SEPTEMBER 2016

Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks!!

I hope everyone had a good summer! As you know, our doors are always open for you to come in to relax and enjoy all the activities we have going on. Along with some new programs we are offering, there are many new faces and people to meet.

One of the newer programs we're starting is Folk Dance instructions. Yes, I said folk dance…but it's not what you may be thinking. If you think you need special talent to dance, this class will bring a different perspective. Adults of all ages have found this program to be fun and great exercise. No experience is needed. No partner is needed. All you need is interest, enthusiasm, comfortable clothing and closed-toe shoes. There is a sign - up sheet at the Senior Center. Oh, and it's free.

Because we have the largest number together at one time at the monthly Birthday Party, I'll occasionally use that time to bring in the informational speakers. I know having a captive audience is important for these speakers, and I sure appreciate the respect and attention you give to them. I will be alternating speakers and entertainers at the Birthday Parties, and some months there will not be any program – just good old fellowship. That being said, we will have a speaker at September's Birthday Party. She will be addressing "fraud". Be sure to bring any questions you may have in this regard.

We are hoping to have a guest speaker right after Monday's lunch on **September 26th**. When we have more details, we will post the information.

The Book Club will resume (1:00 p.m.) on **Monday, September 26th**. I'd like to invite Pen and Tell for this session, as well. We will have a guest speaker, CT resident Janet Barret, author of They Called Her Reckless. Janet has written about health, sports, and education, as well as for TV, radio and the public relations field. I am sure both our book club and our writing club will be interested in what Janet has to tell us. Mark your calendars for this one!

Most of the programs that break for the summer months will be resuming in September, so check the calendar within this edition for dates and times. As a reminder, the Flu Clinic will be **Tuesday, October 25th, at 9:30**. No sign-up is necessary. We will also be offering another **AARP Driving Course on October 8th, starting at 8:30.** Please sign up at the Senior Center.

I think that about covers it. Please stop in and say hello. 🙂

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, September 15th
(please call 860-870-3730 for an appointment) $29.00 fee

Blood Pressure and Blood Sugar

Monday, September 19th 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 September 29th

Thinking of You!!

Richard Carlson
Irene Mantlik
Prudence Shifley
Charlie Kolberg

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

Tuesday, October 25th
9:30—11:00 am

At the Senior Center

A Note About Outreach Activities

Rebecca Ellert, Elderly Outreach Caseworker

Greetings and Happy Autumn!

"September: … I am not much concerned with what days bring to me; far more important, I have learned, What I give them, and thee.." An excerpt from *"Days", by Emma Wilson Emery*

Medicare Open Enrollment Information

Open Enrollment starts October 15 and continues through December 7th 2016.

People who qualify for Medicaid or the Children's Health Insurance Program (CHIP) can enroll at any time of the year. These are state-federal programs for people with limited incomes or disabilities.

You need to sign up for health insurance during Open Enrollment if:

- You don't have health insurance through your employer or your spouse's employer.
- You don't have government coverage (such as veterans, Medicare and Medicaid)

What you can do during Open Enrollment:

- You can renew your current individual/family health insurance plan.
- You can choose a new health insurance plan.

I'm sure many of you are receiving the mailings being sent out. Because there are so many choices this can become confusing, so be sure to read carefully and then check to see if your network is still what you want. Your doctor or the hospital you prefer to use may no longer be in it. In some cases, you can use out-of-network doctors and hospitals if you're willing to pay more. In some cases, you might not be covered at all if you go out of network. Your prescription drug coverage (Medicare Part D) also could change. The plan may no longer cover the drugs you take to manage your chronic conditions. It's important that you check your plan's drug benefits for 2016-2017 before you allow it to renew. You may need to find a different plan for your needs and now's the time to do it.
Health plans must provide an online link to the list of drugs they will cover, known as formularies.

Generally, the more you pay in premiums the lower your cost-sharing. Which plan is right for you depends on how much you'll need health care in 2016-2017. If you go to doctors frequently to help manage a chronic condition, you likely want a plan with lower copays and deductibles. If you're pretty healthy, you may be better off signing up for a plan with lower premiums but higher costs when you use your insurance.

Of course it's a gamble, because you never know what's going to happen. "Caveat emptor." (Buyer beware.) Once you sign up for a level of coverage, you are locked into that level for the year. If you choose a certain plan and discover you need surgery, you can't change to a plan with a lower deductible.

Please give me a call with your questions. I'll try to answer them all, but if I cannot, I have many resources.

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:
September 17, 2016

FOODSHARE MOBILE FOOD PANTRY

FOODSHARE
"When hunger stops, so will we."
www.foodshare.org

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:

Fall dates are:
September 1, 15 & 29
October 13 & 27

Residents participating in the program must bring their own bags.

AARP Driving Course

Offered at the Tolland Senior Center
October 8, 2016
8:30 am to 12:30 pm
Registration is required,
please call the Senior Center at
860-870-3730.

September Birthdays …

Happy Birthday!!

Roger Lord	9/1	Helen Haley	9/14
Linda McDonnell	9/2	Beverly Zwingelstein	9/15
Gloria Smith	9/3	Dianne Sears	9/17
Ellen Pelles	9/5	Susan Beeching	9/20
Marie Fleming	9/6	Helen Blanchfield	9/20
Elida Perrine	9/6	Linda Harrison	9/24
Sandra Dominguez	9/7	Shirley Knofla	9/26
Dolores Hutton	9/10	Giulio Palumbo	9/27
		Louise McDermott	9/30

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 September is September 29

SEPTEMBER 2016

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

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.

The Tolland Seniors present

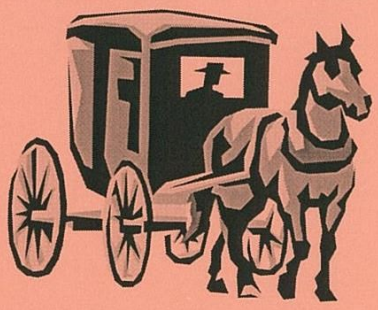
"SAMSON" is coming to Lancaster, PA!

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!

KITCHEN KETTLE VILLAGE



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

Senior Center Trips for 2016

October 12th Krucker's—*Octoberfest* lunch/entertainment-$89
December 6th Newport Playhouse—*Nana's Naughty Knickers*-$90

THE NEWPORT PLAYHOUSE

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.

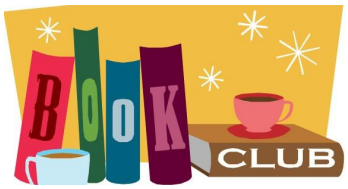
- **Welcome Reception – Coffee, Tea, Buttermilk Scones, Pancake with Maple Syrup, and Apple Cider**
- **Lunch: Beef Barley Soup, Applesauce, Choice of: Sauerbraten with Red Cabbage OR Sliced Pork Loin with Sauerkraut, Mashed Potatoes, Brussel Sprouts, Glazed Carrots, Apple Strudel & Vanilla Ice Cream**
- **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.

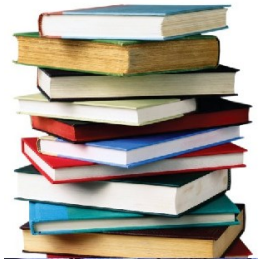
FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net



Senior Center Book Club Selections For 2016-2017

September 26, 2016
REVENANT by Michael Punke

October 24, 2016
WHERE THE HEART IS by Billie Letts

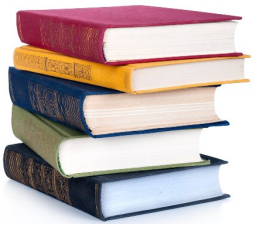


November 28, 2016
SECOND CHANCE by Jodi Picoult

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

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. un less 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 am

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 pm

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.

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 - 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.