



**Tolland Senior Center**  
**674 Tolland Stage Rd.**  
**Tolland, CT 06084**

**Mailing Address:**  
**21 Tolland Green**

**Phone: 860-870-3730**

**Hours:**

**Monday-Thursday**  
**8:30 a.m.—3:30 p.m.**

**Friday**  
**8:30 a.m.—12:00 p.m.**

**Dial-A-Ride Program**  
**860-870-7940**

**WINTER**  
**WEATHER**

For Delays and Closings  
Tune to  
Channels 3, 8, 30 & 61.  
If the Tolland Public  
Schools are Closed or  
Delayed due to weather,  
so is the Senior Center.

**Daylight savings**  
**time is Sunday,**  
**March 8.**  
**Remember to move**  
**your clocks**  
**forward an hour!**

# ***Senior Happenings***

## ***Dedicated to Tolland's Senior Citizens***

The newsletter is located at the following website location:

<https://www.tolland.org/senior-services/pages/senior-center-newsletter-calendars>

Hi Folks,

It's been a while since we have put our newsletter together. We welcome our new administrative assistant, Elise, who will handle it from here. We look forward to working with her.

We are now the proud owners of a new meat slicer, of which we were very much in need. Thanks to a generous donation from Coldwell Banker. I would be remiss if I didn't thank the Country Butcher, Steve Boyer, for finding us the perfect one!

I would like to acknowledge and thank the Tolland Fire Department Volunteers for the amazing Holiday Social they provided for us in December. The accolades were many and everyone enjoyed themselves. We are very grateful. And, speaking of TFD, we want to congratulate Chief John Littell for the award he received last week. Chief Littell has been selected as the recipient of the 2019 Emergency Manager of the Year Award, sponsored by the Northeast States Emergency Consortium. Congratulations, John! We are so proud of you and thank you for all you do!

We are having a "Fall Prevention" program on Friday March 27<sup>th</sup> at 10:00 a.m. Students from UCONN, who are working on getting their degree, are willing to come back and provide information on preventing falls. Please try to attend this very informative program, and sign up at the center.

It's not too early to talk about our Annual Variety Show on Friday, April 24<sup>th</sup>, 7:00 p.m. at THS. Tickets will go on sale the middle of March. Please spread the word. We could use your help selling tickets. This is our biggest fundraiser, so let's all do the best we can!

I would like to thank Trooper Neihengen and Detective Hogan for presenting a Senior Safety Program in January. They certainly did a fabulous job making us aware of the many phone/email scams that are out there right now, targeting seniors. Scammers are clever. They pressure people into giving them personal and financial information. Be suspicious of anyone who contacts you looking for this information. It may help prevent you from being tricked into having your identity or money stolen.

See You At the Center!  
Fran

# *A Note About Outreach Activities*

*Rebecca Ellert, Elderly Outreach Caseworker*

## **Greetings and Happy Spring!**

I just want to mention quickly about what changes can be made to your Medicare Advantage plan coverage. From January 1, (this began in 2019, and is still in effect) through March 31 you can now make one change during this time. You can switch from one advantage plan to another, you can disenroll from your advantage plan and return to original Medicare and join a Medicare Rx plan. What you cannot do is switch from Original Medicare to a Medicare Advantage Plan, join a Medicare Rx plan if you're in Original Medicare or switch from Medicare Rx drug plan to another if in Original Medicare. If you're thoroughly confused, not to worry—just call me if you have questions.

I find this time of year so motivating – it's so good to get back outside and enjoy the many facets of nature. Winter was not so bad...and I know we're not quite through, but being the optimist that I am, I'm already appreciating the longer days and warmer weather.

Here are five positive changes you can make towards living happier and healthier lives:

1. ***Practice gratitude.*** Feel grateful for what we have and focus on the good, not the bad. This helps instill a more positive mindset and overall better sense of wellbeing. Write things down, then re-read when you are feeling down. It truly helps.
2. ***Drink more water.*** Recommended amount of daily water intake is 91 ounces for women and 125 ounces for men. Did you know the average adult only drinks around 39 ounces? Staying hydrated promotes cardiovascular health, helps muscles and joints function better, increases energy levels and helps with liver and kidney functions.
3. ***Stretch your body.*** Get moving – it's so important especially as we start to feel aches and pains in our joints. Take the time to stretch at least 5 minutes every day. Join the stretch & balance classes held here every Tuesday/Thursday and chair yoga on Tuesday a.m. It just feels so good!
4. ***Cut back on processed food.*** Try to have a least 2 servings of fruit and 3 servings vegetables each day
5. ***Practice self-care.*** Many times when we think about health, we think of our bodies. What about mental health, spiritual health, emotional health? Practicing self-care differs for everyone. Define those things you enjoy – whether it's sipping a cup of tea and chatting with a friend, or going out on a hike with the hiking club, or line dancing – there are so many opportunities to enjoy, even through the winter season. Just make sure you are filling at least a part of your day with what makes you happy.

Be well and know how valued and appreciated you all are! Peace.  
Rebecca

# RENTER'S REBATE PROGRAM

Tolland Human Services will be accepting Renter's Rebate applications from April 1, 2020 to October 1, 2020. This income-based program provides a one-time payment to renters based on the rent and utilities paid in 2019. Recipient or spouse must be 65 years of age or older, or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one year state residency requirement. Applicants must provide proof of income and expenses for 2019.

## Household Income Guidelines

Single/widowed applicants—under \$36,000

Married applicants—under \$43,900

To schedule an appointment, please contact Jeanne Pitney, MSW at 860.871.3615

# United States Census 2020

- 2020 is a very important year, the once-in-a-decade Federal Census.
- Each home will receive an invitation to respond to a short questionnaire in the postal mail between **March 12<sup>th</sup> and March 20<sup>th</sup>**.
- You may respond online, by phone, or by mail.
- When you respond, you will tell the Census Bureau where you live as of April 1, 2020.
- If you don't respond in one of the ways above, Census takers will begin visiting homes beginning in May and may attempt to contact you multiple times to make sure everyone is counted.
- The Census Bureau is bound by law to protect your answers and keep them strictly confidential. Every Census employee takes an oath to protect your personal information.
- There are still Census jobs available with excellent pay and flexible hours. Please visit <https://www.tolland.org/home/pages/2020-census> or [www.2020Census.gov](http://www.2020Census.gov) for more information and details.

## Below is a timeline of how and when the Census Bureau will invite households to complete the 2020 Census questionnaire:

**March 12-20:** Initial invitations to respond online and by phone will be delivered by the U.S. Postal Service. Areas that are less likely to respond online will receive a paper questionnaire along with the invitation to respond online or over the phone.

**March 16-24:** Reminder letters will be delivered.

**March 26-April 3:** Reminder postcards will be delivered to households that have not responded.

**April 8-16:** Reminder letters and paper questionnaires will be delivered to remaining households that have not responded.

**April 20-27:** Final reminder postcards will be delivered to households that have not yet responded before census takers follow up in person.

If a household does not respond to any of the invitations, a census taker will follow up in person sometime between May 13 and July 31. A sample of the 2020 Census paper [questionnaire](#) and preview of the [online questionnaire](#) is available, along with more information about when most people will receive their [invitations in the mail](#).

### Avoiding Scams Online

Phishing is a criminal act in which someone tries to get your information by pretending to be an entity that you trust. Phishing emails often direct you to a website that looks real but is fake—and may be infected with malware.

It is important to know that the Census Bureau will not send unsolicited emails to request your participation in the 2020 Census. Further, during the 2020 Census, the Census Bureau will never ask for:

- Your Social Security number.
- Your bank account or credit card numbers.
- Money or donations.

In addition, the Census Bureau will not contact you on behalf of a political party.

### Staying Safe at Home

If someone visits your home to collect a response for the 2020 Census, you can do the following to verify their identity:

- First, check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date.
- **If you still have questions about their identity, you can call [800-923-8282](#) to speak with a local Census Bureau representative.**

### Reporting Suspected Fraud

If you suspect fraud, call [800-923-8282](#) to speak with a local Census Bureau representative. If it is determined that the visitor who came to your door does not work for the Census Bureau, contact your local police department.

# MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 LUNCH CHORUS SOCIAL	3 SENIOR FITNESS KNITTING GROUP CHAIR YOGA MAHJONG	4 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS	5 SENIOR FITNESS QUILTING DOMINOES LINE DANCING	6 PAINTING COMPUTER HELP BILLIARDS: MEN & WOMEN	7
8	9 LUNCH CHORUS SOCIAL Old Rubber Band	10 SENIOR FITNESS KNITTING GROUP CHAIR YOGA MAHJONG	11 LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS	12 SENIOR FITNESS QUILTING DOMINOES LINE DANCING	13 PAINTING COMPUTER HELP BILLIARDS: MEN & WOMEN	14
15	16 LUNCH CHORUS SOCIAL Blood Pressure 10-11 am	17 SENIOR FITNESS KNITTING GROUP CHAIR YOGA MAHJONG 	18 Lunch PING PONG MEN'S BILLIARDS CRAFTS CARDS	19 SENIOR FITNESS QUILTING DOMINOES LINE DANCING Seniors with Thyme	20 PAINTING COMPUTER HELP BILLIARDS: MEN & WOMEN	21
22	23 LUNCH CHORUS SOCIAL Old Rubber Band Book Club	24 SENIOR FITNESS KNITTING GROUP CHAIR YOGA MAHJONG	25 No LUNCH PING PONG MEN'S BILLIARDS CRAFTS CARDS	26 SENIOR FITNESS QUILTING DOMINOES LINE DANCING Foot Care Birthday Party	27 PAINTING COMPUTER HELP BILLIARDS: MEN & WOMEN	28
29	30 LUNCH CHORUS SOCIAL	31 SENIOR FITNESS KNITTING GROUP CHAIR YOGA MAHJONG		***** Please see activity times below *****	<b>ALL PROGRAMS ARE SUBJECT TO CHANGE WITHOUT NOTICE AT THE DISCRETION OF THE DIRECTOR</b>	

Billiards  
 Book Club  
 Cards  
 Chair Yoga  
 Chorus  
 Computer Help  
 Crafts

10:00 a.m.  
 1:00 p.m.  
 12:45 p.m.  
 10:30 a.m.  
 10:00 a.m.  
 9:30 a.m.  
 10:00 a.m.

Dominoes  
 Knitting Group  
 Line Dancing  
 Lunch  
 Mahjong  
 Ole Jammers  
 Painting

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

Ping Pong  
 Quilting Group  
 Seniors with Thyme  
 Senior Fitness  
 Shuffleboard  
 Social

9:30 a.m.  
 10:00 a.m.  
 10:30 a.m.  
 9:00 a.m.  
 open  
 10:00 a.m.

## **Senior Center Activities**

**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, 1:00-2:00 p.m.

**Cards** - join us for a game of cards every Wednesday, 12:45-2:15 p.m.

**Chair Yoga**—every Tuesday at 10:30 a.m.

**Chorus** - the “Note-ables” meet every Monday morning, 10:00-11:30 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, 12:30-3:30 p.m.

**Knitting Group** - work on knitting projects on Tuesday mornings, 9:30-11:30 a.m.

**Line Dancing**—Thursday afternoons, 1:30 to 2:30 pm

**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.

**Mahjong**—Game played with tiles—every Tuesday at 1:00 p.m.

**Old Rubber Band**—every other Monday afternoon at 1:30 p.m.

**Painting** – Water color painting class— every Friday 9:30 a.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.

**Senior Fitness** - Tuesday & Thursday, 9:00-10:00 a.m. - This is a stretch and balance, low-impact class

**Seniors with Thyme** - learn how to prepare different foods, 3rd Thursday at 10:30 a.m.

**Shuffleboard**—Open table for everyone as long as there is no conflict with another activity.

**Social** - every Monday at 11:30 a.m. - Join us and share a special visit with one another

***All Programs are subject to change without notice at the discretion of the Director.  
Any questions? Please call the Senior Center at 860-870-3730.***



## **Health and Wellness**

**Senior Fitness:** Tuesdays and Thursdays at 9:00 a.m.

**Line Dancing:** Thursdays at 1:30 pm

**Chair Yoga:** Tuesdays at 10:30 a.m.



### **Foot Care**

March 26th

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

### **Blood Pressure and Blood Sugar**

**Monday March 16th**

**10:00 am to 11:00 am**

### **Lunch**

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



*It is with great sadness we mourn the loss of a wonderful man, Mark Cadman. He was an EMT for Tolland Fire Dept. for many years, known by so many as a kind and generous person. He was also known for his musical talent, entertaining people every Saturday night at the Barn. But most of all, the time he gave to our senior center playing bass for our chorus. He will be sorely missed. To his family and friends, you have our deepest sympathy.*

**Thinking of You!!**

**Betty DuBois**

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



# MARK YOUR CALENDARS!

## Annual Senior Center Variety Show

Friday, April 24, 2020 at 7:00 pm

Tolland High School

1 Eagle Hill

Admission: Adults \$10;

17 & Under \$7



## Senior Center Book Club

March 23, 2020

TBD

April 27, 2020

A PLACE OF THE WORLD

By Christine Baker Kline

May 18, 2020 , TBD



***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***

**Please Note:** We will be offering a regularly scheduled workshop for those who want help navigating your computers/ipads/laptops, etc. This will be held **every Friday morning** beginning Friday, March 6<sup>th</sup> at **9:30 a.m.** Please sign up at the center if you are interested.



# ***March Birthdays***

<b>Charlie K</b>	March 1	<b>Betty Jane D</b>	March 16
<b>Chris F</b>	March 2	<b>Barbara Z</b>	March 19
<b>Irene G</b>	March 2	<b>Virginia M</b>	March 20
<b>Dorothy H</b>	March 3	<b>Margaret K</b>	March 20
<b>Joan K</b>	March 5	<b>Mary S</b>	March 22
<b>Lynn H</b>	March 5	<b>Joan M</b>	March 24
<b>William H</b>	March 5	<b>Irene R</b>	March 25
<b>Patricia O</b>	March 8	<b>Rosemarie C</b>	March 26
<b>Carol G</b>	March 9	<b>Florence H</b>	March 26
<b>Mary C</b>	March 9	<b>Alma H</b>	March 27
<b>Dorothy M</b>	March 9	<b>Leonard R</b>	March 29
<b>Stephen G</b>	March 12	<b>Diane K</b>	March 29
<b>Andre B</b>	March 13	<b>Mary N</b>	March 30
<b>Sheila D</b>	March 15	<b>Joseph B</b>	March 30
<b>Lucille L</b>	March 16		



# Town of Tolland

## Tax Relief Programs

The Tolland Tax Assessor's office is currently accepting applications for tax relief for senior citizens or permanently disabled homeowners from February 1, 2020 through May 15, 2020. There are three separate programs available:

**Homeowner Aid for the Elderly and Disabled Program (Circuit Breaker)** is a State program which requires homeowners to be 65 years of age as of December 31, 2019, or be 50 years of age or over and the surviving spouse of a homeowner who at the time of death had qualified for and was entitled to tax relief, or be eligible to receive permanent total disability benefits under Social Security. You must also have been a resident of Connecticut for at least one year. Your 2019 income, including Social Security, cannot exceed \$45,100 if married or \$37,000 if unmarried.

**Tax Deferral for Senior Citizens (Ordinance 25)** is a local tax deferment program. This program defers property taxes for low income or totally disabled homeowners while they own their property. When the property is sold or a use change occurs, all back taxes are due with interest. Your maximum 2019 income cannot exceed \$60,400 for this program. You must be over 65 years of age as of December 31, 2019 or eligible to receive permanent total disability benefits under Social Security.

**Local Tax Relief Program for Permanently Disabled and Senior Residents (Ordinance 60)** is a tax freeze program. Eligibility requirements are that homeowners must have resided and paid taxes on property since July 1, 2019 or earlier, at least one of the homeowners must be 65 years of age by December 31, 2019 or eligible to receive permanent total disability benefits of the surviving spouse of the homeowner who at the time of death qualified for this program. Household income for the year 2019 cannot exceed \$60,400 and total household assets (excluding your primary home) cannot exceed \$604,000.

The application period for all three programs is February 1, 2020 through May 15, 2020. All applications must be accompanied with proof of 2019 income. For an application or more information, please call the Tolland Assessor's office at 871-3650.



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 **March 5<sup>th</sup>-April 9<sup>th</sup>** on consecutive Tuesdays. (March 5<sup>th</sup>, March 12<sup>th</sup>, March 19<sup>th</sup>, March 26<sup>th</sup>, April 2<sup>nd</sup>, April 9<sup>th</sup>. ) One hour time slots will be available starting from 12-1pm, 1-2pm, 2-3pm, 3-4pm.

Appointments must be made either in person at the Senior Center (674 Tolland Stage Road) or call Fran Weigand at 860-870-3730.

Clients should arrive 15 minutes before their appointment so they can fill out required paperwork.

- If the return is a joint return for a married couple, both spouses need to be present. We cannot complete it and file it without both spouses there to sign it.
- Clients should bring a copy of their tax return from last year. Although this is not an absolute requirement, it helps the tax aide volunteers significantly.
- Clients must bring identification (name and social security number) with them.
- Clients should also bring their checkbooks (or routing number and account number) if they want to get a direct deposit of their refund.

Also bring the following documentation:

- proof of all income sources (which could include W2 for earned wages, unemployment compensation)
- SSA-1099 for Social Security
- 1099-MISC for miscellaneous income
- 1099-R for pension or annuity income
- proof of interest or dividends (all 1099 forms)
- all forms indicating federal income tax paid
- dependent care provider information
- all receipts or cancelled checks for itemized deductions (such as property tax, car tax, medical expenses)



# *Are You Eligible For Winter Heating Assistance?*



## **CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)**

Tolland Human Services is taking applications starting on **August 19, 2019** for the Connecticut Energy Assistance Program so that households will be preapproved when the program officially opens in **November**.

### **Energy Assistance - Winter Heating Assistance**

#### **Program Dates**

**Applications taken thru 4/30/20 (utility-heated with shut-off notice, thru 5/14/20)**

- 11/13/19 First day for fuel authorization or deliveries.
- 3/12/20 Deadline for fuel authorizations
- 4/30/20 Last day that a household can apply to establish its eligibility for benefits unless the household is utility heated and has a shut off notice for its primary source of heat.
- 5/14/20 Last day that a utility heated household with a shut-off notice may apply

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

**2019-2020 Gross Income Guidelines** for homeowners, and renters (*additional criteria apply*).

<b>Household Income Guidelines – 2019/2020</b>						
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Under \$36,171	Under \$47,300	Under \$58,430	Under \$69,559	Under \$80,688	Under \$91,818	Under \$93,905

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: seniors contact Rebecca Ellert, 860-870-3726; all other households contact Human Services, 860-871-3648, to schedule an appointment. Residents may also apply at the ACCESS Agency in Willimantic (860-450-7423). On the reverse side is a list of documents that may be required. If for any reason you cannot make a scheduled appointment, please contact the provider to reschedule. We are unable to process walk-in applications.

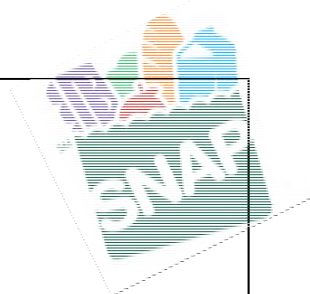
### ***Apply Early for Maximum Benefits!***

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For more information about other federal & state programs and local initiatives:

Seniors, contact Rebecca Ellert, 860-870-3726  
**All other households contact Human Services**  
**@ 860-871-3648 for referral to the appropriate personnel.**

## 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
\$1,659	\$2,233	\$2,808	\$3,383	\$3,958	\$4,532	\$5,107

Foodshare will be offering **SNAP eligibility screening and application assistance** at  
Bev's Corner, Union Church, 3 Elm Street, Rockville, CT

From **9:00 am—11:30 am**  
on the following Mondays:

**March 9**  
**April 6**

(Please bring a photo ID, proof of address, and  
recent pay stubs for anyone working in the household.)

### **FOODSHARE MOBILE FOOD PANTRY**

The FoodShare Mobile Food Pantry is available in Tolland on alternate Thursdays, **10—10:30 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:

*Upcoming dates are: **March 12 & 26, April 9 & 23***

Residents participating in the program must bring their own bags.

**Please note: The New Time for Mobile Food Pantry is 10-10:30 am.**

# FOODSHARE

TOLLAND SENIOR CENTER PRESENTS:

# ISLAND HOPPING

## Nantucket & Martha's Vineyard



JUNE 5-7, 2020 Fri-Sun

DAY 1: This special fun weekend treats you to exciting adventures on both Nantucket & Martha's Vineyard. Visit the **SANDWICH GLASS MUSEUM** and watch molten glass drawn from the furnace, blown and pressed into exquisite shapes. Learn why the Boston & Sandwich Glass Company led the world in the manufacturing of glass during the 19th century. Enjoy 2 nights at the **HOLIDAY INN CAPE COD HYANNIS**, featuring spacious guestrooms, restaurant, indoor pool and whirlpool. Welcome dinner marks our arrival.

DAY 2: After breakfast, we'll daytrip to **NANTUCKET ISLAND**. Board your ferry to America's most scenic little Island and become acquainted with the "Little Grey Lady." **GUIDED TOUR** highlights include the Old Mill, Sconset Village, Low Beach, Sankaty Head Lighthouse, Cranberry bogs and Nantucket moors. Free time for lunch, shopping or biking before returning to the mainland. Evening at leisure.

DAY 3: Following breakfast, depart by ferry for **MARTHA'S VINEYARD**. Upon arrival, your **GUIDED TOUR** of the "Storybook Island" merges history with beauty giving the Island its uniqueness. Highlights include a stop to see the Victorian Gingerbread cottages...and of course time in Edgartown with its quaint shoppes. Return to the mainland and we're homeward bound.

**COST: \$589 pp double / triple**  
**\$729 pp single Based on 40**

**INCLUDES:** Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 1 dinner, ferries to Nantucket & Martha's Vineyard, and island tours on both islands, Friendship Tours Escort, Driver & Tour Director Gratuity

...Continued on back



# DANCING DREAM

## ABBA TRIBUTE BAND

**Aqua Turf Club ~ Plantsville, CT ~ Thursday, May 14, 2020**



This tribute act will take you back to the days when Swedish disco group ABBA ruled the music world with their great pop hits and memorable performances. Their music is still so popular and alive, and resonates with audiences of all ages! Come experience the glitter and glamour of the 70s! This band takes pride in being able to honor the original, fantastic performers of the Swedish music group, ABBA!

**Greatest hits of ABBA: MAMMA MIA, Dancing Queen, Fernando, Waterloo, Knowing Me, Knowing You**

### COFFEE & DONUTS ON ARRIVAL

**FAMILY STYLE MENU:** Garden Salad, Pasta, Chicken Francaise & Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert, Beverage

- Deluxe Motorcoach

**COST: \$96.pp** based on 40-52 *Cost may vary depending on departure point*

**\$76.pp** Drive on Own



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**

700 Farmington Ave. Bloomfield, CT 06002  
203.731.1000 • 203.731.1001  
[www.friendship tours.com](http://www.friendship tours.com)

Friendship Tours arranges the components of the tour and does not own or operate the independent suppliers of service including motorcoaches. Trips cancelled due to 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.



***Tolland Human Services Department***

Senior Center Director: Fran Weigand, 860-870-3725  
Elderly Outreach Caseworker: Rebecca Ellert, 860-870-3726  
Human Services Director: Beverly Bellody, 860-871-3611  
Assistant Director of Human Services: Nancy Dunn, 860-871-3612  
Human Services Case Manager: Jeanne Pitney, 860-871-3615  
Human Services Administrative Assistant: 860-871-3648

Please visit us on the Tolland website at [www.tolland.org](http://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. - 4:30 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.

New service offered on Saturdays to the Manchester mall area for shopping, please call for available Saturdays and to make a reservation.

Reservations are made on a first come, first serve basis. Reservations can be made up to 8 weeks in advance of the appointment.

There is a \$20 annual fee when you register. 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. No rider will be denied. 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).

<https://www.hvcchelps.org/transportation>