

All About Us @



SULLIVAN

SENIOR CENTER

CITY OF TORRINGTON

2022

JULY

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



@SullivanSeniorCenter



@SullivanSeniorCenterTorrington



Anniversary

Celebrating 40 Years of
Service to the Community

1982 ~ 2022

860.489.2211

torringtonct.org/sullivan-senior-center

CELEBRATING 40 YEARS

July 2022 marks the 40th Anniversary of the opening and dedication of the Edward E. Sullivan Senior Center. Home to the Assisted Medical Transportation, Chore and Litchfield Hills / Northwest Elderly Nutrition programs as well as recreational and educational activities, the Center employs a dedicated staff who work together as a team continuing the mission of the leaders who laid the groundwork for Elderly Services.

The mission of the Edward E. Sullivan Senior Center is to provide an environment to enhance and enrich the lives of older adults by offering recreational activities, nutrition services, educational and wellness programs and social services to meet the diverse needs of all people.

This year we will celebrate 40 years and beyond in the month of September, fittingly during National Senior Center Month. Look to the September newsletter for more information on how we will celebrate together.

SENIOR CENTER COMMISSIONER & STAFF DIRECTORY

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	Beverly Kandefer, Chore Program
Carol Tucker, Chore/Transportation	MaryAnn Messenger, Chore Program
Kerry Vitali, Admin. Assistant	Kathy Pelchat, Chore Program
Charles Abolin, Office Assistant	Robyn Pillar, Chore Program
Charlotte Friedland, Office Assistant	Joann Stairs, Chore Program
Linda Hawkins, Office Assistant	Marie Wilusz, Chore Program
Lisa Butler, Assistance App. Processor	Lauri Briatico, Van Driver
John McDonald, Maintenance	Keith Hall, Van Driver
Karen Bentley, Thrift Shop	Bruce Johnson, Van Driver
Janice Colangelo, Trips Coordinator	Joe Quartiero, Van Driver
Evelyn Lukes, Volunteer Coordinator	James Quinn, Van Driver
Rhonda Bascetta, Chore Program	Otto Schibi, Van Driver
Lucv Field, Chore Program	

July Sale

July 1st - 15th
 All **UNPRICED** Clothing
 Buy 1 Get 1 FREE

Mix & Match . higher price prevails

July 18th - 29th
 All **PRICED** Clothing
 Buy 1 Get 1 FREE

Mix & Match . higher price prevails

Does not include Shoes or purses

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 online: cottagelitchfield.com

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JULY BIRTHDAYS

July 01

Nancy Dautrich
Laura Driscoll
Daline Dudley
Shirley Fallon
John Fossati
Joan Francis
Cathy Ivester
Dora LaMere
Charles McCollough
Rose McDonald
JoAnn Rinaldi

July 02

David Bill
Aurelia Gautieri
Robert Harris, Sr.
Bernadette Kraveski
Genevieve Wald

July 03

George Ayers
Bill Brodnitzki
Carmen Chasse
Peter Dakers
Joseph Dungan
Rosalie Mueller
Gwendolyn Sakowski
Larry Terpening
James Wells
June Zeiner

July 04

Agnes Britton
Krim Juhas
Louis Lubus
Carl Marchell
David McHolland
Marcia Mitnik
Pat Paganini
Ernest Raschke
Roy Robbins
Robert Roberts

July 05

Mary Ball
Sylvia Bovi
Angela Chatlos
Christopher Coyne
Henry Dingee
Duncan McDonald
Sharon Murphy
Geraldine Spino

July 06

Lee Benson
Martin Boyajian
Patricia Knox
JoAnn Morse
Michele Sultaire
Leandra Tedesco
Cyril Urda
Lewis Vallee
Marland White
Florence Winegar

July 07

George Andrews
Lois Colby
Jeanne Davison
Marion Edwards
Shirley Galik
Della LaMere
Jeannette Skoczylas
Rosalinde Vasko

July 08

Carmela Heuschkel
Madeline Mastroberti
Carol Nemcik
Elaine Palach
William Peters
Marilyn Roy
Kathy Stevenson

July 09

Richard Abeling
Veronika Epres
Gayle Gemetro
Henry Hill, Jr.
Jean Sekorski
Frank Sessa

July 10

Della Bianowicz
Catherine Forth
Aleida Garcia
Mildred Keller
Gordon Keneston
Shirley King
Linda Martinez
Beverly Pisani
Milton Roberts
Delcy Voisine
Douglas Werner
Nancy Wetmore

July 11

Charles Beyer
Nellie DiFranco
Caroline Giulian
Susan Gorham
Diona Gradowski
Mary Lach
Dorothy Lane
Joyce Peck
Charlotte Sorbello

July 12

Sharon Chesanek
Peter Droz
Genevieve Hayes
Arlene Kimball
Forbes Loverin
Henry Schieb
Almira Urda
Lilla Warder

July 13

Eileen Calkins
Carol Grigos
D. Samuel Grover
Mary Langley
Bob Pappalardo
Willa Williams
Martha Woodward

July 14

Wayne Albrecht
Catherine Amstead
Roger Beauvillier
Craig Benedict
Linda Brighenti
Ann Carrozzo
Mary Jablonski
Barbara Sekorski

July 15

Walter Bernitt
Maurice Blanchette
Albert Cordani
Carlton Kent
Martha McAtee
James Rourke
Bruce Signor
Pauline Smalley
Reno Soucy
Debra Tibor

July 16

Madeline Drew
David Phillips
Maryann Rhodes
Rachel Scarfo
Martha Wardle

July 17

William Coppola
Marietta Favarger
Margaret Johnson
Donna Kroehle
Jacquelyn Kuzmik
Shirley Orrell

July 18

William Barnes
Agatha Boucino
Elizabeth Damiani
Daphne Eichner
Diane Geiger
Marjorie Knightly
Gay Roland
Paul Samele, Sr.
Charles Vignali
Mary Ann White

July 19

Mamie Alicea
John Bekasi
Georgette Benson
Robert Capitanio
James Coffey
Ruth DeMaida
Ilena Ford
Lucia Grillo
Joanne Mottola
Carlyn Ponsalle
Beatrice Rugg

July 20

Celeste Batchelder
Janine Boisvert
Mary Ann Delay
Margaret
DiBenedetto
Janet Eucalitto
Mario Guccione
John Kissko
Madonna Lutka
Lynda Robinson

July 21

Adrienne Barbe
Dot Blanchette
Raymond Engle
Thomas Flinn
Lucile Fogarty
William Grieco
Marie Stroker Martin
Lucas Morales
Fonesca
Joyce Newkirk
Thomas O'Meara
Lee O'Shaughnessy
Nancy Roy
Frank Silvester
Kathryn St. Jean

July 22

Helen Hubert
Robert McDivitt
Peter Miller
Judith Pfeffer
Judith Reginatto
Barbara Thrall

July 23

Paul Dell
Irene Dzurilla
Elfiede Fieldman
Eugene Janczak
Patricia Lazauski
James McGarty
Linda Scappini
Sal Shaia
Enid Silva
Judy Vernovai

July 24

Robert Baccei
Gary Borla
Gretchen Ross
Michael Vernovai, Jr.
Maurette Wall

July 25

Sally Bailey
Priscilla Conlon
Julia Winn

July 26

Bonnie Doyle
Bruce Falls
Margaret Franzone
Esther Hoyt
Jo-Ann Jayne
Evelyn Marciano

July 27

Marian Calhoun
Elaine Couture
Frank Fabbri
Margaret Flanagan
Mary Floyd
Regina Follert
R. Steven Grigos
Joe Kwashnak
Joan Lach
Frederick Lohnau
Donna Mangini
Linda Martin
Agnes Negruzzi
Susan Pantely

July 28

Arthur Barger
Mary Cianciolo
Janet Cracco
Vernon Dunbar
Lorraine Gangi
John Lomento
Richard Matthews
Claire McDonald
James Sawyer

July 29

Joseph Bruno
Herbert Crunden
Patricia Faita
Donald Iffland
Gerald Marcellino
Nancy McAliece
Rose Plaskewicz
Janice Quinlan
Audrey Seebach
Joseph Shaia
Pauline Turick

July 30

Donna Alfano
Anna Bonetti
Ann Marie Kelson
Richard Prestash
Jean Reid
Anne Voglewede
Green

July 31

Patricia Celadon
Ferdinand
DeSharnais
Edward Desrochers
Frances Donohue
Elizabeth Marciano
Bette McLeod
Anna Rubens

NEW MEMBERS

LET'S SAY WELCOME TO:

Diane Gigliotti
Judy Hartman
William Hartman
Deborah Jones
David Levesque
Gwendolyn Sadowski

Active Members 3,056

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 July 18th. Bring a friend, all are welcome!**

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.*

NUTRITION TALK AND TASTING

Join registered dietitian Elizabeth Caruthers, RDN, CDCES from the Community Health & Wellness Center for a FREE monthly cooking demonstration, recipe tasting and nutrition talk. You will learn how to use food to prevent and manage chronic diseases such as obesity, diabetes, hypertension and heart disease.

She will share her easy, delicious recipes and offer her nutrition expertise throughout these engaging classes.

Please join us on the 4th Tuesday of the month from 2:30-3:30pm. Classes are FREE, but you will need to register in advance.

Mark your calendar for:

July 26 · Aug. 23 · Sept 27 · Oct. 25 · Nov. 22 · Dec. 27

Call 860.489.2211 to register!

SENIOR EMPLOYMENT OPPORTUNITIES

Senior Community Service Employment Program

presented by Pam Silvestri

Thursday, July 14 @ 10:30 a.m.

The Senior Community Service Employment Program (SCSEP) is a Federal Employment Training Program for individuals age 55+. Pam Silvestri, the Case Management Participant Assistant for SCSEP in Litchfield County will be providing this presentation. Join us to find out how you can update your skills, learn new skills, reinvent yourself in a new occupation and more while participating in part time paid training! **Register for this presentation by calling the Center at 860.489.2211. Stay for lunch! Lunch details can be found on Page 15. Reservations for lunch must be made by noon on 7/13.**

If unable to attend but would like to know more, please call 203-833-1422, email: torrington@a4td.org, or visit www.a4td.org.

QUILTING

Wednesday Afternoons

Over the past few months we have had individuals come in to ask about quilting with a group. If you were one of those individuals or would like to quilt with a group let's get started. The SSC would love to host a quilting group on Wednesday afternoons. We have the space and we have the sewing machines. Give us a call if interested and we can start this month! 860.489.2211



AARP SMART DRIVER COURSE

The July AARP SDC is closed to new registrations for the July class. The remainder of the year has not been scheduled.

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.

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

COLLEGE COURSES

Northwestern Connecticut Community College Courses for Connecticut Residents Over Age 62

presented by Karissa Smith, M.S.

July 20 @ 10:30 a.m.

Did you know, CT Residents who are 62 years of age or older may be eligible for FREE community college courses? If you are interested in lifelong learning or taking a special interest course at Northwestern CT Community College, come learn about how to register for this Fall 2022 semester. Students can take courses online or in person and can choose to audit or earn college credits. An admissions representative will be available to talk about this opportunity for FREE classes.

Register for this presentation by calling the Center at 860.489.2211. Stay for lunch! Lunch details can be found on Page 15. Reservations for lunch must be made by noon on 7/19.

MOVIES

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

**"FATHER STU"
JULY 11, 2022**

Based on a true story, this is a funny uplifting story about a man finding a purpose. After surviving an accident a man who has lead a less than perfect life realizes he wants to become a priest. His journey inspires those close to him and countless others

Mark Wahlberg, Mel Gibson

PG-13 2h 05m.

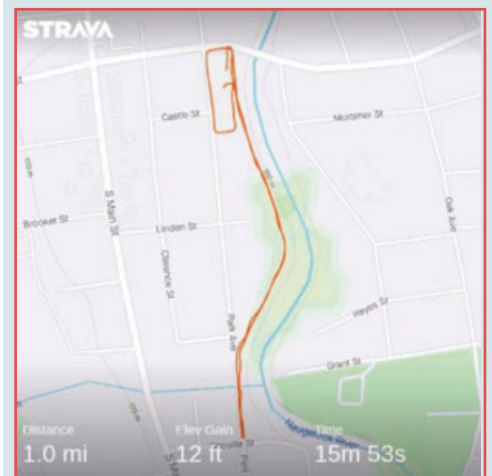
**"MARRY ME"
JULY 25, 2022**

A betrayed pop star marries a stranger from the audience, a high school math teacher. Their sham relationship develops into something real but can their love survive the limelight?

Jennifer Lopez, Owen Wilson

R 1h 52m.

WALK A MILE AT SSC



Once around the building, along the sidewalk, down the trail and back to the front!

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 proof of **total SSI received in 2021**).

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.

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some extra money!**

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Friendships, exercise and
good sensations.**

**'Dahling' I love you, thank you
for your tag sale donations!**

**Great stuff ... FOR SALE!
Baked goods ... EVERYWHERE!**

**You help us grow,
in our gardens you know.
Bowman Gardens we are there!**

THANK YOU FOR DONATING! THANK YOU FOR PURCHASING!

Thank You, Thank You One & All!

~ Thank you Donors for your items to sell and your monetary donations.

~ Thank you Volunteers for your time and hard work.

~ Thank you Bakers for the delicious sweets and treats.

~ Thank you Joan Altschuler for the beautiful hand crafted stained glass butterflies.

~ Thank you Joel for letting me do this and your input.

~ Thank you Kerry for your extra help and knowledge.

We are proud to be Sullivan Senior Center Members. Good friends cooperating to get the job done!

With appreciation,

Rose DeMaria



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Jeffrey R. Thurston • Melissa A. Thurston



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Funeral Director

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MONDAY

TUESDAY

WEDNESDAY

JULY

"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*

Wii BOWLING

JOIN US! Call 860.489.2211



Fall League: Aug 29-Dec 16

04

C
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O
S
E
D



05

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

06

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

11

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/Mahjong
1:30 Movie: "Father Stu"

12

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

13

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
1:30 Dance Fitness w/Robyn—\$5

18

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 Svc for the Elderly Comm. Mtg.
1:15 6-Handed Pinochle/Mahjong

19

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

20

9:00 Wii Bowling
9:30 Silver Belles & Beaux
10:30 NWCC - Course Opportunities
12:30 Computer Lessons
1:00 Quilting
1:15 Music & Dancing
1:15 Cornhole
1:30 Dance Fitness w/Robyn—\$5

25

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/Mahjong
1:30 Movie: "Marry Me"

26

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
2:30 Cooking Demo & Nutrition Talk

27

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

SUPPORT OUR ADVERTISERS!



THURSDAY

FRIDAY

Music & Dancing Wednesday Afternoons

Join us for lunch!

Lunch details are on Page 15.
Lunch at noon, dancing at 1:15

01

9:00 Chess
9:15 Canasta **4th of July Luncheon**
9:15 Beginner Italian - 3/10
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

08

9:00 Chess
9:15 Canasta
9:15 Beginner Italian - 4/10
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

07

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

14

8:30 Chair Exercise
9:00 Bridge Wood Carving
9:15 Conversational Italian - 9/14
9:45 Line Dancing with Joan
10:30 Senior Employment Opportunities
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 **Wii Tournament**
9:15 Canasta **with New Milford**
9:15 Beginner Italian - 5/10
9:30 & 10:45 Arthritis Found. Ex. Prog
1:15 Mexican Train
1:15 9/5

21

8:30 Chair Exercise
9:00 AARP Safe Driving Course
9:00 Bridge Wood Carving
9:15 Conversational Italian - 10/14
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
9:15 Beginner Italian - 6/10
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 - 11/14
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
9:15 Beginner Italian - 7/10
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

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

TORRINGTON AREA PARKINSON'S SUPPORT GROUP

Saturday, July 16, 2022
(3rd Saturday of month)

10AM to noon

Speaker

Amy Fitzpatrick
Litchfield Adult Day Care

Topic

Benefits of Adult Day Care:
Independence, Safety,
Socialization

For further information call

Sue at 860.489.1677



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SENIOR CENTER TRIPS

Depart from Staples/TJ Maxx Plaza unless otherwise indicated
Return Times are approximate

July 20, 2022	MOHEGAN SUN CASINO, UNCASVILLE, CT	Price includes driver's gratuity	\$30 pp
	Depart 8AM Leave Casino 4PM		
Aug. 11, 2022	SARATOGA RACE COURSE, SARATOGA, NY	Come to SARATOGA and enjoy	\$75 pp
Depart 9:00 AM	"The Sport of Kings". Lunch on own at one of the several restaurants or choose		
Return 8:30 PM	a food vendor offering a variety of delectable treats sure to please everyone's tastes. Includes: transportation, grandstand admission, reserved seating & driver's gratuity.		
Sept. 14, 2022	LAKE GEORGE, LAKE GEORGE, NY	We'll take a 2-hour luncheon cruise	\$106 pp
Depart 8:00 AM	through the vistas of Lake George aboard the M/V Lac du Saint Sacrament.		
Return 7:00 PM	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.		
Sept. 21, 2022	BIG E, WEST SPRINGFIELD, MA	Enjoy the Big E on Connecticut Day. This	\$55 pp
Depart 8:00 AM	premier event is "New England's Great State Fair." Includes Transportation,		
Return 6:30 PM	Admission to the Big E, taxes and driver's gratuity		
Oct. 05-07, 2022	PENN DUTCH SHOW STOPPER, LANCASTER, PA	Experience one of	\$694 pp
Depart 8:15 AM	America's favorite destinations - the Amish country of Lancaster, PA. Tour	Double	
Return 8:30 PM	includes: Roundtrip motorcoach, 2 nights lodging at The Country Inn of Lancaster, 5 meals (2 dinners, 2 breakfasts & 1 lunch), 'Jacob's Choice', at The	\$854 pp	
	Amish Experience, "Saturday Night Fever" at the Dutch Apple Dinner Theatre,	Single	
	Amish Country Guided Tour, reserved seating for Sight & Sound's "David", visit	\$664 pp	
	and tour of Kreider Farms, luncheon at 'The Cat's Meow' restaurant, visit to the	Triple	
	Kitchen Kettle Village, shopping at the Bird in Hand Amish Market, al taxes and		
	gratuities, luggage handling (one bag per person).		
	\$100 deposit due at sign up ~ Balance due by 08/20/22		
Oct. 26-27, 2022	NEW HAMPSHIRE GETAWAY, MEREDITH, NH	Escape to the beautiful Lakes	\$460 pp
Depart 7:00 AM	Region of New Hampshire. Stopping first in Wolfboro. Browse the unique	Double	
Return 6:30 PM	shops and eateries with lunch on own. After lunch we drive to Meredith and	\$622 pp	
	check in to our hotel, The Inn at Mills Falls. We will take a 2-hour scenic train	Single	
	ride aboard the Hobo Turkey Train where we will enjoy a meal catered by	\$425 pp	
	Hart's Turkey Farm. On Day 2 we will enjoy breakfast on site with shopping at	Triple	
	Mill Falls Marketplace. On the way home we will stop in Amherst for a visit to		
	LaBelle Winery for a wine tasting and luncheon. Includes: RT Coach		
	Transportation, lodging at The Inn at Mills Falls, Turkey Train dinner, breakfast,		
	Wine Tasting & Luncheon at LaBelle Winery, all taxes, gratuities and luggage		
	handling (1 bag per person).		
	\$100 deposit due at sign up ~ Balance due on 09/01/22		
Look for details on the following trips in subsequent newsletters:			
Nov. 17, 2022	INN AT EAST HILL FARM, TROY, NH		\$98 PP
Dec. 02, 2022	HISTORIC SALEM CROSS INN, WEST BROOKFIELD, MA		\$88 pp

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.

SULLIVAN SENIOR CENTER

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Local Farmers Markets!

Is there anything better than fresh, crisp produce in the summer months? Farmers markets are great because they can put you in touch with the people who actually grow your food! They pick it at the peak of its freshness, and they can tell you the best ways to prepare items that you're not familiar with. Farmers markets are great ways to get out and about in the community, since most of them are in level parking lots or town green areas, making them friendly to those with mobility issues!

Torrington

St. Paul's Lutheran Church
837 Charles St
Tuesday 3PM-6PM
Saturday 10AM-1PM

Litchfield

Center School Parking Lot
Woodruff Lane
Saturday 10AM-1PM

Winsted

Town Green
Second Saturday of the Month,
9AM-2PM

Canton/Collinsville

Town Hall
4 Market St
Sunday 10AM-2PM

New Milford

Town Green
Main St
Saturday 9AM-12PM

Goshen

Town Hall
42 North St
Saturdays 10AM-1PM

Norfolk

Town Hall
19 Maple Ave
Saturdays 10AM-1PM



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SUMMER CONCERT SERIES



DATE	DAY	BAND	TYPE OF MUSIC/GENRE
June 21	Tuesday	St. Peter's Drum Corps.	Patriotic & Ethnic Marching Music
June 24	Friday	The Daybreak Band	Variety of Pop/ Rock Hits
June 28	Tuesday	Coyote River Band	Mix of 70s/80s/Country/Pop
July 1	Friday	Apricot Brandy	Rhythm and Blues
July 5	Tuesday	RBO Orchestra	Polka
July 8	Friday	NO CONCERT	FIREWORKS
July 12	Tuesday	Vin Avallone	50s, 60s, 70's & 80's
July 15	Friday	NO CONCERT	NW VOCAL SHOWCASE -2ND SEMI FINAL
July 19	Tuesday	Country Steel	Country
July 22	Friday	River Of Dreams	Live Billy Joel Tribute Band
July 26	Tuesday	Liddle Big Band	Big Band
July 29	Friday	Tracy Walton Band	Rock
August 2	Tuesday	Brian Mattiello and Friends	Acoustic Rock and Country
August 5	Friday	Torrington Symphony Orchestra	Orchestra Pops
August 9	Tuesday	NO CONCERT	PRIMARY
August 12	Friday	The Kerry Boys	Celtic/Jazz/Folk
August 16	Tuesday	Wanda Houston & the HBH Band	Jazz & blues influenced by R&B, Rock, Country Gospel and Musical Theater
August 19	Friday	Tim Urban	Acoustic Pop
August 23	Tuesday	NO CONCERT	
August 26 6:00-8:00PM	Friday	Eddie Foreman Band Mayor's Polka Night	Polka - Ethnic



MAYOR'S POLKA NIGHT

Friday, August 26

6:00 - 8:00 PM

Coe Memorial Park

Live Entertainment by: Eddie Foreman Band

Popcorn, drinks, and music for all Polka lovers.

Everyone attending concerts should adhere to all current CDC Guidelines and State of Connecticut Executive orders related to COVID-19.

**In case of inclement weather, concerts will be held in the auditorium of Coe Memorial Park. Seating may be limited & masks are recommended.

Reach for a Peach!

Summer peaches are one of nature's best inventions! They're soft and sweet, smell divine, taste good cooked or fresh, and they're chock-full of vitamins, minerals, and antioxidants. Peaches boast lots of potential health benefits, including improved digestion, a healthy heart, a strong immune system, and improved allergy symptoms.

Here are some of the awesome benefits of eating peaches:

Heart Health: All types of fruits are an important part of a heart-healthy diet, but peaches might have some specific benefits. Research in animals studies has found that peach extract can help lower cholesterol and high blood pressure. Peaches are also a source of potassium, which is an important nutrient to help control blood pressure.

Improved Digestion: Peaches contain both soluble and insoluble fiber, which help to stabilize blood sugar and keep cholesterol levels in check, while aiding in digestion and helping prevent constipation. Eating the skin of the fruit can maximize your fiber intake--plus that fuzzy skin is a fun texture!

How to Choose and Store Fresh Peaches

When you're shopping the produce aisle, follow your nose! The sweet smelling peaches tend to be the ripest and most flavorful. If they're very firm and don't have much of an aroma, let them ripen at room temp for a few days. Pop ripe peaches into the fridge once they hit just the right ripeness level so that they don't go bad too quickly!



5-Minute Healthy Peach Frozen Yogurt

- 1 16 oz bag frozen peaches
- 3 TBSP honey
- 1/2 cup plain yogurt
- 1TBSP fresh lemon juice



Instructions:

1. Add the frozen peaches, honey, yogurt, and lemon juice to the bowl of a food processor. Process until creamy, about 5 minutes.
2. Serve the frozen yogurt immediately or transfer it to an airtight container and store it in the freezer for up to a month.

Stop by the Nutrition Bulletin Board for more great peach recipes!!

Decreased Inflammation: The plant-based micronutrients and prebiotics that are found in peaches and other plant-based foods can decrease inflammation, which can, in turn, decrease your risk of many chronic diseases, including heart disease, diabetes, cancer, and Alzheimer's disease.

Stronger Immune System: The fuzzy skin and juicy flesh of peaches contain good-for-you antioxidants, including Vitamin C, polyphenols, and carotenoids. Antioxidants are compounds in plants that fight cell damage, and antioxidant-rich diets can help protect your body against aging and illnesses, including cancer. In fact, scientists have found that postmenopausal women who ate at least two servings of peaches a week had lower rates of certain types of breast cancer!

Healthy Eyes: Peaches are a great source of beta carotene, a red-orange pigment found in fruits. The body turns beta carotene into vitamin A, an essential vitamin that's important for healthy vision.

All meals include Margarine, Milk & Coffee or Tea

July 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) Ticket Required <u>4th of July Menu</u> Cheeseburger Lettuce, Tomato Veggie Pasta Salad Pickle Chips Tomato/Cucumber Sld Sesame Seed Roll 4 th of July Dessert
(4)	(5)	(6)	(7)	(8)
CLOSED Fourth of July	¼ All Beef Hot Dog Ketchup Mustard Potato Salad Broccoli Slaw Hot Dog Roll Fresh Fruit	Vegetable Barley Soup Crackers Chef Salad with Ham, Turkey, Swiss, Tomato & Hard-Boiled Egg Ranch Dressing Three Bean Salad Pumpernickel Bread Pears	Cheese Baked Ziti Tossed Salad w/Tomatoes, Cucumbers & Olives Italian Dressing Garlic Bread Fresh Fruit	BBQ Pulled Chicken Baked Beans Cauliflower Hamburger Roll Mandarin Oranges
(11)	(12)	(13)	(14)	(15)
Orange Tangerine Juice Pork Loin w/Mushroom Gravy Mashed Potatoes Mixed Vegetables Biscuit Applesauce	Potato Crusted Fish Tartar Sauce Buttered Egg Noodles Broccoli Rye Bread Peaches	Belgium Waffles with Fruit Compote Turkey Bacon Fried Egg Chocolate Chip Cookie	Chicken Parmesan Penne w/Sauce Tossed Salad w/Tomatoes, Cucumbers & Chickpeas Ranch Dressing Italian Bread Fresh Fruit	Lentil Soup Crackers Grilled Ham & Cheese Beet Salad Chips Pickles Multi Grain Bread Diced Pears
(18)	(19)	(20)	(21)	(22)
Spaghetti & Meatballs w/Marinara Sauce Caesar Salad w/Romaine Lettuce, Croutons Parmesan Cheese Caesar Dressing Garlic Breadstick Fresh Fruit	Turkey with Gravy Mashed Potatoes French Green Beans Biscuit Mandarin Oranges	Chili w/Beans Whole Baked Potato Cheese Butter Sour Cream Carrots Cornbread Mixed Fruit	Vegetable Orzo Soup Crackers Tuna Salad Plate Iceberg Lettuce, Cucumbers, Tomatoes & Croutons Dressing Dinner Roll Applesauce	Mixed Fruit Juice Sweet & Sour Pork Yellow Rice Asian Vegetables Wheat Bread Fruited Jell-o
(25)	(26)	(27)	(28)	(29)
Cheeseburger Ketchup Baked Beans Chips Pickles Hamburger Roll Fresh Fruit	Cheese Ravioli ½ Sausage Link Marinara Sauce Tossed Salad w/Tomatoes and Cucumbers Ranch Dressing Garlic Bread Applesauce	Apple Juice Fish Sticks Tartar Sauce Rice Pilaf Broccoli Wheat Bread Chocolate Pudding	Grilled Chicken Romaine Lettuce Croutons Parmesan Cheese Caesar Dressing Three Bean Salad Herbed Breadstick Fresh Fruit	Florentine Soup Crackers Meatloaf with Gravy Mashed Potatoes Peas Wheat Dinner Roll Mandarin Oranges

POP UP CAFE

Join us as the kitchen offers up a new dining experience! On **Tuesday, July 26th at 3pm**, we're going to be serving up a fresh **Garden Salad** with Tomatoes, Cucumbers, Carrots, Havarti Cheese, Croutons, and French Dressing, a **6" French Dip Sandwich** with Top Round Roast Beef, Caramelized Onions, Horseradish Mayo, on a French Baguette, **Refrigerator Pickles, House-made Potato Chips**, and home-made **Sticky Buns**. Seating is dine-in only and is limited to the first 50 people, so get your tickets early! Tickets are \$10 and will be available in the Nutrition Office until we sell out!

BROOKE'S POP UP BAKERY!

Stop in on Thursdays and Fridays to see what fresh baked goods Brooke's been baking up! Enjoy a reasonably priced pastry or muffin alongside your fresh cup of complementary coffee! The selections of the week are going to vary based on Brooke's inspiration and fresh ingredients we might have on hand. Come check it out!



We are so grateful to **Gengras Subaru of Torrington** for being such great partners to the **Litchfield Hills Elderly Nutrition Program**! They were kind enough to choose us as one of their hometown charities for the **2021 Subaru Share the Love Event**, and were able to help raise more than **\$20,000** for the **Meals on Wheels Program**! Their generous support is crucial to our ability to keep our Meals on Wheels trucking on the road, bringing high quality meals to our clients. Thank you Gengras Subaru and we can't wait to work with you again this year!



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 McMahon, Gabriel Franco, Giancarlo Petrarola, Jack Sprucinski



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