

January 2012



Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks: *Happy New Year everyone!* It's amazing to me that with every new day we're given, we have opportunity for fresh new thoughts, energy and ideas. With the opening of 2012, we have a whole year to look forward to with wonderful choices just waiting to be made! May you all find peace, contentment and joy in 2012.

The Fireman's Annual Social this year was absolutely OUTSTANDING! We had a great turnout from all of you, which in turn, shows your support to our firemen (and women) as well as our volunteers. They always go above and beyond, and are dedicated to their calling. The Explorers help set up the Senior Center, and we want to thank them, as well. I want to thank Amy Basset for organizing this event...she created a Hawaiian theme and guess who showed up in a grass skirt??? Santa! What a good sport you are, Santa – we love you!! Huge Thanks to all you Tolland Volunteer Firemen and Women!!

Our Annual Bake Sale was very successful again, this year. It was a combined effort on everyone's part from baking, to setting up, to selling items. The crafts and baked goods brought us over \$1,000. As you know, this is one of our bigger fundraisers, so thanks to everyone who participated.

Our December Birthday Party was so much fun this year. Our servers were Steve Werbner, Mike Wilkinson, and Rick Field. What a great job these men did. They really had to hustle, too, because we sat close to 90 people. The dinner was delicious, as usual, and our gratitude grows deeper each day for all our volunteers in the kitchen. I would be remiss not mention our volunteer craft ladies. They work very hard every month to decorate the Senior Center and the birthday party tables. This year, Pat Skinner went above and beyond: she filled 100 adorable, little boxes with Christmas candy and wrapped them with a bow for each place setting. What a sweet treat, Pat!! Thank you so much for that special touch.

Our trips for 2012 have been selected. What a line-up! Many thanks to our "Trip Committee". They spent a lot of time over the past few weeks putting these programs together. As you look over the list, pay special attention to the April trip. We are going to Pennsylvania to see "Jonah". This is an overnight trip, and I think one of the best ones being offered. Please stop by the Senior Center and pick up flyers for the remaining trips throughout the year. A small amount of money will hold your spot.

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I really want to encourage you to come and take advantage of our Computer Class on Thursday mornings at 9:30 a.m. (change of time there) Charlie Hare is the program's leader. What a find we have in Charlie. He's fun, interesting, kind and very knowledgeable. Now, we long ago entered the computer age...but some of us are a little behind in this area. Perhaps you fear what you don't know? Perhaps you are confused as you try to go it alone with your personal computer. Whatever your hesitations might be, Charlie can help you. Just come one Thursday and observe. You'll be back, I promise.

Our very own Notables did such a great job performing Christmas carols over the holidays. Rosemary Toth, our faithful and fun pianist carried the music for us to entertain local senior housing facilities. On a good day, we have about 40 vocalists, and you're all good, by the way. However, we surely could use more singers (especially men). This is one of our best programs ~ SUCH FUN!! And that is the only prerequisite for joining. We have the Annual Variety Show to look forward to in April, so everyone bring a friend and let's grow this into a great chorus that Tolland will talk about for years to come.

For all 'wannabe' newcomers out there who are thinking you are not old enough to join our Senior Center, trust me, we're not old here. Our hearts and spirits are youthful, adventurous, caring, and always looking for ways to find purpose after retirement. Why not give us a try in 2012? It would be one of those wonderful choices I referred to in the first paragraph of this letter. We are waiting to meet you.

Happy New Year

Fran Weigand
Senior Center Director



Thinking of You!!

Judy Goodman
Joe Clemento
Barbara Cook

Dick West
Alice Hardy
Paul Doyle

All our friends at Woodlake, Fox Hill, Evergreen and Vernon Manor - Peace and health in 2012

It is with great sadness that we mourn the loss of our good friend Edith Wooding. She was very active in many different programs here at the Senior Center. She was our Sunshine Girl for years. You will be missed, Edith. Our sympathy to her family and friends.

2012 Senior Center Trips

March 22 - Music of Italy

April 18-20 - Pennsylvania to see "Jonah"

May 2 - Foxwood to see Vicki Lawrence

July 12 - Gloucester Lobster and Rockport

September 25 - Log Cabin Banquet - the Edward's Twins

October 11 - Westchester - Fiddler on the Roof

November/December - Radio City

Health and Wellness

Exercise: Tuesdays at 9:00 a.m.

Tai Chi: Thursdays at 9:30 a.m.

Yoga: Wednesdays at 1:00 p.m.

Lunch: Mondays and Wednesdays at 12:00 noon

Foot Care: Thursday, January 19th (please call for an appointment, 860-870-3730)

Blood Pressure and Blood Sugar: Monday, January 23rd , from 10:00 a.m.-1:00 p.m.

Tai Chi

When you begin the practice of Tai Chi, one thing you need to learn is patience. When someone asks, "How long will it take me to learn Tai Chi?" I say that Tai Chi is a lifelong learning process. You're never truly done. The more you know, the more you realize that you still have more to learn. Anyone who thinks that they are a Tai Chi expert doesn't understand the basic Taoist credo of humility. You never know it all. Attainment in Tai Chi is measured in years or lifetimes, not weeks. Beginning this new year is perhaps the right time to begin a new journey. Please join us for this friendly uplifting class. It's never too early or too late to start. Come join us. All ages welcome!

Roberta Villanova

Programs for Homebound, Seniors and Their Caregivers
Rebecca Ellert, Elderly Outreach Caseworker

Happy New Year!

May 2012 bring good health, happiness and prosperity to all of you.

I'm always a bit relieved when the week before Christmas is over. It's a busy week for us here at Human Services. This year, 118 Holiday Care & Share baskets went out into the community. Some of those went to families, some to seniors, and some disabled. Those who took the time to sponsor a family have no idea how appreciated their time, money and efforts are. On behalf of Human Services, and our clients, we want to send out a huge THANK YOU. Thanks for the monetary donations, the food donations, the cards and gifts that came in the baskets...thanks for caring, thanks for sharing. What an amazing community Tolland is, in the truest sense. May all of you experience reciprocity ~ the wonderful mystery of "As you sow, so shall you reap".

As we enter into full-blown winter, bundle up, stay home if you're sick, and visit us when you can to keep your spirits lifted (and ours). There's a lot going on here at the Senior Center, and we love it when the rooms are full of activity.

Here's a short poem for you to enjoy, written by Griffith Alexander.

Hang the gray days! The deuce-to-pay days! The feeling-blue and nothing-to-do days! The sit-by-yourself-for-there's-nothing-new-days
When the cat that Care killed, without excuse, with your inner self's crying, "Oh what's the use?"
And you wonder whatever will become of you, and you feel that a cipher(*) expresses the sum of you;
And you know that you'll never, oh, never, be clever, spite of all your endeavor, or hard work or whatever!
Oh, gee! What a mix-up you see, when you look at the world where you happen to be!
Where strangers are hateful and friends are a bore, and you know in your heart you will smile nevermore!
Gee, kid! Clap on the lid!
It is all a mistake! Give your worries the skid.
There are sunny days coming succeeding the blue
And bees will be humming making honey for you,
And your heart will be singing the merriest tune
While April is bringing a May and a June!
Play days! Say "hey" days! Joy-bringing paydays! And heart-lifting May days!
The sun will be shining in just a wee while,
So Smile!!
(* The symbol 0, in case you didn't know what a cipher is. I didn't)

Peace On Earth
Rebecca



Getting to Know You

Christine was born in Carrs Station, Georgia, population: 148. It was a brick making town, producing white bricks that went into the construction of the Panama Canal.

Among three sisters and one brother, Christine was the baby or, as she put it, "the last thought." Sadly, she lost her mother when she was just three years old and she and her siblings were raised by their father and maternal grandmother. She reminisced about her grandmother who, during the Great Depression, opened the tenant homes on her property to people in need and without jobs. Christine was impressed at her usually stern grandmother's calm and generosity during that hard time and from that she learned a valuable life lesson about giving and generosity.

Her grandmother's home was near the train yards so hoboes who had hitched a ride on the freight trains would get off or on at that point. She recalls hoboes walking up their street and going to the back door to ask if they could work for a meal. There was always ham and eggs and coffee and biscuits on hand. Again, these acts made a lasting impression, giving Christine the desire to help people out. She worked as a title examiner for 15 years for a law firm. After that, she interned with a doctor and became a massage therapist. Working out of the doctor's office, she made house calls in Greenwich, Connecticut for 20 years, retiring at age 78. She has studied and practiced meditation and is a hands-on healer.

She met her husband-to-be while working nights for a radio station. They were married in Florida in 1943. Shortly after their marriage, her husband left with the Army for Africa during World War II. In 1966, they were divorced. She has lived in Wisconsin, New Jersey, Westport, CT and Merrick, Long Island. She recalled the illnesses of her children growing up and the various bumps in the road along the way.

She has traveled to France, Portugal, Spain, Morocco and Bermuda and one of her many fond memories is that of a trip to Morocco, where she met an important Muslim leader who invited her to his palatial home in the High Atlas Mountains. She accepted his invitation and was treated to an exquisite evening of music, dance and exotic foods. Another travel experience that greatly impressed her was a visit to St. Chappelle in Paris, erected by Louis IX to house the Crown of Thorns and a fragment of the True Cross, relics of the Passion. Christine recalls her visit there in detail.

Christine moved to Tolland in 1998. She enjoyed gardening in her very large garden at her former home where she grew flowers, vegetables and herbs. Now she enjoys decorating Easter eggs and had begun to set up her Easter egg tree the morning that I visited with her.

Christine said she's "the worst cook in the world." However, she always enjoyed baking and recalled the many birthday cakes she baked over the years for children's birthday parties, cakes of all different shapes and themes. She often baked for church bake sales and was involved in many church activities. Fundraising was her forte.

Christine has taken part in various activities at the Tolland Senior Center and once taught a meditation class there. She sang with the Notables for a time but said that she mostly hummed. From a musical family, she talked about the West family on her maternal side that traveled from town to town, five or six musicians, entertaining on town greens.

She feels that her best quality is generosity and her least is that she thinks she laughs too much. How can that be? I'd say that's a gift. Something she doesn't like is that she naps out of boredom.

Her favorite place in the whole world would be her own little cottage in Westport, which she enjoyed decorating and making into a home. She recalled great parties and Saturday night get-togethers there. Christine has three children, all living in Connecticut. She lives in a charming apartment addition at her daughter's house in Tolland.

My visit with Christine was a pleasurable one. She is fun-loving and interesting and I enjoyed my time chatting and laughing with her. When you meet her, her wonderful spirit will make you smile.

Gerry Liebla

**"Life is a great big canvas, and you should throw all the paint on it you can."
- Danny Kaye**

JANUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY NEW YEAR!	2 CLOSED	3 EXERCISE	4 LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	5 COMPUTER LAB TAI CHI BINGO	6 BILLIARDS: MEN AND WOMEN	7
8	9 LUNCH CHORUS 10:00 SOCIAL DRUM CIRCLE	10 EXERCISE	11 LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	12 COMPUTER LAB TAI CHI	13 BILLIARDS: MEN AND WOMEN	14
15	16 CLOSED MARTIN LUTHER KING DAY	17 EXERCISE	18 LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	19 COMPUTER LAB TAI CHI	20 BILLIARDS: MEN AND WOMEN	21
22	23 LUNCH CHORUS 10:00 SOCIAL DRUM CIRCLE	24 EXERCISE	25 NO LUNCH MEN'S BILLIARDS CRAFTS, CARDS, YOGA DOMINOES	26 COMP. LAB TAI CHI 12:00 NOON BIRTHDAY/ DINNER	27 BILLIARDS: MEN AND WOMEN	28
29	30 LUNCH CHORUS 10:00 SOCIAL BOOK CLUB	31 EXERCISE PEN & TELL		***** Please see activity times below *****	<u>PLEASE CALL</u> <u>860-870-3730</u> <u>TO</u> <u>CONFIRM</u> <u>PROGRAMS</u>	ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE

Billiards	9:30 a.m.	Drum Circle	1:00 p.m.
Bingo	1:00 p.m.	Exercise	9:00 a.m.
Book Club	1:00 p.m.	Cards	1:00 p.m.
Chorus	10:00 a.m.	Lunch	12:00 noon
Comp. Lab	9:00 a.m.	Social	10:00 a.m.
Crafts	10:00 a.m.	Tai Chi	9:30 a.m.
Dominoes	1:00 p.m.	Wii Bowling	1:00 p.m.
		Yoga	1:00 p.m.



January Birthdays! Happy Birthday!

1/1 Kathy Kolberg

1/19 Alice Hardy

1/5 Elaine Bugbee

1/19 Alan Knofla

1/6 Durwood Winchell

1/20 Barbara Palmer

1/10 Ann Bock

1/21 Beverly Numrych

1/11 Nolan Payton

1/21 William Waite

1/13 Dorothy Ulrich

1/26 Tim Smith

1/14 David Fenn

1/28 Bill Ward

1/14 Lois West

1/29 Fred Frey

1/18 Leola Wheeler

1/29 Larry Ross

1/19 Judy Goodman



Senior Center Activities

Billiards - men on Wednesday mornings at 9:30 a.m. and men and women every Friday morning from 9:30 a.m. - 11:30 a.m.

Bingo - every first and third Thursday at 1:00 p.m., unless otherwise noted .

Birthday Dinner - once a month, there is a Birthday/Lunch Party to celebrate all those who have had a birthday in that month. This special event is held at 12:00 noon, unless otherwise noted, and the cost is \$3.00.

Book Club - a book discussion is held on the fourth Monday of each month, at 1:00 p.m.

Cards - held every Wednesday at 1:00 p.m.

Chorus - the "Noteables" meet every Monday morning at 10:00 a.m.

Computer Lab - learn how to use a computer on Thursday mornings at 9:00 a.m.

Crafts - every Wednesday morning at 10:00 a.m. You may bring a craft of your own choice, such as knitting, crocheting, etc. Or, you may participate in making centerpieces for our Birthday Dinner Parties.

Dominoes - held every Wednesday at 1:00 p.m.

Drum Circle (Djembe) - a drumming class is held twice a month on Mondays.

Exercise - Tuesday mornings at 9:00 a.m. This is a stretch and balance, low-impact class.

Intergenerational Programs - programs that include the young people in Tolland.

Line Dancing - will resume - to be announced.

Lunch Box Cafe - every Monday and Wednesday at 12:00 noon, lunch is served. The cost is \$3.00 per meal and the menu varies.

Painting Class - the painting class will resume in the spring.

Pen & Tell - a creative writing class will resume in the spring.

Social - every Monday at 11:30 a.m. Join us and spend some special time together.

Tai Chi Class - a gentle exercise class held on Thursdays, at 9:30 a.m.

Yoga Class - a gentle exercise class held on Wednesdays at 1:00 p.m.

*****All Programs are subject to change without notice.*****

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

Dedicated to Tolland's Senior Citizens

Tolland Senior Center
674 Tolland Stage Road
P.O. Box 159
Tolland, CT, 06084

Phone: 860-870-3730
Monday-Thursday
8:30 a.m. - 3:30 p.m.
Monday evenings
7:00 p.m. - 9:00 p.m.
Friday 8:30 a.m. - noon
New Members
and drop-ins are
always welcome.

*Check the Calendar
for special programs.*

HAPPY NEW YEAR

Tolland Human Services Department

Senior Center Director: Fran Weigand, 860-870-3725
Elderly Outreach Caseworker: Rebecca Ellert, 860-870-3726
Newsletter Contributors: Fran Weigand, Rebecca Ellert, Gerry Liebla,
and Judy Goodman
Human Services Director: Beverly Bellody, 860-871-3611
Youth Services Coordinator: Nancy Taylor Dunn, 860-871-3612
Marriage & Family Therapist: Jennifer Therian, 860-871-3615
Human Services Secretary: Donna Francis, 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.

In order to continue to provide reliable safe transportation to the Tri Town area, a \$1.00 donation will be needed when boarding the van on each trip. Round trip costs \$2.00. You must have the exact amount as the drivers will not have change. To make reservations, call 860-870-7940 between 8:30 a.m.–2:00 p.m. Reservations for medical appointments are taken up to 28 days in advance. All other reservations are taken up to 14 days in advance.

