July 2021
V22 Issue 7

SUFFIELD
ROUND ABOUT

SUFFIELD SENIOR CENTER & MINI BUS NEWS

145 Bridge Street • Suffield, CT 06078
Paula J. Pascoe Director
Marylou Brewster Assistant
Marzena Heimowski Transportation Scheduling
Hours: .....Monday through Thursday 8am-4pm • Friday 8am - noon
Senior Center Telephone: .....(860) 668-8830
Mini Bus Telephone: .....(860) 668-3844
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Welcome back! It is so exciting to be able to be open again and see everyone.

Masks are required for those that have not been fully vaccinated. If you have been fully vaccinated, we encourage you to still wear a mask when not eating or exercising. Please continue to sanitize your hands with the sanitizer located throughout the building.

Not much has changed and we are working on some new programming. A few things that have changed: Sadly; our computer guru, John Cahill, passed away in May of this year. He will be greatly missed by all that knew him. We are in the process of scoping out a new exercise instructor as Melanie DeCosmo sold her home in Suffield and is planning to move to California. She also will be greatly missed but wish her well in her new endeavors. Bear with us while we seek a new instructor. The DVD exercise classes will be offered temporarily until that time and are free. We are offering Senior Active & Fit with Certified Personal Trainer, Joseph Hicks on Wednesdays at 9 a.m. in August. We are fortunate that Suffield Parks & Recs is sponsoring the program in August. Registration deadline is July 23rd.

Frederick "Fritz" King has joined our team as the Town's Municipal Veterans Representative. He has office hours to assist Veterans and their families every Wednesday at 3:30 p.m. You can contact Fritz at 860-758-0418 or by email at veterans@suffieldct.gov.

Help us celebrate our re-opening on July 1st at 12:30 p.m. for ice cream! Bingo follows so stay for the afternoon too.

Warm Wishes,
Paula Pascoe
Director

SUFFIELD MINI BUS

Trips require 5 passengers and are weather permitting. Call 860-668-3844 to make a reservation.

Thursday, 7/1	Walmart-pick up starts at 8:30 a.m. Enfield Shopping 12-3 p.m.
Tuesday, 7/6	Westfarms shopping-pick Up begins at 9 a.m.
Thursday, 7/8	Walmart-pick up starts at 8:30 a.m. Enfield Shopping 12-3 p.m.
Tuesday, 7/13	MGM Casino-pick up starts At 9 a.m.
Wednesday, 7/14	Concert on the Suffield Green-pick up starts at 5:45 p.m. Bring a chair.
Thursday, 7/15	Walmart-pick up starts at 8:30 a.m. Enfield Shopping 12-3 p.m.
Tuesday, 7/20	Lunch at Olive Garden Pick up starts at 11 a.m.
Thursday 7/22	Walmart-pick up starts at 8:30 a.m. Enfield Shopping 12-3 p.m.
Thursday 7/29	Walmart-pick up starts at 8:30 a.m. Enfield Shopping 12-3 p.m.

NO TRANSPORTATION MONDAY 7/5

Bingo – Every Wed. & Thurs. at 1 p.m. $ per card. Please bring your own marking chips.

Bunco – Every Mon. at 1 p.m. & Fri. at 10 a.m. $5/person.

Card Games – Every Wed. & Thurs. at 2 p.m.

Knitting—Every Wednesday at 1 p.m. Bring your project or something you could use help with!

Library—open every day.

Mah Jongg Group–Every Monday at 9:30 a.m.

Pickleball—In-door court and equipment Call for court availability.

Ping Pong & Pool—open every day.

Blood Pressure Screenings–7/14 & 7/28 at 11 a.m. – sponsored by Suffield Community Aid.

FootCare–Fee is $29. Call to schedule your appointment today for July 12th!

Hearing Screenings—NOVA Hearing Services provides FREE screenings and services. Call for a 8/4 appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 10:00a Line Dancing 10:30a Ask the Atty. 12:00p Lunch 1:00p Bingo 2:00p Cards	**2** 9:00a Chair Strength 10:00a Bunco
5 Senior Center & Mini Bus Closed Independence Day	**6** 9:30a Dominos 10:00a Line Dancing 1:00p Best of Balance	**7** 9:30a Core, Coordination & Cardio 10:30a Guided Meditation 12:00p Lunch 1:00p Bingo/Knitters Beat PD Today 2:00p Cards 3:30p Veterans' Assist.	**8** 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	**9** 9:00a Chair Strength 10:00a Bunco
12 8:00a Footcare 9:30a Mah Jongg 10:00a Chair Stretch 1:00p Bunco 1:00p Cards	**13** 9:30a Dominos 10:00a Line Dancing 1:00p Best of Balance	**14** 9:30a Core, Coordination & Cardio 10:30a Guided Meditation 11:00a Blood Pressure 11:30a Parkinson Sup. 12:00p Lunch 1:00p Bingo/Knitters Beat PD Today 2:00p Cards 3:30p Veterans' Assist.	**15** 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	**16** 9:00a Chair Strength 10:00a Bunco
19 9:30a Mah Jongg 10:00a Chair Stretch 1:00p Bunco 1:00p Cards	**20** 9:30a Dominos 10:00a Line Dancing 1:00p Best of Balance	**21** 9:30a Core, Coordination & Cardio 10:30a Guided Meditation 12:00p Lunch 1:00p Bingo/Knitters Beat PD Today 2:00p Cards 3:30p Veterans' Assist.	**22** 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	**23** 9:00a Chair Strength 10:00a Bunco
26 9:30a Mah Jongg 10:00a Chair Stretch 1:00p Bunco 1:00p Cards	**27** 9:30a Dominos 10:00a Line Dancing 1:00p Best of Balance	**28** 9:30a Core, Coordination & Cardio 10:30a Guided Meditation 11:00a Blood Pressure 12:00p Lunch 1:00p Bingo/Knitters Beat PD Today 2:00p Cards 3:30p Veterans' Assist.	**29** 10:00a Line Dancing 12:00p Lunch 1:00p Bingo 2:00p Cards	**30** 9:00a Chair Strength 10:00a Bunco

Beat Parkinson's Today Exercise Program— Resumes on Wednesday, July 7th and runs through August 25th. 8 Classes for $40. Registration forms available at the Senior Center.

Best of Balance—with Curtis Adams DVD includes 10 express workouts to increase balance to help reduce falls. Tuesdays at 1 p.m. FREE

Chair Stretch & Strength—Mondays at 10 a.m. for chair stretch and Fridays at 9 a.m. for chair strength. FREE.

Guided Meditation for Relaxation & Wellness—Wednesdays at 10:30 a.m. 38 minute CD by Belleruth Naparstek. FREE

Line Dancing—Every T & Th at 10 a.m. $2/class.

Senior Class Active & Fit—Active & Fit is a senior class that helps increase bone density, balance, lean muscle and stability. It will help reduce symptoms of osteoarthritis, diabetes, osteoporosis, back pain and depression. Our trainer, Joseph Hicks, Certified Personal Trainer, ISTA will accommodate and modify to suit all individual needs. Wednesdays, August 4-25 at 9 a.m. FREE-sponsored by Suffield Parks & Recs. Reg. deadline is 7/23.

Strength Training Core, Coordination & Cardio—with Curtis Adams. This DVD is perfect for beginners through advanced levels because it grows with you as you make progress. Wednesdays in July at 9:30 a.m. This class may be done seated or standing. FREE

Yoga—Wednesday evenings at 6:30 p.m. with Mary Callendar begins 9/8. Six weeks $60.

Ask the Attorney – First Thursday of each month. Please call for an appointment.

Medicare is complicated! Trained volunteers are available to provide unbiased assistance on the first Wednesday of each month. Call for an appointment.

Parkinson's Peer Support Group— Wednesday, July 14th at 11:30 a.m. Call Janet Frechette at SCA (860-668-1986) and let her know you're coming!

Veterans Assistance-Every Wednesday at 3:30 p.m. Fritz can be reached at 860-758-0418 or by email at veterans@suffieldct.gov.

Would Adult Day Care Help You or Your Caregiver? Suffield Community Aid is partnering with Windsor Caring Connection to ensure that our residents have access to quality adult day care. Suffield Community Aid is providing introductory subsidies to encourage participation. Caring Connections is open Monday through Friday from 7 a.m. to 4:30 p.m. and provides socialization, structure, medication management and personal care with on-site nursing. It also provides daytime respite for the caregiver. For more information, please call 860-668-1986.

Please make lunch reservations by noon the day prior.

Lunches are $3.50 and include coffee, tea, and cold beverage.

WEDNESDAYS		THURSDAYS
	1	Lasagna Tossed Salad
Baked Chicken Thigh Vegetable Pasta Salad	7	9 Tuna Stuffed Tomato Roll with Butter
Macaroni & Cheese Vegetable	14	15 Pork Tenderloin Fingerling Potatoes Vegetable
Stuffed Cabbage Rye Bread & Butter	21	22 Egg Salad on a Croissant Chips
Turkey Grinder with Lettuce, Tomato & Cheese Creamy Grape Salad	28	29 Hot Dogs & Beans Roll & Butter

LUNCH SURVEY

We've been through a lot over the past year. With the increase in food prices, we have to make a choice and value your opinion. Would you rather…

_____ Keep the price of lunch at $3.50 and not have a dessert

OR

_____ Pay $4 for lunch and have a dessert

Please put your response in the marked box on the bingo table. Thank you!

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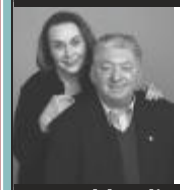
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