is set aside each year to be thankful. I am thankful *every day*, especially for our volunteers, that make this center the success it is. Rebecca and I acknowledged you at the banquet, but we could not say it enough.

Happy Thanksgiving Day is every day!

Enjoy your holiday season...I wish you all much health and happiness!



Your Friend,

Fran



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, November 17th

Thursday, December 15th

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

Blood Pressure and Blood Sugar

Monday, November 21

Monday, December 19

from 10 am—11:30 am

Lunch

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

There will be **no lunch** November 16th and 23rd.

There will be **no lunch** December 14th and 21st.

Thinking of You!!

Richard Carlson Prudence Shifley

Irene Mantlik Jeanne Lemek

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



A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings...

I want to wish everyone a very happy Thanksgiving! When we stop to count our blessings, we realize how very fortunate we are. Have an attitude of gratitude today and tell someone how thankful you are for them being in your life!

Following is a “mini-directory” of programs and services for senior residents in the Connecticut and Rhode Island area:

Alzheimer’s Association	800.272.3900	alz.org
American Association of Retired Persons (AARP)	888.687.2277	aarp.org
American Parkinson Disease Association	800.223.2732	apdaparkinson.org
American Society on Aging	800.537.9728	asaging.org
Elder Abuse Hotline	888.385.4225	nccafv.org
Family Caregiver Alliance	800.445.8106	caregiver.org
Meals on Wheels (Local) (Visiting Nurse & Health Services of CT, Vernon)	860.872.9163	
Medicare	800.633.4227	medicare.gov
Social Security Administration	800.772.1213	ssa.gov

Please check on page 9 regarding energy assistance to see if you qualify for help paying for heating.

This is a great program offered by the state of Connecticut. Connect with me if you have any questions or want to apply.

Here’s hoping your holiday season is filled with much joy and love.

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:
November 19, 2016
December 17, 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:

Winter dates are:
November 10
December 8 & 22

Residents participating in the program must bring their own bags.

November and December Birthdays ..



Happy Birthday!!



Howard Larson	11/2	Edward Lashetski	11/14
Ellen Soracchi	11/4	Betty King	11/15
Judy Sullivan	11/4	Barbara Stone	11/17
Nicholas Lesbines	11/5	Jean Fournier	11/20
Joseph Clemento	11/6	Christine Gray	11/21
Alice Galo	11/6	Norm Duval	11/23
Elaine Fetko	11/8	Judy Bureau	11/23
Larry Guardiani	11/9	Irving Fuller	11/25
Norma Marriner	11/12	Marcia Fuller	11/25
David Hawkes	11/12	Betty-Lou Griffin	11/25
Lynn Lacoss	11/14	Fran Plant	11/25
		Lori Kleef	11/25

Priscilla Shaw	12/3	Anna Lord	12/17
Yvonne Gottier	12/3	Herbert Terban	12/19
Peter Golden	12/5	John Beauchemin	12/20
Bette Harrington	12/6	Pat Skinner	12/22
Calvin Stark	12/8	Charlotte Limberger	12/24
Dave Shaw	12/9	Jeanette Loehr	12/24
Richard Fournier	12/10	Linda Romeo	12/26
Elizabeth Cook	12/10	Pat Tracey	12/27
Sue McAuliffe	12/11	Christine Schoenfuss	12/27
Ali Bassett	12/12	Jim Titus	12/28
Bill Sears	12/12	Alan Ward	12/30
Anita Davis	12/13	Winifred Peters	12/31
Frank Howd	12/14		

AARP Tax-Aide

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 7th-April 11th** on consecutive Tuesdays. (February 7th, February 14th, February 21st, February 28th, March 7th, March 14th, March 21st, March 28th, April 4th, April 11th.) 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.



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 November is November 17

Next Birthday Party Lunch for December is December 15



NOVEMBER 2016

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

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 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 (resumes in 2017) 9:30 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.

DECEMBER 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 COMP LAB TAI CHI QUILTING DOMINOES	2 BILLIARDS: MEN & WOMEN	3 <i>Bake Sale</i> 10 am-2 pm 
4	5 LUNCH CHORUS SOCIAL MEDITATION BOOK CLUB	6 EXERCISE KNITTING GROUP PEN & TELL	7 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	8 COMP LAB TAI CHI QUILTING DOMINOES	9 BILLIARDS: MEN & WOMEN	10
11 <i>Fire Dept. Holiday Social 12:00pm</i>	12 LUNCH CHORUS SOCIAL MEDITATION	13 EXERCISE KNITTING GROUP ADULT COLORING	14 NO LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	15 COMP LAB TAI CHI QUILTING DOMINOES FOOT CARE (CALL FOR APPT.) Birthday Lunch	16 BILLIARDS: MEN & WOMEN	17
18	19 NO LUNCH CHORUS BLOOD PRESSURE 10:00 - 11:30 am Holiday basket Set up	20 NO PROGRAMS Holiday basket Set up	21 NO PROGRAMS	22 COMP LAB TAI CHI QUILTING DOMINOES	23 BILLIARDS: MEN & WOMEN	24
25	26 CLOSED	27 EXERCISE KNITTING GROUP ADULT COLORING	28 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS YOGA	29 COMP LAB TAI CHI QUILTING DOMINOES	30 BILLIARDS: MEN & WOMEN	31

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 (resumes in 2017) 9:30 a.m.

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

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.



CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Tolland Human Services is now taking applications for the Connecticut Energy Assistance Program so that households will be preapproved when the program officially opens on **November 9, 2016**.

Eligibility for Energy Assistance is based on the **annual gross income, liquid assets and the size of the household.**

2016-2017 Gross Income Guidelines for homeowners, and renters *(additional criteria apply)*.

Household Income Guidelines - 2016/2017						
1	2	3	4	5	6	7
Under \$33,880	Under \$43,305	Under \$54,730	Under \$65,155	Under \$75,579	Under \$86,004	Under \$87,959

On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Homeowners and renters may apply. Households eligible for the winter heating program may also be eligible to receive weatherization assistance. This can help conserve energy and lower heating bills.

The Connecticut Energy Assistance Program and the Contingency Heating Assistance Program are administered by the Department of Social Services and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies. Tolland residents may contact any of the following for an appointment to apply for Energy assistance: families contact Nancy Dunn, 860-871-3612; seniors, contact Rebecca Ellert, 860-870-3726; or contact the ACCESS Agency in Willimantic, 860-450-7423. If for any reason you cannot make a scheduled appointment, please contact the provider to reschedule. We are unable to process walk-in applications.

Apply Early for Maximum Benefits!

Senior Center Trips for 2016

December 7th Newport Playhouse—*Nana's Naughty Knickers*—\$90

The Travel Committee will be meeting soon to plan some wonderful trips for the 2017 season. Be sure to check the January newsletter for more details!



Tolland Seniors
Newport Playhouse & Cabaret
“Nana’s Naughty Knickers”
Wednesday, December 7, 2016

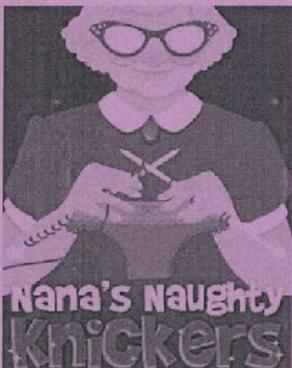
The Newport Playhouse & Cabaret

Bridget and her Grandmother are about to become roommates. However, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she’ll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area!

Package Includes:

- Roundtrip Motor Coach
- Fabulous Buffet Luncheon
- Playhouse Comedy Show
- A Cabaret Show (2 Shows!)
- Driver Gratuities





\$90.

 PP

Buffet Menu

Lettuce Bowl, Potato Salad, Beets & Onion Salad, 3 Bean Salad, BBQ Ribs, Sausage & Peppers, Roasted Chicken, Baked Ham, Baked Beans, Sweet Potatoes, Assorted Desserts, Coffee & Tea

2 Shows!

For Reservations:
Fran Weigand
860-870-3730

Departs at 8:45 a.m.
Tolland Senior Ctr
674 Tolland Stage Rd
Tolland, CT
Returns 7:30 p.m.

HOLIDAY SOCIAL

**Given by:
Tolland Fire Department
and Volunteers**

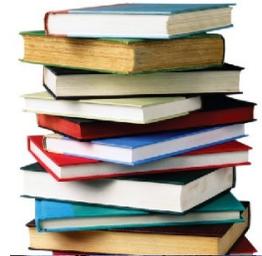


**Tolland Senior Center
674 Tolland Stage Road
Sunday, December 11, 2016
12:00 Noon**





Senior Center Book Club Selections For 2016-2017



November 28, 2016
SECOND GLANCE by Jodi Picoult

January 23, 2017
IN THE PRESIDENT'S SECRET SERVICE by Ronald Kessler

February 27, 2017
THE FALL OF MARIGOLDS by Susan Meissner

March 27, 2017
OUR SOULS AT NIGHT by Kent Haraf



April 24, 2017
TBD

May 22, 2017
SUDDEN SEA: The Great Hurricane of 1938 by R.A. Scotti

*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

*If you don't have time to do your
Holiday baking, please join us at our*

SENIOR BAKE & CRAFT SALE

Saturday, December 3, 2016



10:00 a.m. - 2:00 p.m.



Pies,
cookies,
breads,
cupcakes, etc.
and
assorted
crafts

**At the
Tolland
Senior Center
674 Tolland Stage Road**



***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***

Dial-A-Ride services are available to Tolland residents who are at least 60 years of age or disabled adults (18 to 60 years of age). Transportation is provided between 8:30 a.m. - 4:00 p.m., Monday through Friday excluding holidays. This program will provide transportation to locations in Vernon, Ellington and Tolland for medical appointments, shopping, social and recreational activities.

For medical appointments only, they also go to Manchester on Mondays and Thursdays and South Windsor on the first and third Tuesday.

Medical reservations should be made well in advance. All other reservations should be made at least one week in advance of the appointment.

A \$2.00 donation will be applied 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 - Thursday between 8:30 a.m. - 5:00 p.m. Friday 8:30 a.m.—1:00 p.m. (Closed for lunch Monday-Thursday 12:30-1:30 pm).