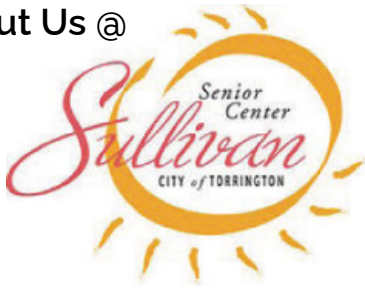


All About Us @



# SULLIVAN

## SENIOR CENTER

### CITY OF TORRINGTON

2022

# JUNE



## 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



[torringtonct.org/sullivan-senior-center](http://torringtonct.org/sullivan-senior-center)



@SullivanSeniorCenter



@SullivanSeniorCenterTorrington



## MUSIC AND DANCING ARE BACK!

Music was in the air on Wednesday, May 11th with the return of the band! A fun time with good friends who were so happy to be dancing to their favorites within the walls of the Sullivan Senior Center. We thank the Cottage at Litchfield Hills for cooling things down with Hot Fudge Sundaes. A great treat for the first day back.

The Center will host a dance every Wednesday afternoon throughout the summer. **The band will play live on the 2nd Wednesday of each month; June 8, July 13 and August 10.** The remaining Wednesdays will feature playlists, music played through our fantastic sound system. We are taking requests! Send your requests to Kerry at [Kerry\\_Vitali@torringtonct.org](mailto:Kerry_Vitali@torringtonct.org).

Make Wednesdays the day you join us for lunch indoors! Call in your lunch reservation and stay for the afternoon. Lunch details can be found on Page 15. Not only will you enjoy some great music, Cornhole will be set up in the All Purpose Room for some added entertainment!

## Join us for a fun afternoon!

# 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

## 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

Joe Quartiero, Van Driver

James Quinn, Van Driver

Otto Schibi, Van Driver

## PARK AVE

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9:30 a.m. - 3:30 p.m.

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Skirts ~ Dresses

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Dress Sets

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Non-profit Organization



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**860.489.8022**

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# JUNE BIRTHDAYS

## June 01

Corinne Curtis  
Jean Milici  
Al September  
Olga Penny Van Gestel

## June 02

Alan Berube  
Patricia Bredice  
William Celadon  
Murielle DeSouza  
Irene Desrochers  
Rex Lindstrom  
Christine Marcellino  
Carol Mucha  
Rita Rosenbeck  
Michele Schieb  
Andrew Weinmann, II

## June 03

Howard Caine  
Raymond Mascetti  
Donald Palmer  
Daniel Sayers, Jr.  
Mary Slaiby  
Fran Swierczynski

## June 04

James Jenkins  
William McLaughlin  
Marion Sullivan  
Cynthia Wadhams

## June 05

Marianne Christiano  
Lucy Fenn  
Inez Gambetta  
Gloria Lee  
Beverly Loyot  
Frank Muik  
Andrew Nemcik  
George Oliveri  
Joseph Roller  
Ramona Warner

## June 06

Raymond  
Aeschliman  
Marilyn Campbell  
Mary Eagan  
Judith Grohs  
Paul Grosso  
Alyce Higgins  
Paul Moskal  
John Portinari  
Richard Shokite  
Joanne Thompson Pease

## June 07

Denise Bergenty  
Ann Carillo  
Shirley O'Connell  
Richard Pelchat  
Arline Pozzo

## June 07

Joyce Price  
Adrienne Russo  
Judith Tellier

## June 08

William Driscoll  
Domenic Pietrafesa  
Sue Prince  
Kristina Smith  
Charlotte Stevens

## June 09

Donna Bruno  
Frances Crable  
Roy Cross  
Walter Farquhar  
Alfred Finn, MD  
Donna McCabe  
June Meyers  
Beverly Navin  
Debbie Taylor  
Carol Zander

## June 10

Rick Dalla Valle  
Sheila Howe  
Marie-Luise Meyer  
Janice Monschein  
Lena Resha

Josephine Valle

## June 11

Kathleen Badolato  
Vaughn Barreotis  
Elizabeth Collins  
Thomas Flanagan  
Carole Fox  
John Higgins, Jr.  
Gail Langlois  
Claudia Neri  
Lynn Shuhi

## June 12

Mary Bray  
Louis Bristol  
James Colbert  
Carol Falcone  
Marlene Lopardo  
John Pelchat  
Jennifer Richards  
Carol-Ann Stentiford  
Wayne Varney

## June 13

Gloria Baccei  
Lynne Dray  
Jean Eichner  
Charlene Graskoski  
Hannelore Jewett  
Gary Kittredge  
Antoinette Landor  
Elsie Manes  
Gladys Martinotti

## June 13

Donald O'Neil  
Theresa Pastre  
Bonnie Perrotti  
Audree Peters

## June 14

James Curtis  
Pamela Green  
Larry Komisar  
Robert Lemere  
Barbara MacKenzie  
John Melaragno  
Lynda Nielsen  
Stephen Tokarz, Jr.  
Judith Travis

## June 15

Donald Cote'  
June Eddinger  
Phyllis Frink  
Cecelia Jenkins  
John Kucera, Jr.  
Patti Kwashnak  
David MacCalous  
William Romaniello  
Vittoria Savocchia

## June 16

Barbara Ball  
Alice Berger  
June Castro  
Bonnie Cataldo  
Gail Downs  
Laurie Dworkin  
June Koch  
Robert Martinotti  
Carmine Tedesco  
Pat Winegar

## June 17

Laurie Abbott  
Rose Marie Auffrey  
June Box  
Hartley Connell  
Gary Finn  
Josephine Fraser  
Beverly Jacobs  
Arthur LaMere  
Jean Quinn  
Helen Sholtis  
Carol Stevens  
June Stoughton  
Joann Warren

## June 18

Anne Marie  
Buonocore  
Yolanda Colangelo  
Louise Consolini  
Joseph Cravanzola  
Gloria Fochesato  
Milton Hall

## June 18

Marie Morro  
Susan Pelletier

## June 19

Patricia Beeman  
Carol Pathe  
Louis Szabo  
Janice Whiterock

## June 20

Emily Barbero  
Paul Brazeau  
Jane Campi  
Fran Corey  
Helen Feidl  
Loretta Fournier  
Rosemary Gancos  
Rose Marie Janssen  
Robert Julien  
Regina Neri  
Marion Prokop  
Joyce Roberge  
Phyllis Sousa

## June 21

Edna Acton  
Virginia Balducci  
Nona Coffill  
Robert DeMaida  
Roger Fulton  
Gail Galetto  
Kathleen Govotski  
Vivian Grosso  
Mary Malis  
Elizabeth McDonald  
Betty Olson  
Carl Strobel  
Diane Young

## June 22

Sally Carotenuti  
Theodore Connole  
Karen Hubbell  
George Lincoln  
Marie Matteis  
Carol Riccucci  
Sid Simons  
Kathy White

## June 23

Patricia Boccio  
David Cedarholm  
Lucille Johnson  
Walter Joray  
Len Margiotta  
Rose Smith  
Robert Stango  
G. Richard Tuxbury

## June 24

Robert Begey  
Patricia Catanese  
Carol Cusano

## June 24

Richard Pogor  
Susan Schieb  
Charles Tibbals  
Richard White, Jr.

## June 25

Charlotte Arnold  
Patricia Ayers  
Patricia Benedetto  
Mel Brickman  
Cynthia Cassotto  
Maureen Denver  
Arlene Faken  
Norma Harss  
Raymond Jobin  
Joel Levy  
Jean Paige  
Mark Stafford  
Edward Stevens

## June 26

Daniel Gautieri  
Mary Harrigan  
Alexander Zubrowski

## June 27

Cheryl Lindstrom  
Egidio Recidivi

## June 28

Sylvia Berlinski  
Diane Crovo  
John Field  
Joan Kaczynski  
Francis Kane  
Eugene Trivaudey

## June 29

June Dziennis  
Barbara Holmes  
Elizabeth Linsky  
Elaine Schiavone  
Norman Southergill

## June 30

Charles Beach  
June Cardillo  
Ann DiMauro  
Louis Labrecque  
Frederick Mercier  
Diane Middleton

**Happy  
Birthday!**



## NEW MEMBERS

LET'S SAY WELCOME TO:

Joseph Bender  
Laudelina Bender  
Diana Carroll

**Active Members 3,057**

## VETERANS SOCIAL

**NEW**

**Hartford HealthCare  
at Home**

*Presents a monthly*

**Veterans Social** at the

**Sullivan Senior Center**

**Held the 3rd Monday of the  
month at 11AM** in the Dining  
Room. Join us **on June 20th.**

Coffee will be served. Stay for  
lunch! Lunch details can be  
found on Page 15. Reservations  
are required for lunch. **If you are  
only coming for the social you do  
not need to make a reservation.**

## 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.*

## SENIOR COMPANION PROGRAM

Beginning this July AmeriCorps Seniors will be funding New Opportunities, Inc. to bring the Senior Companion Program to Torrington.

Senior companions are age 55 and older with moderate incomes who help to improve the quality of life for adults with physical, emotional or mental health limitations, most of whom are also older adults.

Companions visit older adults in their homes and reduce feelings of loneliness and isolation and give time off to families and caregivers. They may serve as escorts to medical appointments, prepare light meals, do simple chores like light housekeeping & connect their clients to other resources. All companion services are free!

For their service Senior Companion volunteers receive a tax-free stipend of \$3/hour which does not effect rent or eligibility for other financial benefit programs. In addition to the extra income, Senior Companions say that they greatly benefit from their new relationships with the people they visit.

If you would like more information about becoming a volunteer or a client of the SCP contact New Opportunities at:

The Senior Companion Program at 203.575.4214 or  
[elders@NewOpportunitiesInc.org](mailto:elders@NewOpportunitiesInc.org)

You can also visit their website: [newoppinc.org](http://newoppinc.org)  
Search under their programs tab, a brochure is available

## MAH JONGG

**Monday Afternoons**

Are you looking for a place to play Mah Jongg? Join us! If you don't know how to play we can arrange for instruction. It's not a game that's learned in one sitting. This is a game to be mastered. Our master will give you instruction and then you can also watch the game being played by our current players before jumping in on your own. Give us a call at 860.489.2211 to get started.



## AARP SMART DRIVER COURSE

AARP chose to cancel May's Smart Driver Course in Torrington. The July 22 date is to be determined.

You are encouraged to take their course on line. It is not necessary for you to sit at your computer for 4 hours. You can save your work and continue at another time. You have 30 days from the time you start to complete the course.

If you do not have a computer at home, we have them here at the Senior Center. You should have some computer skills to manage the online process but we are happy to get you started. You will also have to pay by credit card on the website.

Call 860-489-2211 and ask for Kerry to make an appointment to get started on the AARP Smart Driver Online Course.

## MEMORIAL DONATION

The family of Althea Birden made a sizeable donation to the Sullivan Senior Center in memory of Bruno Arcoma. We thank Althea's family for this generous gift. The beauty and grace of Bruno and Althea were a delight to watch on the dance floor here at the Center on Wednesday afternoons.

It is fitting that we use this generosity to start a fund to subsidize the cost of bringing in the band to play the music that Bruno and Althea loved. The music that their friends will continue to enjoy this summer.

When you are dancing to the band on Wednesdays, think of Bruno and Althea, they are dancing together once again.

## JOIN IN ON THE FUN!

### In the All Purpose Room

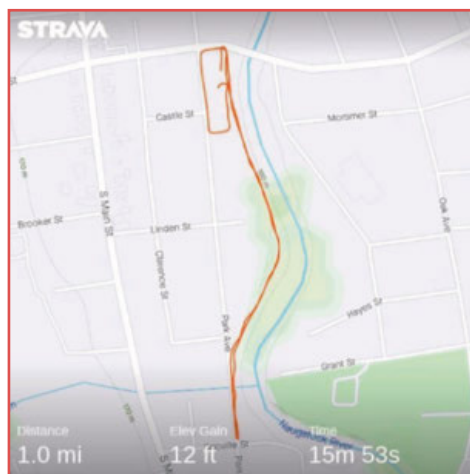


**Wii Bowling**

**Wednesday Mornings**



**Wednesdays @ 1:15**



**Walking Club**  
**Weekdays @ 9:00 a.m.**

## MOVIES

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

**"INFINITE"**

**JUNE 13, 2022**

Haunted by memories from multiple past lives, Evan joins forces with a group of reborn warriors to unlock answers in his memories that are the key to stopping a madman from destroying earth.

*Mark Wahlberg, Chiwetel Ejiofor*

**PG-13 1h 46m.**

**"UNCHARTED"**

**JUNE 27, 2022**

A treasure hunter who is a descendent of explorer Sir Francis Drake believes he has learned the whereabouts of El Dorado. The search becomes competitive when a rival hunter joins the fray.

*Tom Holland, Mark Wahlberg,*

*Antonio Banderas*

**R 1h 56m.**

## PODCASTS

We will listen to Podcasts in the Main Room at 9:30 a.m. on June 13 and June 27

We will always start with...

**The Newsworthy**

All the days news in around 10 minutes.

June 13

**15 Minute History**

Climate & Environmental History in Context

June 27

**The Joe Gardener Show**

A Primer on Hydroponic Gardening: Growing in Water

## 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:**

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

**C**laimant, 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.

**P**ersons 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:**

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

**R**ent receipts or canceled rent checks for entire 2021 year or letter from landlord.

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

**S**ocial Security benefit statement for 2021 (SSA 1099 or proof of **total SSI received in 2021**).

**B**ank interest statement and dividends (2021 1099s).

**P**ension statement for (2021 1099s).

**C**opy 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.**

## BOWMAN GARDEN

# TAG SALE

To Benefit the Bowman Senior Community Garden

June 11, 2022

9AM—3PM

To be held at the  
Sullivan Senior Center

88 East Albert Street

Torrington

THRIFT SHOP WILL BE OPEN!

For more information  
please contact  
Rose DeMaria  
860.482.6118



### How to Make Donations to the Tag Sale

Please consider donating your gently used items to the Tag Sale (No clothing please). Volunteers will be available to collect your donations in the back parking lot of the Sullivan Senior Center on the two days before the event,

Thurs. 6/9 & Fri. 6/10,  
from noon—3PM.

Baked Goods will be available at the Tag Sale. Please consider baking an item for the day.

Baked Goods can be dropped off at the Center,

Fri., 6/10, noon—3PM

Thank You!





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[www.geercare.org](http://www.geercare.org) • 860.824.2600

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*Jeffrey R. Thurston • Melissa A. Thurston*



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**Keith M. Phalen**  
Funeral Director

[prphalen@snet.net](mailto:prphalen@snet.net)  
[phalenfuneral.com](http://phalenfuneral.com)

285 Migeon Avenue  
Torrington, CT 06790  
**(860) 489-9600**

MONDAY

TUESDAY

WEDNESDAY

# JUNE

"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 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 1:00 Quilting  
 1:15 Music & Dancing  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

06

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Qigong 6/6**  
 1:15 6-Handed Pinochle/Mahjong

07

9:00  
 9:30 9/5 League  
 11:15 Craft Group  
 12:30 & 12:30 Parkinson's Exercise  
 1:15 Stamping & Embossing  
 2:30 Pinochle  
 Yoga with Wendy

08

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 1:00 Quilting  
 1:15 Music & Dancing with the Band  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

13

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
**9:30 Podcast - See Page 5**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Qigong 1/6**  
 1:15 6-Handed Pinochle/Mahjong  
**1:30 Movie: "Infinite"**

14

9:00 9/5 League  
 9:30 Craft Group  
 11:15 & 12:30 Parkinson's Exercise  
 12:30 Stamping & Embossing  
 1:15 Pinochle  
 2:30 Yoga with Wendy

15

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 9:30 Quilting  
 1:15 Music & Dancing  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

20

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**11:00 Veteran's Social**  
**1:00 Qigong 2/6**  
**1:00 Svc for the Elderly Comm. Mtg.**  
 1:15 6-Handed Pinochle/Mahjong

21

9:00 9/5 League  
 9:30 Craft Group  
 11:15 & 12:30 Parkinson's Exercise  
 12:30 Stamping & Embossing  
 1:15 Pinochle  
 2:30 Yoga with Wendy

22

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 9:30 Quilting  
 1:15 Music & Dancing  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

27

8:20 Chair Exercise with DVD's  
 8:30 Foot Clinic—Foothills VNA  
 9:00 Cribbage  
**9:30 Podcast - See Page 5**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Qigong 3/6**  
 1:15 6-Handed Pinochle/Mahjong  
**1:30 Movie: "Uncharted"**

28

9:00 9/5 League  
 9:30 Craft Group  
 11:15 & 12:30 Parkinson's Exercise  
 12:30 Stamping & Embossing  
 1:15 Pinochle  
 2:30 Yoga with Wendy

29

9:00 Wii Bowling  
 9:30 Silver Belles & Beaux  
 12:30 Computer Lessons  
 9:30 Quilting  
 1:15 Music & Dancing  
 1:15 Cornhole Tournament  
 1:30 Dance Fitness w/Robyn—\$5

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## THURSDAY

## FRIDAY

02

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 3/14**  
 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

03

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

## CALENDAR NOTES

**Arthritis Foundation Exercise Program**  
 Hartford Healthcare  
 860.496.6660

**Blood Pressure Screening**  
 Foothills VNA  
 Call SSC for appt. 860.489.2211

09

**Tag Sale Drop Off**  
**See Page 6**

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 4/14**  
 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

10

**Tag Sale Drop Off**  
**See Page 6**

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

**Computer Lessons**  
 Susan Strand  
 Call SSC 860.489.2211

**June 11 Tag Sale**  
**See Page 6**

16

**Fathers Day Luncheon**  
**See Page 16**

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 5/14**  
 9:45 Line Dancing with Joan  
**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

17

9:00 Chess  
 9:15 Canasta  
**9:15 Beginner Italian - 1/10**  
 9:30 & 10:45 Arthritis Found. Ex. Prog  
**1:00 Blair's Coins & Currency - Pg.11**  
 1:15 Mexican Train  
 1:15 9/5

**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

23

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 6/14**  
 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

24

9:00 Chess  
 9:15 Canasta  
**9:15 Beginner Italian - 2/10**  
 & 10:45 Arthritis Found. Ex. Prog  
 9:30 Mexican Train  
 1:15 9/5  
 1:15

## TORRINGTON AREA PARKINSON'S SUPPORT GROUP

Saturday, June 25, 2022  
 10AM to noon

### Speaker

George Zheng, Ph.D. in PT,  
 LSVT BIG Instructor

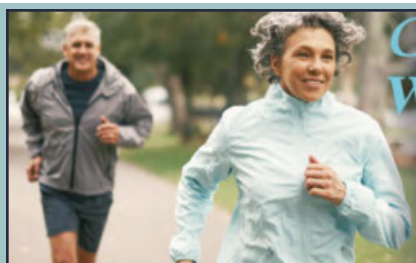
### Topic

Exercising with Parkinson's  
**For further information call**  
 Sue at 860.489.1677

30

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 7/14**  
 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

**If you have the sniffles or a cough  
 and are not feeling well, please  
 stay home. We will still be here  
 when your feeling better and will  
 be happy to welcome you back.**



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**SENIOR CENTER TRIPS**

Depart from Staples/TJ Maxx Plaza unless otherwise indicated

<p>June 8, 2022 Depart 8AM Leave Casino 4PM</p>	<p>MOHEGAN SUN CASINO, UNCASVILLE, CT</p>	<p><i>Seats still available at introductory price.</i> Price includes driver's gratuity</p>	<p>\$25 pp</p>
<p>July 20, 2022 Depart 8AM Leave Casino 4PM</p>	<p>MOHEGAN SUN CASINO, UNCASVILLE, CT</p>	<p>Price includes driver's gratuity</p>	<p>\$30 pp</p>
<p>Aug. 11, 2022 Depart 8AM Return 8:30PM</p>	<p>SARATOGA RACE COURSE, SARATOGA, NY.</p>	<p>Come to SARATOGA and enjoy "The Sport of Kings". Lunch on own at one of the several restaurants or choose a food vendor offering a variety of delectable treats sure to please everyone's tastes. Includes: transportation, grandstand admission, reserved seating &amp; driver's gratuity.</p>	<p>\$75 pp</p>
<p>Sept. 14, 2022 Depart 8AM Return 7:00PM</p>	<p>LAKE GEORGE, LAKE GEORGE, NY.</p>	<p>We'll take a 2-hour luncheon cruise through the vistas of Lake George aboard the M/V Lac du Saint Sacrament. Enjoy either the enclosed or outdoor observation deck, snack bar, cocktail lounge and the music of Danny Lombardo on keyboard. Or relax and listen to the Captain's narrative while gazing at the wilderness, beautiful islands and historic mansions. Before heading home we will stop to shop the Outlets at Lake George. Includes transportation, luncheon cruise, taxes and gratuities.</p>	<p>\$106 pp</p>

Janice's hours for booking trips: Tuesday or Thursday between 10AM & 2PM  
Travel Office Phone #: 860.489.2271      Payment Due with Reservation

All trips are open to the public and 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. Mask requirements will be updated closer to the time of the trip.

**BLAIR'S COINS & CURRENCY**

JUNE 17 AT 1PM

You are encouraged to bring in any coins or currency to the Senior Center for Blair to look at to give you an idea of value and rarity. There will be plenty of time for questions and answers. The program is designed for all, whether you are an experienced collector or if you want to know what some old coins that are lying around the house are worth.

Blair's program talks about the state of the hobby today, the U.S. Mint and its products, the gold and silver bullion market and provides a general overview of coin and currency collecting.

*Blair has been collecting coins for over 50 years & is a professional coin dealer. He is also President of the Litchfield County Coin Club and a former President of the Bristol coin club. Blair is an ANA (American Numismatic Association) Life member a FUN (Florida United Numismatists) Life member.*

**REGISTRATION IS REQUIRED**

**PLEASE CALL 860.489.2211 BY JUNE 15**

**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:  
July 21 and October 20**

**You are asked to register for this event by calling 860.489.2211**



# SULLIVAN SENIOR CENTER

Page 12

We're so excited that the Litchfield Hills Elderly Nutrition Program has been selected to be a part of the **Stop & Shop "Bloomin' 4 Good" program**, which was created to fight the hunger crisis across the communities that we serve.

**In the month of June, each time a \$10.99 Bloomin' 4 Good bouquet with a red circle sticker is purchased at the Stop & Shop located at Torrington Street in Torrington, \$1 will be donated to the Nutrition Program!**



And how awesome that we were chosen for June! Think of all of the things you might need flowers for: Dance Recitals, Graduations, or Father's Day! It's awesome that you can support the Nutrition Program by buying a beautiful bouquet that will brighten up someone's day! You can feel good knowing that 100% of the donations received go towards helping homebound seniors right here in our community!



## NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at [www.mycommunityonline.com](http://www.mycommunityonline.com)



# MUSIC & DANCING

## on Wednesdays

at the

## SULLIVAN SENIOR CENTER

**Come for lunch at 11:45 a.m.**

**See lunch details on Page 15 of the Newsletter.**

**Music starts at 1:15 p.m.**

**Put on your dancing shoes and dance the afternoon away to your favorite music!**

**DJ Style Music will be played  
on the days the band isn't here.**

**See below for Band Days and the day's Lunch Menu:**

**June 8**

**Eggplant Rollatini  
Penne Pasta  
Spinach  
Garlic Breadstick  
Pears**

**July 13**

**Pork Loin with  
Mushroom Gravy  
Mashed Potatoes  
Mixed Vegetables  
Biscuit  
Chocolate Chip Cookie**

**August 10**

**Vegetable Barley Soup  
Chef Salad w/ Ham,  
Turkey, Swiss, Tomato  
& Hard Boiled Egg  
Three Bean Salad  
Pumpnickel Bread  
Pears**

**Get your lunch reservation in by noon on Tuesdays.**

**860.482.4151**

# Eat the Rainbow!

Did you know that adding color to your meals could help you live a longer, healthier life? Colorful fruits and vegetables can paint a beautiful picture of health because they contain **phytonutrients**, compounds that give plants their rich colors as well as their distinctive tastes and aromas.

When humans eat plant foods, phytonutrients can help protect us from chronic diseases. They have potent anti-cancer and anti-heart disease effects, and research suggests that food patterns that include fruits and vegetables are associated with a reduced risk of many chronic diseases, including cardiovascular disease, and may be protective against certain types of cancers.

## GETTING STARTED

To get started, try to include as many plant-based colors in your meals and snacks as possible. Each color provides various health benefits and no one color is superior to another, which is why a balance of all colors is most important. Getting the most phytonutrients also means eating the colorful skins, the richest sources of the phytonutrients, along with the paler flesh. Try to avoid peeling foods like apples, peaches and eggplant, lest you lose their most concentrated source of beneficial chemicals.

**RED:** Rich in **lycopene**, a potent antioxidant that seems to protect against prostate cancer as well as heart and lung disease. Found in: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, & red onions

**ORANGE AND YELLOW:** Provide **beta carotene**, which converts to vitamin A for good vision and eye health, a strong immune system, and for healthy skin. Found in: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, butternut squash, peaches, cantaloupe & corn

**GREEN:** Packed full of **vitamins, magnesium, nitrates, and folates**, and are especially important for cardiovascular health. Found in: spinach, avocados, asparagus, artichokes, broccoli, kale, cabbage, Brussels sprouts, kiwi, collard greens, green tea, green herbs (mint, rosemary, sage, thyme, and basil).

**BLUE AND PURPLE:** Have powerful antioxidants called **anthocyanins** believed to delay cellular aging and help the heart by blocking the formation of blood clots. Found in: blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, & purple cabbage.

**WHITE AND BROWN:** The onion family contains **allicin**, which has anti-tumor properties. Other foods in this group contain antioxidant flavonoids like **quercetin** and **kaempferol**. Found in: onions, cauliflower, garlic, leeks, parsnips, daikon radish, mushrooms



Check out the Nutrition Corkboard for more information and recipes for **Tangy Poppy Seed Fruit Salad** and **Rainbow Roasted Vegetables!**

## REACH FOR THE RAINBOW

Reaching a total of 4 1/2 cups of colorful fruits and vegetable a day is the goal for a powerful plate. Here are some ways to make it happen:

-When shopping, look at your cart. If you find most of your choices are the same one or two colors, swap out a few to increase the colors — and phytonutrients — in your cart.

-Dine out colorfully. Start out with a cup of vegetable soup. Choose an arugula or spinach salad and see if they can add extra vegetables. Top off your meal with fresh fruit for dessert and a soothing cup of green tea.

-Look local. Farmers markets, co-ops, buying clubs, and community supported farms are usually great sources of fresh produce. Ask a farmer for fresh ideas on how to prepare fruits and vegetables that are new to you.



All meals include margarine,  
milk.

# June 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) Chicken Vegetable Soup Turkey Reuben w/Swiss Cheese Sauerkraut Thousand Island Dressing Veggie Pasta Salad Rye Bread Mustard Fresh Fruit	(2) Chicken Stir Fry Brown Rice Broccoli Multigrain Bread  Mandarin Oranges	(3) ¼ lb. All Beef Hot Dog Macaroni and Cheese Tomato Cucumber Salad Ketchup Mustard Hot Dog Roll  Fresh Fruit
		(6) BBQ Pork Loin Baked Beans Corn Hamburger Bun  Fresh Fruit	(7) Apple Juice Hawaiian Chicken White Rice Peppers and Onions Multigrain Bread  Lemon Cookie	(8) Eggplant Rollatini Penne Pasta Spinach Garlic Breadstick  Pears
(13) Herb Baked Chicken Rice Pilaf California Blend Veggies Wheat Dinner Roll  Applesauce	(14) Meatloaf w/ Gravy Mashed Potatoes Green Beans Rye Bread  Fresh Fruit	(15) Orange Juice Potato Crusted Fish Tartar Sauce Lemon Wedge Confetti Rice Spinach Breadstick  Vanilla Pudding	(16) Italian Wedding Soup Crackers Pork Roast w/ Gravy Sweet Potatoes Peas Wheat Bread  Peaches	(17) <u>Father's Day Menu</u> Crispy Chicken "BLT" w/Cheese, Bacon, Lettuce, Tomato&Mayo Chips Israeli Veggie/Pasta Salad Kaiser Roll  Special Dessert
(20) Turkey w/ Gravy Stuffing Cranberry Sauce Mixed Vegetables Dinner Roll  Cinnamon Apple Slices	(21) Chicken Tortilla Soup Crackers Cheese Omelet Roasted Potatoes Stewed Tomatoes Blueberry Muffin  Mandarin Oranges	(22) Chicken Parmesan Penne Pasta Parmesan Cheese Italian Green Beans Garlic Bread  Fresh Fruit	(23) Cheeseburger Sweet Potato Tots Carrots Ketchup Pickle Hamburger Bun  Chocolate Chip Cookie	(24) Mexican Chicken Confetti Brown Rice Sauteed Peppers Wheat Bread  Pineapple
(27) Minestrone Soup Crackers Grilled Chicken Romaine Lettuce Caesar Dressing Three Bean Salad Marble Rye Bread Pears	(28) Sweet & Sour Pork Lo Mein Noodles Oriental Vegetables Multigrain Bread  Fruit Cocktail	(29) Spaghetti and Meatballs w/ Sauce Spinach Herbed Breadstick  Fresh Fruit	(30) Chicken and Waffles w/ Maple Syrup Zucchini Biscuit  Fresh Fruit	

## Father's Day Luncheon

Friday, June 17th

Dine-In Noon-1pm

Curbside To-Go Pickup 11:30-Noon

Tickets Required for all

Join us as we celebrate all the Dads in our lives with our Father's Day Luncheon! We'll be serving up a delicious **Crispy Chicken BLT with Cheese, Israeli Veggie Pasta Salad, Chips, and a Special Father's Day Dessert!**

Dine-In and To-Go options are available, so make sure you let the office know your choice when you come in to purchase your \$5 Reservation Tickets! It's been so much fun having everyone back inside!

**\$5 Reservation Tickets Available in the Nutrition Office between Tuesday, May 31 and noon on Tuesday May 14th.**

## 4th of July Lunch

Friday, July 1st

Dine-In Noon-1pm

Curbside To-Go Pickup 11:30-Noon

Tickets Required for all

Join us as we celebrate America's birthday! We'll be cooking up a delicious **McSullivan Cheeseburger** (Thousand Island Dressing, Shredded Lettuce, Sesame Seed Bun, & Onions), **Veggie Pasta Salad, Tomato Cucumber Salad, and Pickles**, to be served with a **Special 4th of July Dessert!**

Dine in and To-Go Options are available, so be sure to let the Nutrition Office know when you buy your tickets!

**\$5 Reservation Tickets Available in the Nutrition Office between Tuesday, May 31 and noon on Tuesday May 28th.**

We are so grateful for the kindness of **Food Rescue US** and the **Food Rescue Northwest CT Programs**. Food Rescue is a program that engages volunteers to distribute fresh food surpluses from local businesses to social service agencies like ours so that we can distribute the food to those who need it. Food Rescue Northwest CT brings weekly deliveries of baked goods for us to distribute or to use to bolster our Congregate lunches, which has been such an amazing help for so many people! And recently we received a grant of \$1,100 from **Eliot and Annick Wadsworth through Food Rescue US** to purchase shelf-stable food supplies that we are already using to add extra special touches to our Congregate lunch menus! We are so thankful for all of their support!



### HOLIDAY CLOSINGS

We will be closed **Monday, July 4th** for **Independence Day!**

#### 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, Jack Sprucinski



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