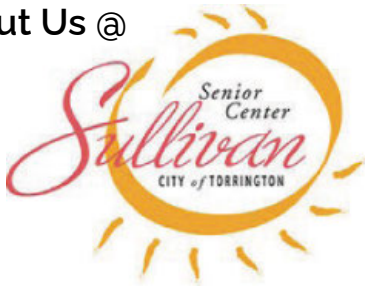


All About Us @



SULLIVAN

SENIOR CENTER

CITY OF TORRINGTON

2022

APRIL



Easter Pie Sale

Fundraiser to support the Chore and Assisted Medical Transportation Programs

Get your orders in early!

Pies will be sold "first come first served."

More information and an order form can be found on Page 13.



WELCOME!



88 East Albert Street
Torrington, CT 06790

Hours: Center: 8 a.m. - 4 p.m.
Office: 9 a.m. - 4 p.m.



(860) 489-2211



www.sullivanseiorcenter.fyi/website



@SullivanSeniorCenter



[www.SullivanSeniorCenter.fyi/newfacebook](https://www.facebook.com/SullivanSeniorCenter.fyi/)

LET'S GO TO THE CASINO WITH THE SULLIVAN SENIOR CENTER!



Make your reservations at the Sullivan Senior Center Tuesday or Thursday between 10 a.m. & 2 p.m. starting on Tuesday, April 5, 2022

Mohegan Sun Casino

Wednesday, June 8, 2022

Meeting at the Staples/TJ Maxx Plaza
Depart from Plaza at 8 AM / Bus leaves Casino at 4 PM

\$25 per person, includes gratuity

Sorry, no packages are being offered at this time 😞

Mask requirements will be updated closer to the time of the trip. Payment is due with reservation, reservations are first come, first served. If you must cancel at the last minute, you will only be refunded if we can find someone to replace you. If you show up late, we cannot wait for you. Refunds will not be made if you miss a trip.

SENIOR CENTER COMMISSIONER & STAFF DIRECTORY

Page 02

SERVICES FOR THE ELDERLY COMMISSION

Edward Wilmot, Chairperson • John Riggs, Vice-Chairperson
Mary Ann Berlinski, Recording Secretary
Raymond Aeschliman • Arthur Mattiello • Jeanne McGarrity • Gloria Novak
Alternates: Michael Gardinello • Dennis Pezze • Tina Vanini
Candy Perez, Winsted Rep

PARK AVE THRIFT SHOP

88 E Albert St., Torrington
860.489.2277
Hours: Mon-Fri.
9:30 a.m. - 3:30 p.m.

SENIOR CENTER STAFF

Joel Sekorski, Director
Carol Tucker, Chore/Transportation
Kerry Vitali, Admin. Assistant
Charles Abolin, Office Assistant
Charlotte Friedland, Office Assit.
John McDonald, Maintenance
Karen Bentley, Thrift Shop
Evelyn Lukes, Volunteer Coordinator
Rhonda Bascetta, Chore Program
Lucy Field, Chore Program
Beverly Kandefer, Chore Program
MaryAnn Messenger, Chore Program

Kathy Pelchat, Chore Program
Robyn Pillar, Chore Program
Joann Stairs, Chore Program
Marie Wilusz, Chore Program
Lauri Briatico, Van Driver
Keith Hall, Van Driver
Bruce Johnson, Van Driver
David Lemieux, Van Driver
Joe Quartiero, Van Driver
James Quinn, Van Driver
Otto Schibi, Van Driver

April Sale

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* Free piece of select jewelry
with any purchase

**\$1 Winter Clothing
Racks**

while supplies last

*New Spring Fashions
on Display*

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with Style



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APRIL BIRTHDAYS

April 01 Janice Basoli Joan Brumby Patricia Cahill Jean Cattey Elizabeth Germon Ronald Mele Constance Merritt Francis Pardus Iris Phillips Lorice Resha	April 06 Norman Mellk Luz Morales Peter Sartori Holly Sat	April 12 Marilyn Mezzio Joy Mojon Concetta Occhipinti Irene Romanowski Edward Wall, Jr. Aldo Zordan	April 21 David Bodley Rose Burgdorf Linda LaPorta Margaret Lynn Jeannette Macsata Elaine Savarese Edith Sochon Lorie Trapp	April 25 Dennis Shores Margaret Smith
April 02 Helen Bilak Philip Brusasca Virginia Carey James Carrozzo Lorraine Leroy Denise Marinelli Marilyn Wright	April 07 Carol Buck Paul Chiappa Marcia Fabbri Sam LaRocco Pauline Mason Charles Sabas Deichia Swyden	April 13 Audrey Havens John Mercieri Armand Roy	April 22 Helene Berlinski Tom Boyd Sal Curcio Susan DiCara Eileen Ferency Robert Murphy Pat Patronelli William Sears Gerard Troughton	April 26 Barbara Buss Celia Dziedzic Albert Erwin Sheriden Franklin Bill Knight Jeannette Purdy Julie Rusiecki Annette Sabia
April 03 Mary Ann Berlinski Leonard Cables Amarina Civelli Janice Cromack Thomas Dehnel Virginia Fitch Thomas Gillman Robyn Kirsch Patricia Marino Joanne Nemeth Mary Rynecki Edward Sosnowski Carol Ann Sutton	April 08 Beverly Avallone Diane Bolduc Eleanor Corey Sara Frysinger Edwin Gruner Dan Kibbe, Jr. Marion Lucarelli Dianne Preato Gaile Tino	April 14 John Brennan Louise Carper Ginette Clement Gerda Hoehne Lorraine Lubus Giovannina Nania	April 23 Patricia Ackley Geoffrey Alaimo Robert Anulewicz Leslie Bellamy, Jr. Phylis Bernard Brigid Canavan- Bornstein Elinor Connell Eileen Coyne Jo-An Cracco Catherine Gawrych Janet Henneberry Elizabeth Marino Michael McLane Robert Porter Chanfavanh Sayasith Edward Schmitt Albert Sondrini Adeline Stoughton	April 27 Susan Evangelisti Joan Sugerak Ruen Townsend Nancy Warriner
April 04 Lenore Blake Sister Helen Marie Clark Jean Luc Fortin Nathan Katz Albert Preece Charles Wickwire	April 09 Alex Gradowski Dana Joan Horwath Suzanne Kormann Shirley Maslak Mary Ann Mori Barbara Pudlinski Daryl Williams	April 15 Mary Carroll Linda Fecto Richard Rayno Lois Seymour Susan Sochon Evelyn Worrell	April 24 Priscilla Abeling Veronica Gulotta Elaine Josse Eugene Lucian James Moore Nick Popovich Anna Sherow Tina Vannini Karen Vasko	April 28 Margaret Beecher- Hlavacek Jean Cote Karen DeLisle Rosemary Frauenhofer Nga Ho Judy Labrecque Joanne McConnell Richard Monack Marie Young John Zimmerman
April 05 Linda DeSanti Harold Eldred Louise Hough Robert Hyde Joseph Manson Elaine Masters Kathy McBride Theresa Miller Robert Nickerson, Jr. Dorothy Sedgwick Janet Wiellette	April 10 Judith DellaDonna Bruce Densmore Patrick Fleming Ken Johnson Geraldyn Kittredge Lynn MacLeod Jacqueline Stefurak- Harms Nancy Szymanski	April 16 Marguerite Erler Jerry Franceschetti Frank Mottola Heather Pergola Joanne Roman Hanna Romano	April 25 Helen Ayotte Rachel Cordani Carol Jeannin Irene Kenealy Arthur Lockwood Philip Perrotti Robert Peters Dennis Pezze	April 29 Ninette Barakat Celestina Centi Doris Crawford Gloria Demunda Rose Demure Carol Pfeffer Mark Portinari Walter Sobol, Jr. Claude Thibodeau Richard Wadhams Marlene Wall Paul Wooden William Ziese
April 06 Cynthia Bradshaw William Fox Virginia Gilbert John Hoover Jennie Mastro	April 11 Mira Bunnell Nancy Carroll Judy Cooper Deborah Malo Bea Minetto Joyce Putnoki Judith Rossi-Santa Maria James Tino Tamara Witkin Janice Zampaglione	April 17 Robin Beaudoin Simone Capobianco Dorothy Drozdenko Cynthia Moniz		April 30 Jo-Ann Albrecht Richard Bacca Brian Donahue Sandra Hladick Helene Jones Mary Miasek Joseph Onion Jeanne Orie Josephine Scognamiglio Karen Utenis
	April 12 Patricia Barella William Beland Edward Fiedorowicz James Kotowski Linda Lane	April 18 Jan Marie Beauregard Cecilia DallaValle Eva Fadgyas Kyle Haven Francis Marciano, Jr.	April 19 Joyce Carile Sheila Moore Karen Onion John Wilcox	
		April 20 Carl Anderson Ezra Brown Bernadette Hood Ann Marie Janco Andrew Lach Jeanne Minetti Mary Rebillard Tina Sekorski Carolyn Silvernail		

NEW MEMBERS

LET'S SAY WELCOME TO:

John Bell
Joyce Gebrian
John Gnitzcovich
Roger LaVoie
John Parent
Nina Phalen
Marianne Sabia
John Sullivan

Active Members 3,060

VETERANS SOCIAL

Hartford Healthcare at Home

Presents a

Veterans Social at

George's Restaurant
1203 East Main Street,
Torrington

Held the 4th Wed. of each
month at 10:30 a.m.

Each month will host
a guest speaker.

Menu items will be available
for you to purchase.

Reservations are not required.
Masks are encouraged.

GRIEF SUPPORT

Fridays: 9:30 a.m.—11:00 a.m.
For info Call Eileen L. Epperson
860.605.6576

1st & 3rd Wed. of the month
6:00—7:30 p.m.

For info Call Catherine Vlasto
860.309.2350

Meeting on Zoom and in person
Group does not meet at the
Sullivan Senior Center

*This is a free gift to the Community
from Friends of Hospice, Inc.*

THANK YOU DON MACLEOD



Since January of 2006, Don MacLeod has taken you on the most amazing adventures volunteering his time as Trips Coordinator for the Sullivan Senior Center. He scheduled day trips to the casino, dinners with a show, and sightseeing expeditions to see some of the wonders our land has to offer. He planned exciting overnight adventures, with accommodations in wonderful hotels with opportunities for amazing food. Don coordinated cruises

carrying you to exotic destinations and flights to Europe to experience another culture. Don executed these trips, tours and excursions flawlessly for fourteen years!

Don always had a plan and he made it look effortless, which we know is not true. It is a difficult task when everyone wants to be first but he knew how to keep everyone satisfied. Don spent countless hours behind a closed door researching, coordinating and accounting for the funds. He could be found in his office on weekends and in the evening, far beyond the office hours he advertised.

Before he became Trips Coordinator, Don served on the Services for the Elderly Commission. As Learning Center Coordinator he was a key player in the establishment of the Senior Net Learning Center at the Sullivan Senior Center in 2003. Don continues to serve in the Military Forces Honor Guard on behalf of the community.

The Sullivan Senior Center is incredibly fortunate to have been the beneficiary of Don MacLeod's generous gift of time and talent. As we look to the future of travel, it is our intent to use what we have learned from Don and the information he has left us to provide our members with a seamless transition.

Thank you, Don, for your dedication, hard work and professionalism. You have left us with enormous shoes to fill. The Services for the Elderly Commission, the staff of the Sullivan Senior Center and our members are forever grateful to you for making our lives better.

THE SEARCH IS ON FOR PINOCHLE PLAYERS

On Tuesday afternoons at 1:15, the Sullivan Senior Center is host to a Pinochle Tournament. A fun way to spend an afternoon. We are looking for more players to join us for the fun.

NO EXPERIENCE NECESSARY!

We are willing to refresh your skills or teach you how to play. Call us at 860.489.2211 to get started.

BOWMAN SENIOR COMMUNITY GARDENS

The Bowman Senior Community Gardens have been the recipient of community and member support to create the amazing space our gardeners have today. Enjoyed by 60 gardeners each year, the gardens have proven to be beneficial for reasons such as physical activity, socialization and healthy eating.

This message is from Rose DeMaria to the Gardeners of Bowman:

In an effort to raise funds to support the expenses of maintaining the gardens, a Tag Sale is going to be held on Saturday, June 11, 2022 from 9:00 a.m. to 2:00 p.m. The event will be held in the front parking lot of the Sullivan Senior Center.

Please look in your attics, basements and closets and consider donating your gently used items that you no longer have use for to the Tag Sale. Gather your items and drop them off in the BACK parking lot of the Sullivan Senior Center. Volunteers will welcome you to collect your items the three days before the sale, (Wed - Fri, June 8, 9 & 10) between the hours of noon and 3PM.

Baked goods will also be available at the Tag Sale. There are some wonderful bakers among us. If you would be so kind as to donate a baked good, those items can be dropped off on Friday, June 10 from 2 - 3PM in the back parking lot of the Center or on Saturday morning, June 11, in the front parking lot.

Anyone, not just gardeners, can donate their items to the Tag Sale, We would love to receive your items and add the proceeds of those sales to our Garden Maintenance Fund. For more info call me, 860.482.6118.

Thank you so much. It will be fun!

Rose DeMaria

QIGONG RETURNS

Qigong for Women *with Marie Lavendier*

Mondays, April 25 - June 6 at 1 PM (no class May 30)

To register for this 6-part series call 860.489.2211

Cost for 6-Part Series: SSC Members, \$50 / Non-Members \$60

Drop In Fee: SSC Members \$10 / Non-Members \$12

Checks payable to Marie Lavendier

These classes are designed to keep our organ system healthy, and strengthen our mind, body and spirit. We will practice some healing exercises designed specifically for women's bodies, and end with a short guided meditation.

No previous experience is necessary. Can be done in a chair.

Please wear a mask if you are not vaccinated.

Marie Lavendier is certified in Qigong (Chi Kung). Qigong is the ancient art of healing exercises to heal and maintain health. We open the flow of energy in the body using breath, gentle movement, and intention.

MOVIES

**Movies are shown in the
All Purpose Room on
the dates shown at 1:30 pm**

**Reservations are not required
No food please**

**"HOUSE OF GUCCI"
APRIL 11, 2022**

'House of Gucci' is inspired by the shocking true story of the family behind the Italian fashion empire. When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless decades long spiral of betrayal, decadence, revenge, and ultimately...murder. See what a name means, what it's worth, and how far a family will go for control.

Lady Gaga, Adam Driver, Jared Leto, Jeremy Irons, Al Pacino, Salma Hayek

R 2h 38m.

**"AMERICAN UNDERDOG"
APRIL 25, 2022**

The inspirational true story of Kurt Warner, who longs to become an NFL player, but years of setbacks constantly prevent him from reaching his goal. As Kurt stocks shelves in a supermarket with his dreams all but out of reach, his wife, coaches, and teammates encourage him to show the world the champion they know him to be. Kurt perseveres and finds the strength to become the legendary two-time NFL MVP, Super Bowl MVP, and Hall of Fame quarterback.

Zachary Levi, Anna Paquin, Dennis Quaid, Hayden Zaller

R 1h 52m.

ASSISTANCE

RENTER'S REBATE PROGRAM / APPLICATION PERIOD IS APRIL 1 - OCT 1

Call today for your appointment - 860.489.2211

Renters receive direct grants from the State of Connecticut on the assumption that part of their rent goes to cover their landlord's property tax. Renters' rebates can be up to \$900 for married couples and \$700 for single persons.

Guidelines for State of CT Renter's Rebate Program:

Claimant must have resided in CT for any one year period prior to filing an application.

Claimant, or spouse if living together must have been 65 years of age by December 31, 2020 OR be 50 years of age or older and the surviving spouse of a renter, who at the time of his death qualified and was entitled to tax relief.

Persons 18+ years old who are receiving Social Security Disability or Disability benefits.

Qualifying Income: Single not to exceed \$38,100. Married not to exceed \$46,400

Documentation needed:

Evidence of payments for rent, utility (electricity, gas, water and fuel) and proof of all 2021 income.

Rent receipts or canceled rent checks for entire 2021 year or letter from landlord.

Electric/Gas/Water/Fuel: payment histories from the utility companies for entire 2021 year.

Social Security benefit statement for 2021 (SSA 1099 or Benefit Verification Letter for SSI).

Bank interest statement and dividends (2021 1099s).

Pension statement for (2021 1099s).

Copy of 2021 Federal income tax return (1040), if filed must be presented.

ALL DOCUMENTS MUST BE PRESENTED AT THE TIME OF YOUR APPOINTMENT OR YOU WILL NEED TO RESCHEDULE.

CONNECTICUT WATER ASSISTANCE PROGRAM

Households with annual income at or below 60 percent of the state median income can qualify for this one-time water assistance benefit. There is no asset limit.

Eligible households can apply through May 31, 2022 at New Opportunities, 59 Field Street in Torrington.

The CT Low Income Water Assistance Program

Get help paying your water bill.

Call New Opportunities in Torrington

860.496.0622

MAXIMUM INCOME FOR PROGRAM ELIGIBILITY

HOUSEHOLD SIZE	1	2	3	4	5
ANNUAL INCOME	\$39,027	\$51,035	\$63,044	\$75,052	\$87,060

LET'S LEARN SOMETHING NEW WITH KERRY

Podcasts, I love podcasts! What is a podcast you say. *A podcast is an episodic series of digital audio files that a user can download to a personal device to listen to at a time of their choosing.* ~ Wikipedia

Join me in the dining room for podcasts that I have found interesting and worthy of sharing with you. Don't worry - you don't have to figure anything out, just sit back and listen. But if you want to learn how to listen to podcasts on your own, I'm happy to show you how.

Monday, April 11th, 9:30 a.m.: Stuff You Should Know: Why does Time Speed Up As You Age

Monday, April 25th, 9:30 a.m.: Stuff You Should Know: How Currency Works



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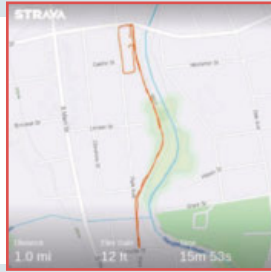
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APRIL



Walking Club
Weekdays
@ 9:00 a.m.



Join in the FUN!
Wednesdays @ 1:15

<p>04</p> <p>8:20 Chair Exercise with DVD's 8:30 Foot Clinic—Foothills VNA 9:00 Cribbage 9:30 & 10:45 Arthritis Found. Ex. Prog 1:15 6-Handed Pinochle</p>	<p>05</p> <p>9:30 Craft Group 11:15 & 12:30 Parkinson's Exercise 12:30 Stamping & Embossing 1:15 Pinochle 2:30 Yoga with Wendy</p>	<p>06</p> <p>9:00 Wii Bowling AARP 9:30 Silver Belles & Beaux Tax 12:30 Computer Lessons Assistance 9:30 Quilting 1:15 Golden Groove w/Robyn—\$4 1:15 Cornhole Tournament</p>
<p>11</p> <p>8:20 Chair Exercise with DVD's 8:30 Foot Clinic—Foothills VNA 9:00 Cribbage 9:30 Podcast: See Page 6 9:30 & 10:45 Arthritis Found. Ex. Prog 1:15 6-Handed Pinochle 1:30 Movie: "House of Gucci"</p>	<p>12</p> <p>9:30 Craft Group 11:15 & 12:30 Parkinson's Exercise 12:30 Stamping & Embossing 1:15 Pinochle 2:30 Yoga with Wendy</p>	<p>13</p> <p>9:00 Wii Bowling AARP 9:30 Silver Belles & Beaux Tax 12:30 Computer Lessons Assistance 9:30 Quilting 1:15 Golden Groove w/Robyn—\$4 1:15 Cornhole Tournament</p>
<p>18</p> <p>8:20 Chair Exercise with DVD's 8:30 Foot Clinic—Foothills VNA 9:00 Cribbage 9:30 & 10:45 Arthritis Found. Ex. Prog 1:15 6-Handed Pinochle 1:00 Svc for the Elderly Comm. Mtg.</p>	<p>19</p> <p>9:30 Craft Group 11:15 & 12:30 Parkinson's Exercise 12:30 Stamping & Embossing 1:15 Pinochle 2:30 Yoga with Wendy</p>	<p>20</p> <p>9:00 Wii Bowling 9:30 Silver Belles & Beaux 12:30 Computer Lessons 9:30 Quilting 1:15 Golden Groove w/Robyn—\$4 1:15 Cornhole Tournament</p>
<p>25</p> <p>8:20 Chair Exercise with DVD's 8:30 Foot Clinic—Foothills VNA 9:00 Cribbage 9:30 Podcast - See Page 6 9:30 & 10:45 Arthritis Found. Ex. Prog 1:00 Qigong - 1/6 1:15 6-Handed Pinochle 1:30 Movie: "American Underdog"</p>	<p>26</p> <p>9:30 Craft Group 11:15 & 12:30 Parkinson's Exercise 12:30 Stamping & Embossing 1:15 Pinochle 2:30 Yoga with Wendy</p>	<p>27</p> <p>9:00 Wii Bowling 9:30 Silver Belles & Beaux 12:30 Computer Lessons 9:30 Quilting 1:15 Golden Groove w/Robyn—\$4 1:15 Cornhole Tournament</p>

SUPPORT OUR ADVERTISERS!



THURSDAY

FRIDAY

CALENDAR NOTES

"It is recommended that all city employees and visitors to our buildings wear a face mask. Please practice social distancing. Thank you for helping to keep our community safe." ~ *City Officials*

01

9:00 Chess
9:15 Canasta
9:15 Advanced Italian—13/14
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

Arthritis Foundation Exercise Program
Hartford Healthcare
860.496.6660

Blood Pressure Screening
Foothills VNA
Call SSC for appt. 860.489.2211

Computer Lessons
Susan Strand
Call SSC 860.489.2211

Foot Clinic
Foothills VNA
Call 860.379.8561

Italian Classes
Dona Frauenhofer
djfitalian60@yahoo.com

Parkinson's Exercise Class
Hartford Healthcare
860.496.6660

Yoga with Wendy
860.459.9537
bendywendy100@gmail.com

07

8:30 Chair Exercise
9:00 Bridge Wood Carving
9:15 Conversational Italian - 12/14
9:45 Line Dancing with Joan
11:15 & 12:30 Parkinson's Exercise Class
1:15 BINGO, \$1 for 2 Cards Art Club
2:30 Chair Exercise with DVD's

08

9:00 Chess
9:15 Canasta
9:15 Advanced Italian—14/14
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

14

8:30 Chair Exercise
9:00 Bridge Wood Carving
9:45 Line Dancing with Joan
11:15 & 12:30 Parkinson's Exercise Class
1:15 BINGO, \$1 for 2 Cards Art Club
2:30 Chair Exercise with DVD's

15

9:00 Chess
9:15 Canasta
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

21

8:30 Chair Exercise
9:00 Bridge Wood Carving
9:15 Conversational Italian - 13/14
9:45 Line Dancing with Joan
10:00 Beautiful Things Gold & Silver
10:30 Blood Pressure Screening
11:15 & 12:30 Parkinson's Exercise Class
1:15 BINGO, \$1 for 2 Cards Art Club
2:30 Chair Exercise with DVD's

22

9:00 Chess
9:15 Canasta
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

28

8:30 Chair Exercise
9:00 Bridge Wood Carving
9:15 Conversational Italian - 14/14
9:45 Line Dancing with Joan
11:15 & 12:30 Parkinson's Exercise Class
1:15 BINGO, \$1 for 2 Cards Art Club
2:30 Chair Exercise with DVD's

29

9:00 Chess
9:15 Canasta
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

TORRINGTON AREA PARKINSON'S SUPPORT GROUP

Saturday, Apr. 23, 2022
10AM to noon

Speaker

Melissa Garthwait, BSW
Hartford Healthcare Center
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Topic

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to support Parkinson's
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SUPPORT OUR ADVERTISERS!



THANK YOU

Denise Tucker



Denise Tucker, pictured to the right of Joel and Carol, is a former employee of the Sullivan Senior Center who worked for the Chore Program from 1991 to 2011, 20 years! On March 7, 2022 she made a generous donation of \$220 to the Chore Program, money she raised with her friends on Facebook using the "Birthday Fundraiser". Thank you, Denise, for thinking of us and thank you to those who donated to Denise's Birthday Fundraiser.

Barbara and Frank Quadrato Designated Fund

at Connecticut Community Foundation

The Sullivan Senior Center is in receipt of grant funds in the amount of \$139.44 from the Barbara and Frank Quadrato Fund at CCF. Barbara and Frank donated to many wonderful organizations including the Senior Centers they enjoyed. We are honored to be among the Senior Centers that they remembered in their giving.

We thank Barbara and Frank for their generosity and also the CT Community Foundations for administering this gift.

There is no "I" in TEAM but we sure are glad there is a "U" in our VOLUNTEER!

Thank you to our volunteers, for your selfless gift of your time and energy!

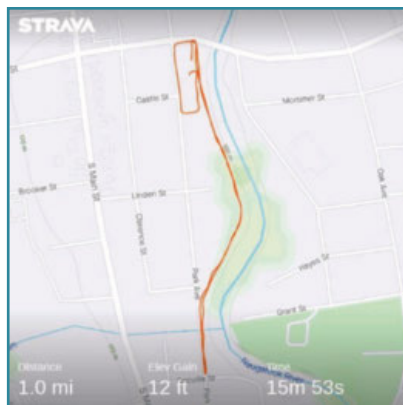
National Volunteer Week, April 17th thru the 23rd is recognized across the country as a time to honor those selfless individuals who give of themselves with no expectation of monetary reward. This past year at our Senior Center and our various sites volunteers came back to resume coordination of the activities that you enjoy. They have also helped in the Thrift Shop and in the kitchen, Please take a moment to thank those around you who are making the things you enjoy possible.

SSC WALKING CLUB

The Walking Club meets Mon.—Fri. at 9:00 a.m. Pick your days or walk all week. You can meet in the foyer of the Senior Center then head out together on Torrington's newest portion of the Naugatuck River Greenway, the trail that runs along the river behind the Center. Call us if you have questions or just show up in your sneakers!

One trip around the building, then down the trail to the yellow pillars and back is equal to 1 mile.

It's a flat trail and if you're lucky, you will have beautiful birds and water fowl enjoying the trail too! Bald Eagles have been spotted!



Join Us!

GOLD & SILVER EVENT

Beautiful Things Gold & Silver

Turn your gold & silver pieces into cash while raising funds for the Sullivan Senior Center!

Bring in all forms of gold or silver jewelry, flatware, tea sets, and coins (silver dollars, half dollars, quarters and dimes pre-1964). Be paid well above jeweler's prices and you will be paid cash on the spot!

The Senior Center will benefit too! The Center will receive 10% of the total paid out at the end of the day.

Beautiful Things Gold & Silver will be at our Senior Center from 10 a.m.—1:00 p.m.

on the following Thursdays:

April 21, July 21 and October 20

You are asked to register for this event by calling 860.489.2211

SULLIVAN SENIOR CENTER

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Come on in and Dine with us--Indoor Dining is Open Again!

We're so excited that our indoor dining is open again! While we of course make sure that all of our meals, whether take out or dine in, are of the highest quality, we like to give little extras to our indoor diners when we can. Focaccia Breadsticks, extra desserts, fresh salads, or recipes that Brooke and Joel might be testing ahead of a big party or fundraiser--those have all made their way to our indoor diners over the past few weeks! Never eaten inside? Give us a call at 860-482-4151 and try it out!



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com





Easter Pie Sale

Benefits the Chore & Transportation Programs

Name: _____

Phone: _____

You can bake your pie at home or we can bake it for you!				Would you like us to bake your pie?	
	Cost	Quantity	Total	YES	NO
Blueberry	\$16	_____	_____	YES	NO
Dutch Apple	\$16	_____	_____	YES	NO
Fruits of the Forest	\$16	_____	_____	YES	NO
Strawberry Rhubarb	\$16	_____	_____	YES	NO
Chocolate Cream	\$16	_____	_____	<i>These are no bake pies</i>	
Lemon Meringue	\$16	_____	_____		
Total (Payment must accompany order)				Cash or Check	

The Sullivan Senior Center
preordered pies
and plenty of them!

Get your orders in early!

Pies will be sold "first come first served."

You can drop off your order form,
call us at 860.489.2580
or mail to: Carol Tucker
Sullivan Senior Center
88 East Albert Street
Torrington, CT 06790



Cut off and keep this portion for your records

**Reminder – Pickup for baked pies is Thursday, April 14th from 9am to 3pm
If baking yourself (or no bake), your pies will be available for pick up April 11-14**

_____	Blueberry	_____	Strawberry Rhubarb
_____	Dutch Apple	_____	Chocolate Cream
_____	Fruits of the Forest	_____	Lemon Meringue

Thank you for your order!

Self Care for Stress Relief

April is National Stress Awareness Month, so this is a great time to talk about strategies for how to look after yourself when you're feeling stressed out. If your response to high stress levels is to shut down—or in some cases, take care of everyone except yourself—it's time to prioritize self care. Taking a breather to nourish, nurture, and care for yourself properly doesn't function only as a nice breather from the hustle and bustle, it's actually necessary for good health! Long-term stress can prove to be more than just a mental issue—headaches, stomach disorders, strokes and heart disease can even be caused by excess stress. The more you practice self-care, the more healthy, confident, and creative you will become.

Keep this list handy for when times of stress hit—

- 1. Take 3 deep breaths.** Combat stressful shallow breathing by stopping to literally take a breather.
- 2. Full body stretch.** Simple relaxing stretches are a great way to release the tension that our muscles are hanging onto. Regular stretching improves blood circulation, energy levels, posture, and can even alleviate some aches and pains. A number of studies have shown that yoga may reduce stress and anxiety, and yoga is a lot of stretching and deep breathing!
- 3. Open the blinds.** Did you know that even five minutes of sunlight first thing in the morning can boost your Vitamin D levels and balances your cortisol (stress hormone) levels? In addition to the sunlight just feeling nice on our skin, it is a proven mood improver.
- 4. Keep a journal.** Stream-of consciousness writing will clear your head of mental clutter and gain clarity. Sometimes the act of just writing something down will feel like a release, and sometimes rereading what we've written can help us gain insight into our emotions.
- 5. Go outside.** A walk around the block or in nature is great for mental health. Breathing in fresh air while getting a little bit of exercise is a great way to relieve some tension.
- 6. Eat a healthy snack.** Sometimes, all you need is a better food choice and a little more nourishment. See below for an especially stress-busting recipe for easy **Peanut Butter & Banana Energy Bites**. Banana, Nut Butter, and Cinnamon are all great mood-boosting foods
- 7. Laugh.** Laughing is an underrated stress reliever. Watch a funny comedy show or video clip (YouTube can be great for those!), or spend time with an especially funny friend.
- 8. Recite positive affirmations.** Here's an example: "I am grateful to be alive, and I am capable of achieving more than I believe." Positive affirmations work to remind you of certain truths in the midst of challenging situations, and according to research, they activate the reward centers in the brain, which help people reduce pain and maintain balance in times of stress.

Peanut Butter & Banana Energy Bites

SERVINGS: 24 PREP TIME: 10 MIN

Ingredients

- 2 1/2 cups Oats (Quick or Old Fashioned, uncooked)
- 2 TBSP Honey
- 1/4 C Peanut Butter
- 1 C Ripe Mashed Banana
- 1 tsp Ground Cinnamon

Directions

1. Place Oats and Cinnamon in large bowl, stir to blend well. Add mashed banana, peanut butter, and honey. Stir until ingredients are well blended.
2. Shape into 24 1" diameter balls. Refrigerate, covered, until chilled. Store leftovers covered in refrigerator.



All meals include Margarine, Milk & Coffee or Tea

April 2022

Reservations must be made by
12:00 PM the day before.
Phone: 860-482-4151

Suggested Donation \$4.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
				(1) Chef Salad with Ham, Turkey, Swiss, Cucumber, Tomato and Hard Boiled Egg Creamy Cucumber Dressing Dinner Roll Fresh Fruit
(4) Herb Baked Chicken Rice Pilaf California Blend Veggies Wheat Dinner Roll Applesauce	(5) Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit	(6) Orange Juice Potato Crusted Fish Tartar Sauce Lemon Wedge Confetti Rice Spinach Breadstick Vanilla Pudding	(7) Italian Wedding Soup Crackers Pork Roast w/ Gravy Sweet Potatoes Peas Wheat Bread Peaches	(8) Cheese Manicotti w/Sauce Parmesan Cheese Broccoli Zucchini Italian Bread Fresh Fruit
(11) Turkey w/ Gravy Stuffing Cranberry Sauce Mixed Vegetables Dinner Roll Cinnamon Apple Slices	(12) Chicken Tortilla Soup Crackers Cheese Omelet Roasted Potatoes Stewed Tomatoes Blueberry Muffin Mandarin Oranges	(13) Ticket Required <u>Easter Menu</u> Sliced Ham w/Pineapple Au Gratin Potatoes Carrot Coins Dinner Roll Special Easter Dessert	(14) Cheeseburger Sweet Potato Tots Carrots Ketchup Pickle Hamburger Bun Chocolate Chip Cookie	(15) CLOSED GOOD FRIDAY
(18) Minestrone Soup Crackers Grilled Chicken Romaine Lettuce Caesar Dressing Three Bean Salad Marble Rye Bread Pears	(19) Sweet & Sour Pork Lo Mein Noodles Oriental Vegetables Multigrain Bread Fruit Cocktail	(20) Spaghetti and Meatballs w/ Sauce Spinach Herbed Breadstick Fresh Fruit	(21) Chicken and Waffles w/ Maple Syrup Zucchini Biscuit Fresh Fruit	(22) Orange Juice Tuna Melt Swiss Cheese Potato Wedges Beet Salad Ketchup Marble Rye Bread Pound Cake
(25) Fish Sticks Tartar Sauce Lemon Wedge Orzo Pilaf Zucchini Wheat Bread Brownie	(26) Beef and Bean Chili Baked Potato Broccoli Cheese & Sour Cream Corn Bread Baked Potato Bar for Indoor Diners! Tropical Fruit	(27) Chicken Vegetable Soup Turkey Reuben w/Swiss Cheese Sauerkraut Thousand Island Dressing Veggie Pasta Salad Rye Bread Mustard Fresh Fruit	(28) Chicken Stir Fry Brown Rice Green Beans Multigrain Bread Mandarin Oranges	(29) ¼ lb Beef Hot Dog Macaroni and Cheese Tomato Cucumber Salad Ketchup Mustard Hot Dog Roll Fresh Fruit

Easter Luncheon

Wednesday April 13th

Dine-In Noon-1pm

Curbside To-Go Pickup 11:30-Noon

Tickets Required

It's time for *everybunny* to hop on down for a lovely Easter Luncheon at the Senior Center! We'll be serving a traditional Easter Lunch of **Sliced Ham with Pineapple, Au Gratin Potatoes, Carrot Coins, a Dinner Roll, and a Special Easter Dessert!**

Dine-In and To-Go Options are available, so make sure to let the office know your choice when you come in to purchase your \$5 Reservation Tickets! (Due to staff shortages, we may limit the capacity for indoor dining, so get your tickets early!)

\$5 Reservation Tickets will go on sale Monday March 28th and will be available until Friday April 8th at Noon

Baked Potato Bar

Tuesday April 26th

Tickets Required For Indoor Dining Only

Now that we're back open inside we thought it would be fun to hold a Build-Your-Own Baked Potato Bar! **Baked Potato, Chili, Broccoli, Cornbread and Tropical Fruit** will be served to all, but our indoor diners will get to come through the line to build their own potato with **premium fixings**, such as **bacon, chives, and sour cream!**

If you think this sounds like fun, come on down and pick up a **\$4 Reservation Ticket** to Dine-In for a fantastic Baked Potato day!

Tickets will go on sale Monday April 11th and will be available until noon on Friday April 22nd.

Save the Date

Mother's Day Luncheon

Friday May 6th



Join us on May 6th to celebrate Mothers with a wonderful menu of...yet to be determined! Because of supply chain issues, we aren't able to commit to our Mother's Day menu yet, but we'll definitely know by the Easter Luncheon, so when you come down for your ham, we'll also give you the details for Mother's Day!

\$5 Reservation Tickets will go on sale Monday April 18th and will be available until noon Tuesday May 3rd.

HOLIDAY CLOSINGS

We will be closed **Friday, April 15th** for **Good Friday!**

Joel Sekorski - Director

Nicole Pelchat - Admin. Assistant

Frances Daley - Office Assistant

Christine Trudeau-Brown - Supervisor

Julie Smith-Meals Coordinator

SITE MANAGERS

Tina Hanlon.....Falls Village

Robin Reid.....Harwinton

Kim Sherwood.....Lakeville

Deena Panasci.....Morris

Brooke Grey.....Cook, Torrington

Tina Puckett.....Winsted

MOW DRIVERS

Joe Dante.....Canaan

Dana Mosher.....Cornwall

Joe Basso, Jr., Gary DeAngelo.....Litchfield

Dave Ross.....Torrington 1

Kathryn Pelchat.....Torrington 2

John Bonetti.....Torrington 4

Paul Chiappa.....Torrington 6

Thomas McLaughlin.....Winsted 1

Jim Doyle, RJ Poniatoski.....Winsted 2

Backup MOW Drivers

Nick Molino, Dennis McMahan, Gabriel

Franco, Giancarlo Petraroia



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