



September 2010

Senior Happenings

Dedicated to Tolland's Senior Citizens

Hi Folks: There isn't a day that goes by that I don't hear about someone's health issues...and in turn it makes me consider my own health, physical & mental. There are so many things we can do to prevent illness and I'd like to encourage you to take advantage of some of these. Here at the Senior Center we are offering the **Life Line Screening** on **Tuesday, September 14th**. Life Line is screening approximately 1 million people each year in the U.S. There are 5 different tests they do that can literally save your life. I know of one of our seniors in particular who had this screening done, and they found an aortic aneurysm, which will be repaired soon. So why not take the time to call this number **1-800-679-5192**, and make an appointment. They will talk you through what tests you have in mind and the prices. Unfortunately, insurance companies typically will not pay for screenings unless a person has suffered symptoms. Speaking of health, our **Flu Clinic** has been scheduled for **Tuesday, October 19th, from 9:00 a.m. -11:30 a.m.** I'm telling you in advance, so you can mark your calendars.

Because we compiled both July & August into one newsletter which was written at the end of June, I did not mention our **Annual Fireman's Picnic** that is held every August. These wonderful firemen take time out of their busy, busy schedules to purchase, cook and serve a most delicious summer barbeque for all of us - the one time throughout the year our own chefs get to take a break!! So even though we haven't had this barbeque as I write this, I want to thank **Chief John Littell** and all of **his fantastic staff** for all they do. It is a most enjoyable time together, so mark your calendars for **Thursday, August 26, 12:00 noon**, and come help us thank them.

For the first time ever the Tolland Senior Center is hosting an evening of dance and entertainment. We have invited 5 of our surrounding towns to come and join us. We have hired a live band – **The Swing Set Trio** – the wonderful band that performed at our Variety Show last April. Now ~ dancing is not necessarily a must, you understand, so I'm encouraging you to come and watch if that is what you're comfortable doing. Just come!! Invite a friend – especially someone who hasn't ever been here, so we can show them what we're all about. We're looking forward to having a very lively evening. Refreshments will be served. The date set for this evening is **Thursday, September 16th at 6:00 p.m.**
Come Cut a Rug!

.....Continued page 2

We are looking forward to the return of our fall programs beginning with the **Art Classes**. On the **17th of September**, Heidi Ludwig will resume the Art Class. There will be a small fee for this Class, but that is yet to be determined. **Yoga and Tai Chi** will also resume, if there is enough interest. The dates of these classes are to be determined, as well. Please come and sign up for these programs that teach relaxation, reduce stress, and promote overall good mental and physical health. You won't be sorry.

On a side note, the **Pen and Tell Group** decided to continue their program throughout the summer. Join them on **Tuesday afternoons at 1:00**.

Please check the calendar and bulletin board for additional information as well and unforeseen changes.

Fran Weigand
Senior Center Director

Thinking of You!

Pat Ellert

Ted Blow

Alice Hardy

Lois Lake

Dorothy Silhavy

Joanne Golumba

Pat Wearne

Terry Staves

Jenny Karkavich

Dick West

Pat Kramer

You are all in our thoughts and prayers. Our condolences to the Ruops Family on the passing of their Mom, Helen Ruops. You have our deepest sympathy. A special hello to Stella MeDaniels in Alabama - hope all is well.

The Chi in Tai Chi

Chi is the driving force of human life, the spark behind thought, creativity and growth, which maintains and nurtures us. It can be felt as movement of energy in the body, like the flow of an electric current.

Chi flows through the body along channels called meridians; as blood flows along arteries and veins. When there is a blockage, Chi cannot flow adequately to nourish organs, and illness results. The concept of Chi is at the very center of Tai Chi, which aims to restore balance so that Chi flows freely.

Roberta Villanova

Health and Wellness

Exercise: Tuesdays at 9:00 a.m.

Lunch: Mondays and Wednesdays at 12:00 noon

Foot Care: Monday, September 20th, (please call for an appointment, 860-870-3730)

Blood Pressure and Blood Sugar: Monday, September 20th, from 10:00 a.m.-1:00 p.m.

Please join us for.....

THE BOOK CLUB

held on the fourth Monday of every month AT 1:00 p.m.

- September 27th- *Welcome to the Great Mysterious* - by Lorna Landrik
- October 25th- *What Matters Most* - by Luanne Rice
- November 29th - *Remembering the Bones* - by Frances Itari
- January 24th- *Lydia Cassatt Reading the Morning Paper* - by Harriet Scott Chessma
Or Happiness Key - by Emilie Richards
- February 28th- *Secrets She Left Behind* - by Diane Chamberlain
- March 28th- *Gift from the Sea* - by Ann Morrow Lindbergh
Or- The Nineteenth Wife - by David Ebershoff
- April 25th- *The Last Juror* - by John Grisham
Or - Water for Elephants - by Sara Gruen
- May 23rd- *While My Sister Sleeps* - by Barbara Delinsky
- June 27th- *The Forgotten Garden* - by Kate Morton

The Pen & Tell Creative Writing Group

will resume for 6 weeks

beginning Tuesday, 9/14/10, at the Senior Center
from 1:00 p.m. until 2:30 p.m.

If you enjoy writing please join us. We have worked often on
Memoir Pieces but have tried many forms of writing.

Programs for Homebound, Seniors and Their Caregivers

Rebecca Ellert, Elderly Outreach Caseworker

I greet you all this wonderful August morning with hope and peace. I hope this finds you all well and in good spirits. If you are finding yourself there, well and in good spirits, pass it on. My thoughts go out to all of you that are struggling at this time. I wish you peace.

I wanted to make you aware of the Veterans Stand Down 2010 that is taking place on September 10th at the Connecticut Veterans Home, 287 West St. Rocky Hill, CT from 7a.m. to 3p.m. Stand Down is a one-day one-stop veterans benefits event for homeless and indigent veterans who have been discharged under other than dishonorable conditions. Federal, state and community providers will be available to assist needy veterans access VA benefits, CT benefits, CT Superior Court and community assistance programs. It is their goal to provide each needy veteran with a Comfort Kit at Stand Down.

Here is a list of suggested items for the Comfort Kits. Please deliver any donations to the Connecticut Veterans Home by August 30, 2010 or call 860-721-5826:

Shaving Cream, disposable razors, toothpaste, toothbrushes, shampoo, soap, sunscreen hand lotion, lip balm, sewing kits, hairbrushes & combs, small flashlights, batteries, a telephone card, socks and much more items too numerous to mention in this article. Stand Down 2009 served 1200 needy veterans. They expect to serve 1500 in 2010. If you'd like to bring any of these items to the Senior Center, I will set aside a box and deliver it to them. Should you decide to help with a check, make the check payable to:

CT Department of Veterans Affairs,
Stand Down Account and mail it to:
Catherine Cook Director of Community Affairs,
CT Dept. of Veterans Affairs,
287 West St.
Rocky Hill, CT 06067
"SERVE THOSE WHO HAVE SERVED."



"For Today"

by John Brisben Walker

Above all, that I may not be a coward; that I may have courage – courage to be unmoved by the uncertainties of life, and without dread of loss, whether of friends, of health or of fortune. That I may come with a firm and tranquil mind to the work of this day, fearing nothing, ready to meet bravely failure or deprivation. That I may bring to the day's efforts good humor and a cheerful regard for all with whom I may come into contact. That I may not judge others hastily or with bitterness. That I may not be grasping, but content with a fair share of this world's goods, willing to let others have theirs. That I may be diligent in the performance of duties and cheerful in manner. That I may be earnest in pursuit of the right. That I may stand with open mind ready to receive the truth in small affairs and in large – whether in learning new and better methods or in receiving that philosophy necessary to a brave, tranquil, well-poised, well-harmonized life.

What great words to live by.

Peace,
Rebecca

Getting to Know You

By Gerry Liebla

Nicholas was sitting on the bench outside the Senior Center, taking a break from tree pruning when I met him for a chat. He had been trimming trees and shrubs on the property, bringing them to a more respectable shape and appearance. His pruning skills are self taught, though he says he inherited a bit of his father's green thumb. Nick is a multi-faceted man; as he talks I have a hard time keeping up with him. He has had so many interesting experiences over the years that he is eager to tell about them and of the people he has met along the way.

Raised in Middletown, he worked for his father's dry cleaning business as a youth. In the 50's his talent for music took him to Japan, Korea and Okinawa where he performed with the Connecticut Yankee Band of the Future at USO locations. Nick holds a Master's Degree in Music, having majored in woodwind and minored in music education at Hartt School of Music and the New England Conservatory of Music.

Divorced since 1991, Nick has two sons who live out of state, one in California and the other in Maryland. A man of many accomplishments, Nick built his own home in 1983 which he sold in 1996, moving to another house in Tolland, where he has begun the enormous task of installing a Japanese garden complete with waterfalls and a bridge. It sounds fascinating and I have no doubt that it will be a work of art.

He taught music in the South Windsor schools for 27 years and is proud of the many and varied student plays that he produced and directed, along with handling set design and lighting. He also played fourth chair bass clarinet as a service member of the Hartford Symphony for seventeen years. After retirement from the South Windsor Schools, he was Director of Music for the Wapping Church in South Windsor. His former Windsor students formed an alumni choir called the One Time Choir and give a performance every year at Christmastime.

Beside his love of music and gardening, Nick is an avid photographer and has taken photos all over the world. He also enjoys reading when time permits, biographies and non-fiction only. Reading about innovative people like Stan Getz, his idol, is what he enjoys most.

Stay tuned. You'll see Nick at the Senior Center luncheons on Mondays and Wednesdays or working on the landscaping around the building. If you haven't already identified him, check the bulletin board at the Senior Center to see Nick's picture.

Touring with the orchestra in Europe in the early 90's he played with the show, Evita. He has played for greats such as Mickey Rooney, Ginger Rogers, Jerry Lewis, Pattie Page, the Mills

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Getting to Know You (continued)

By Gerry Liebla

Brothers, Ella Fitzgerald and many more at the Chateau de Ville, Bushnell Theatre, Goodspeed Opera House and Oakdale Theater. One favorite gig was playing in the orchestra for Lena Horn with *Lady and Her Music* before it went to Broadway.

Calling himself a Renaissance Man, Nick is writing a proposal for a production of a chamber music concert in Tolland and a plan is in discussion. In addition, he has written a song that is on CD and which I had the privilege of hearing. Nick is rescoring the demo CD for a 17-piece big band and strings which he is currently working on marketing. Along with those projects, he tells me that he is writing a book for performing musicians. Stay tuned. You'll see Nick at the Senior Center luncheons on Mondays and Wednesdays or working on the landscaping around the building. If you haven't already identified him, check the bulletin board at the Senior Center to see Nick's picture.

Behold the Twilight Years

by Rita Milton

I do not have a craving to see,
As I once did when young,
The vision of color
Or brightness of the sun.
For now, I revel in simplicity of shadows,
Which dance around my being,
Only to intrigue me, in their form,
Soothing and satisfying,
Without the excitement of festivity.
Is this a sign of age?
Reaching a plateau of happiness,
In subdued colors of black and white,
With nothing to fear,

September 2010

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------------|-------------------------------------------------------------------------------------------------|
| ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE | ***** Please see activity times below ***** | | 1 LUNCH MEN'S BILLIARDS CRAFTS 10:00 | 2 COMPUTER LAB BINGO Wii BOWLING | 3 BILLIARDS: MEN AND WOMEN | 4 |
| 5 | 6 CLOSED LABOR DAY | 7 EXERCISE | 8 LUNCH MEN'S BILLIARDS CRAFTS 10:00 | 9 COMPUTER LAB Wii BOWLING | 10 BILLIARDS: MEN AND WOMEN | 11 |
| 12 | 13 LUNCH CHORUS 10:00 SOCIAL DRUM CIRCLE | 14 EXERCISE PEN & TELL LIFE LINE SCREENING | 15 LUNCH MEN'S BILLIARDS CRAFTS 10:00 | 16 COMPUTER LAB Wii BOWLING EVENING OF DANCE | 17 BILLIARDS: MEN AND WOMEN ART CLASS | 18 |
| 19 | 20 LUNCH CHORUS 10:00 SOCIAL MOVIE | 21 EXERCISE PEN & TELL | 22 LUNCH MEN'S BILLIARDS CRAFTS 10:00 | 23 COMPUTER LAB Wii BOWLING | 24 BILLIARDS: MEN AND WOMEN ART CLASS | 25 |
| 26 | 27 LUNCH CHORUS 10:00 SOCIAL BOOK CLUB | 28 EXERCISE PEN & TELL | 29 NO LUNCH MEN'S BILLIARDS CRAFTS 10:00 | 30 COMPUTER LAB 12:00 NOON BIRTHDAY/ DINNER PARTY | | <u>PLEASE CALL</u> <u>860-870-3730</u> <u>TO</u> <u>CONFIRM</u> <u>PROGRAMS</u> |

| | | | | | |
|-----------|------------|--------------|------------|---------------|------------|
| Bingo | 1:00 p.m. | Computer Lab | 9:00 a.m. | Lunch | 12:00 noon |
| Billiards | 9:30 a.m. | Crafts | 10:00 a.m. | Movie Matinee | 1:15 p.m. |
| Book Club | 1:00 p.m. | Drum Circle | 1:00 p.m. | Pen & Tell | 1:00 p.m. |
| Chorus | 10:00 a.m. | Exercise | 9:00 a.m. | Social | 10:00 a.m. |
| | | | | Wii Bowling | 1:00 p.m. |



September Birthdays!

Happy Birthday!!

| | | | |
|------------------------|-------------|------------------------------|-------------|
| Lord, Roger | 9/1 | Messier Becky | 9/12 |
| Maclean, Edith | 9/2 | Haley, Helen | 9/14 |
| Golemba, Joanne | 9/2 | Zwingelstein, Beverly | 9/15 |
| Pelles, Ellen | 9/5 | Palumbo, Connie | 9/16 |
| Fleming, Marie | 9/6 | Sears, Dianne | 9/17 |
| Perrine, Elida | 9/6 | Blanchfield, Helen | 9/20 |
| Staves, Terry | 9/8 | Knofla, Shirley | 9/26 |
| Harrison, Maria | 9/10 | Palumbo, Giulio | 9/27 |
| Hutton, Dolores | 9/10 | McDermott, Louise | 9/30 |



Senior Center Activities

Billiards - men and women, every Friday morning from 9:30 a.m. until 11:30 a.m.

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

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

Book Club - once a month Book Discussion is held on the fourth Monday of the month.

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 11:00 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 Party.

Drum Circle - usually meets a once or twice a month, on Mondays.

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

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

Line Dancing - will resume in the Fall.

Movie Matinee - a couple of Mondays a month at 1:15 p.m., we show a movie at the Senior Center.

Lunchbox Cafe - every Monday and Wednesday at 12:00 noon. The cost is \$3.00. The menu varies.

Out to Lunch Bunch - once a month, we go out as a group and go out to eat at a restaurant. The cost of the lunch varies.

Pen & Tell - every Tuesday from 1:00 - 2:30 p.m., a creative writing group gets together.

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

Tai Chi Class - will resume in the Fall. Please inquire about the date and time.

Wii Bowling - on Thursdays, starting at 1:00 p.m. Come on over and give it a try!

Yoga Class - will resume in the Fall. Please inquire about the date and time.

*****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
7:00p.m. - 9:00 p.m.
Friday 8:30 a.m. - noon
New Members
and drop-ins are
always welcome.

*Watch the Calendar for
special programs.*



Tolland Department of Human Services

Senior Center Director: Fran Weigand, 860-870-3725
Elderly Outreach Caseworker: Rebecca Ellert, 860-870-3726
Newsletter Contributors: Fran Weigand, Rebecca Ellert and Gerry Liebla
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 our 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 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.

