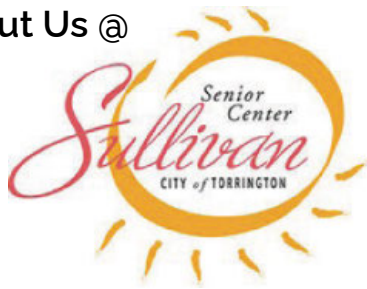


All About Us @



# SULLIVAN

## SENIOR CENTER

### CITY OF TORRINGTON

2022

# AUGUST

## 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



## THE SILVER BELLES & BEAUX CELEBRATE 40 YEARS

In 1982 Peg Murphy was the Director of the Sullivan Senior Center with a vision of a singing group made up of the senior community. She contacted the late Claire Deranleau to ask if she would contact Mary Floyd to start a choir. On August 18, 1982 the first meeting of the Silver Belles & Beaux took place with 18 members in attendance.

This dedicated group of singers performed regularly at the Sullivan Senior Center focusing on Christmas and St. Patrick's day music. They would also perform at local events including the Flag Day Ceremony held by B.P.O.E #372 (Elks Club) and the St. Jude Telethon. Taking their show on the road, the group performed at the New Haven Coliseum and the West Hartford Jewish Meeting. The later being so impressed with the music selected especially for the Jewish community, The late Marvin "Muff" Maskovsky connected Mary with a woman who would teach her the correct pronunciation of the words in these songs and she in turn taught the group.

The Silver Belles & Beaux continue to rehearse faithfully 10 months out of the year at the Sullivan Senior Center and it is our hope performances will resume soon. Thank you to Mary Floyd for her dedication and to the group for their commitment. Your music is loved by all.

# 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	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
Lucy Field, Chore Program	


## August Summer Clothing Sale

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*Mix & Match, higher price prevails*

**Aug 15th - 31st**  
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# AUGUST BIRTHDAYS

## August 01

Sharon Cable  
Dorothy Coyne  
Doris Graziani  
Maureen Murphy  
Inger Pearson  
George Roche  
Gayle Sauselein  
Antonieta Sestito  
Theodore Zielinski

## August 02

Evelyn Davidson  
James Gajewski  
Elsa Katz  
Carmen Lugo  
Jacki Lussier  
Sharon Molitor  
Dave Sekorski  
Marlene Sullivan

## August 03

Catherine Barber  
Sandra DePaoli  
Thelma Fiore  
Laura Seelye  
Louis Sorochak

## August 04

Mary Helen Acheson  
Eleanor Bensle  
Walt Brothwell  
Regina Brunjes  
Nancy Derwitsch  
Sherry Grech  
Kurt Hein  
Eunice Iffland  
Marguerite Kiernan  
Louise Krozek  
Yvonne LaMere  
Wesley LaRock  
Len Mandile  
Carolyn Poole

## August 05

Deborah Bourque  
Harry Buck  
Tillie Carter  
Linda Gardner  
William Nataro  
Marjorie Ann Osden  
Patricia Rogenski  
Joseph St. Angelo  
Melody Thompson  
Sandra Tiffany  
Ellen Timms

## August 06

Richard Corey  
Jean Ficke  
Heather Kelley  
Linda Kowalczuk  
Maryann Lariviere  
Sylvia Lovley  
Robert Mosey  
Dixie Travis

## August 07

Jeffrey Brigham  
Julia Maraia

## August 07

Roger Rinaldi  
Lillian Roberts  
Clayton Rogers  
Ennio Savocchia  
Joseph Smegel  
Barbara Stillman

## August 08

Gerald Bodnar  
Kathryn DePaoli  
Bonnie Herrick  
Thomas Panilaitis  
Diane Pretak

## August 09

Jean Capozzi  
Heather Gromko  
Harry Hackley  
Dwight Hulbert  
Janet Kaufman  
Karen Mannheimaupt  
Harold Pantely  
Elizabeth Pollack  
Judith Puhalski  
Mary Susla

## August 10

Jean Barber  
Edward Chadwick  
Agnes DePaoli  
Helene Diston  
Diana Dumond  
Ken Graham  
Lorraine Preece  
Marjorie Sartori  
Lylan Soudier  
Rosanne Wheeler  
Beret Woodworth  
Barbara Zaffina

## August 11

Ruby Howard  
Roger Jeanfavre  
Jolene Lesniewski  
Ruth McGovern  
Sarah Orban  
Arne Pearson  
Theresa Romaniello

## August 12

Paulette Bronzi  
Chester Cox  
Jose' Dlugokinski  
Kathleen Gilbert  
Mary Halsted  
Nancy Lamb  
Richard LeVasseur  
Ernest Nardi  
Patricia Nevers  
Sylvia Pond  
Lorraine Wald

## August 13

Linda Baldwin  
Joseph Barbieri  
Mick Colligan  
Salvatore Condoluci  
Anna Cruikshank  
Theresa Kenneson

## August 13

Rayelene Koontz  
J. Fred Lawson  
Jack Leavitt  
Lester McDonald  
Kathleen Nelson  
Denise Nowak

## August 14

Robert Gubbiotti  
Jean Gutowski

## August 15

Judith Monahan  
Maria Pesce  
Helen Spafford  
August 15  
George Bishop  
Edward Bloes  
Gloria Fournier  
Anthony Mangione  
Jean Rulli  
Karen Tomlinson

## August 16

Francis Bahr  
Linda Beyus  
Eleanor Dattolo  
Joseph Mulligan  
Lynn Skokan  
Betty Ann Sweeney  
Tom Williams

## August 17

Lojean Beach  
Cecelia Brothwell  
Thomas Legeyt  
Nancy Lewis  
Francis May  
Danny Peelman  
Faye Pratillo  
Paula Puente  
Mary Tazzara  
Barbara Troy  
Cynthia Trumbull  
Maureen Wallison  
Bruce Young  
Marie Ziese

## August 18

Dorothy Barbieri  
Diana Chatfield  
Josephine Kozlak  
Kathleen Labrecque  
Michael Magyar  
Paul Newcity  
Florence Plant  
Jeanie Seegers  
Helen Whalen  
Joyce Wilcox

## August 19

Francis Bicio  
Shirley Bodman  
Kathleen Connors  
Phyllis Dietrich  
Joanne Marie Dileo  
R. Shadow Wolf Flint  
Marie Heroux  
Cecilia Hoffman

## August 19

Brenda MacLean  
Karen Mordarski  
Rock Nisenon  
Sandra Richard  
Sherry Shoblom  
Donna Smith  
Jessie Sok

## August 20

Elizabeth Atherton  
Pablo Barrio  
Clifford Erler  
Karen Guralnick  
Katherine Rinaldi  
Alfred Van Seters

## August 21

John Beeny  
Sandra Gidman  
Albert Gingell  
Carol Hague  
Lynn Kelly  
Robert LaMere  
Theresa O'Connor  
Joanne Prindle  
Norman Starr  
Robert Walton  
John Williams, Jr.

## August 22

Charlene Belmonte  
Dorothea DeLuca  
Patricia Durstin  
Joseph Eschenbrenner  
Gloria Gabelmann  
Sonia Goen  
Jean Killiany  
Sally Mangione  
Anna McKeon  
Margaret Szymanski  
Elaine Tyrrell

## August 23

Giorgio Cavalieri  
Jim Gardner  
Clement Goulet  
Geneva Jackson  
Patricia Martin  
Catherine-Angela Mosey  
Elfriede Roller  
Mary-Lou Serafini  
Halina Sary  
Margaret Summa  
Astrid Sundwall

## August 24

Michael Carson  
Caroline Cioppa  
Paul Corcoran  
Alfred Dombrowski  
Sharon Hall  
William Killiany  
Jan McEvilia  
John Michaud  
Clare Morin  
Gail Nemcik  
Richard Regis

## August 24

Linda Salamacha  
Ann Smith  
Cynthia Sprong  
Betty Vignali  
Marie Weik  
Lila Young

## August 25

Norma Corcoran  
Margaret Isely  
Lawrence Sanger  
Donna Whitbeck  
Joan Zeitler

## August 26

David Anthony  
Jessie Fijalkowski  
James Hardy  
Phyllis Peters  
Joan Stannard  
Daniel Summa  
Judith Tokarz

## August 27

Suzette Barker  
Peter Bauce  
Marie Eckstrand  
Ronald Eldred, Sr.  
Jean Maggiorotto  
Roger Nadeau

## August 28

Esther Bennett  
Karen Bowman  
Martha Diamond  
Virginia Eucalitto  
Joanne Johnson  
Vanzy Kelley  
Paul Raider  
Adrian Therrien

## August 29

Joanne Bollard  
Rosemary Breen  
Mary Grinvalsky  
Margaret Jalbert  
Jacqueline Larkin  
Charles Schapp

## August 30

Irene Baker  
Eileen Berton  
Scott Chase  
Mary Curtis  
Laurette DeSharnais  
Deborah Jacobs  
Mary Louise Loughan  
Louise Ostroski  
Winston Seeran  
Patricia Sisson  
Martha Snay-Garrison

## August 31

Floyd Bennett  
Shirley Clarke  
Charlotte Leifert  
Janet McLeod  
Stephen Varhol

## NEW MEMBERS

### LET'S SAY WELCOME TO:

Mary Avallone  
H. Rustin Boak  
George Dino  
Rene' Duval  
Linda Hawkins  
David Kraft  
Joyce Kraft  
Yarmouth McLellan  
Sarah Pattrell  
Neibis Perez  
Joanne Prindle  
Iraida Redmond  
Joan Testori  
Lucille Videtto

**Active Members 3,056**

## VETERANS SOCIAL

### 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 Aug. 15th. Bring a friend, all are welcome.

## 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.*

## CONGRATULATIONS!

The Sullivan Senior Center, in particular, The Bowman Community Garden, was taken on the journey of two young men aspiring to be Eagle Scouts. We are pleased that their dream came to fruition. The Eagle Scout Court of Honor was held at the Gardens on June 26 for:

### **Nicholas Carr & Anthony DiPippo**

Nicholas built the garden's pump house while Anthony built a garden shed.. Both invaluable additions to the property. Congratulations to these young men on their achievement!

## MUSIC AND DANCING

Every Wednesday afternoon you can enjoy music and Dancing at the Sullivan Senior Center. Each week we play your requests.

### **On August 10, we will have live music!**

Come for lunch and then dance the afternoon away. Lunch details are on Page 15.

### **Lunch at noon, dancing at 1:15. Join in on the fun!**

## WE NEED PLAYERS!

**Wii Bowling** continues to be a favorite activity of the members of the SSC. Sign up now to be part of the Fall League starting August 29th. Never played? We got you covered! We can teach you in just a few minutes. League dues are \$5 per month with an awards banquet at the end. Come in and play.

**Cornhole** is another favorite. We play on Wednesday afternoons. We are happy to show you how to play that too. What better way to spend a Wednesday - Wii Bowling in the morning, lunch and Cornhole in the afternoon!

## AARP SMART DRIVER COURSE

### Held in the Senior Center Shuffleboard Room

This course is available to people age 50 and older. The 4 hour session must be completed to receive a certificate that entitles the student to a discount on auto insurance for 2 years. The cost is \$20, (\$25 non-members of AARP) payable by check only made out to AARP. IMPORTANT!!! You must bring your AARP card to show the instructor. If you do not have your membership card you can call 1-888-687-2277 for your number.

**All classes are held on Thursdays  
from 9—1 on the following dates in 2022:  
AUG 18 (CLASS IS FULL) ~ SEPT. 22 ~ DEC. 2  
Please call 860.489.2211 to register!**

## 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 Thursday, October 20  
You are asked to register for this event by calling 860.489.2211**

## NUTRITION TASTING & TALK

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:  
Aug. 23 · Sept 27 · Oct. 25 · Nov. 22 · Dec. 27  
Call 860.489.2211 to register!**

## MOVIES

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

### "MOONFALL" AUGUST 8, 2022

In Moonfall, a mysterious force knocks the Moon from its orbit around Earth and sends it hurtling on a collision course with life as we know it. On an impossible last-ditch mission into space, we find out that our Moon is not what we think it is.

*Halle Berry, Patrick Wilson*

**PG-13 2h 10m.**

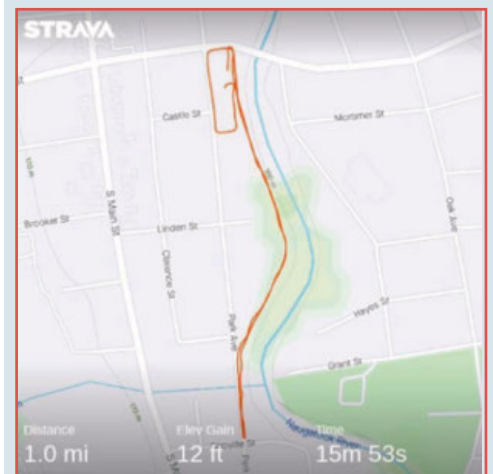
### "MEMORY" AUGUST 22, 2022

An expert assassin refuses to complete a job that violates his code so he must quickly hunt down and kill the people who hired him before they and an FBI agent find him first.

*Liam Neeson, Guy Pearce*

**R 1h 54m.**

## 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:**

**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.**

---

## MEDICARE

### **Got questions? We can help in many ways!**

We have trained CHOICES Counselors on staff to answer your Medicare questions. We can provide you with unbiased information so you can make an informed choice on how to start with Medicare. Or maybe you already have Medicare and are wondering if you have the right configuration. Have you heard that some people don't have their Part B Premium deducted from their Social Security check? Do you qualify for that? We can help you find out. Open enrollment is quickly approaching. We will have extra counselors on site to review your prescription drug plan. Drug plans change every year, don't assume that what you have is the most economical plan.

**Call 860.489.2211 to set up an appointment.**

Are you new to Medicare or simply confused about what you have and like the idea of participating in an educational opportunity? We've got you covered there too. Our Senior Center will host two local insurance specialists in October. Please give either of them a call to register for their Medicare Education Seminar.

**Craig Yard**

**Health Insurance Services, LLC**

**Wednesday, October 19th at 11:00 a.m.**

**Call 860.567.4629**

**Ann Bowen**

**The Bowen Agency, LLC**

**Monday, October 24th at 1:00 p.m.**

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Funeral Director  
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phalenfuneral.com  
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Torrington, CT 06790  
(860) 489-9600

MONDAY		TUESDAY		WEDNESDAY	
<b>01</b>		<b>02</b>		<b>03</b>	
8:20 Chair Exercise with DVD's 8:30 Foot Clinic—Foothills VNA 9:00 Cribbage 9:30 & 10:45 Arthritis Found. Ex. 1:15 6-Handed Pinochle/Mahjong		9:00 9:30 9/5 League 11:15 Craft Group 12:30 & 12:30 Parkinson's Exercise 1:15 Stamping & Embossing Pinochle 2:30 Yoga with Wendy		9:00 Wii Bowling 12:30 Computer Lessons 1:00 Quilting 1:15 Music & Dancing 1:15 Cornhole 1:30 Dance Fitness w/Robyn—\$5	
<b>08</b>		<b>09</b>		<b>10</b>	
8:20 Chair Exercise with DVD's 8:30 Foot Clinic—Foothills VNA 9:00 Cribbage 9:30 & 10:45 Arthritis Found. Ex. 1:15 6-Handed Pinochle/Mahjong <b>1:30 Movie: Moonfall</b>		9:00 9:30 9/5 League 11:15 Craft Group 12:30 & 12:30 Parkinson's Exercise 1:15 Stamping & Embossing Pinochle 2:30 Yoga with Wendy		9:00 Wii Bowling 12:30 Computer Lessons 1:00 Quilting 1:15 Music & Dancing <b>with the Band</b> 1:15 Cornhole 1:30 Dance Fitness w/Robyn—\$5	
<b>15</b>		<b>16</b>		<b>17</b>	
8:20 Chair Exercise with DVD's 8:30 Foot Clinic—Foothills VNA 9:00 Cribbage 9:30 & 10:45 Arthritis Found. Ex. Prog <b>11:00 Veteran's Social</b> <b>1:00 Svc for the Elderly Comm. Mtg.</b> 1:15 6-Handed Pinochle/Mahjong		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 <b>3:00 Pop Up Café - see page 16</b>		9:00 Wii Bowling 12:30 Computer Lessons 1:00 Quilting 1:15 Music & Dancing 1:15 Cornhole 1:30 Dance Fitness w/Robyn—\$5	
<b>22</b>		<b>23</b>		<b>24</b>	
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 <b>1:30 Movie: "Memory"</b>		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 <b>2:30 Cooking Demo &amp; Nutrition Talk</b>		9:00 Wii Bowling 12:30 Computer Lessons 1:00 Quilting 1:15 Music & Dancing 1:15 Cornhole 1:30 Dance Fitness w/Robyn—\$5	
<b>29</b>		<b>30</b>		<b>31</b>	
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		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		9:00 Wii Bowling 12:30 Computer Lessons 1:00 Quilting 1:15 Music & Dancing 1:15 Cornhole 1:30 Dance Fitness w/Robyn—\$5 <b>Labor Day Luncheon See Pg. 16</b>	

**SUPPORT OUR ADVERTISERS!**





## THURSDAY

## FRIDAY

04

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

05

9:00 Chess  
 9:15 Canasta  
**9:15 Beginner Italian - 8/10**  
 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

11

8:30 Chair Exercise  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 13/14**  
 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

12

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

18

8:30 Chair Exercise  
**9:00 AARP Safe Driving Course**  
 9:00 Bridge Wood Carving  
**9:15 Conversational Italian - 14/14**  
 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

19

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

25

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

26

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, August 27, 2022  
 10AM to noon

### Speaker

Dr. David Gutierrez, Psychiatrist  
 Hartford Healthcare

### Topic

Team Approach to  
 Treating Parkinson's  
**For further information call**  
 Sue at 860.489.1677

"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

# AUGUST



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Torrington, CT 06790  
Ph. 860-618-5544

## Considering Senior Housing Options?



VISIT: [www.FreeAssessmentKPNB.com](http://www.FreeAssessmentKPNB.com)

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DIRECTORS

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**SENIOR CENTER TRIPS**

Depart from Staples/TJ Maxx Plaza unless otherwise indicated

Return Times are approximate

Aug. 11, 2022 Depart 9:00 AM Return 8:30 PM	<b>SARATOGA RACE COURSE, SARATOGA, NY</b> 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 & driver's gratuity.	\$75 pp
Aug. 26, 2022	<b>MOHEGAN SUN CASINO, UNCASVILLE, CT</b> Depart 8AM Leave Casino 4PM	Price includes driver's gratuity \$30 pp
Sept. 21, 2022 Depart 8:00 AM Return 6:30 PM	<b>BIG E, WEST SPRINGFIELD, MA</b> Enjoy the Big E on Connecticut Day. This premier event is "New England's Great State Fair." Includes Transportation, Admission to the Big E, taxes and driver's gratuity	\$55 pp
Oct. 05-07, 2022 Depart 8:15 AM Return 8:30 PM	<b>PENN DUTCH SHOW STOPPER, LANCASTER, PA</b> Experience one of America's favorite destinations - the Amish country of Lancaster, PA. Tour 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 Amish Experience, "Saturday Night Fever" at the Dutch Apple Dinner Theatre, Amish Country Guided Tour, reserved seating for Sight & Sound's "David", visit and tour of Kreider Farms, luncheon at 'The Cat's Meow' restaurant, visit to the Kitchen Kettle Village, shopping at the Bird in Hand Amish Market, all taxes and gratuities, luggage handling (one bag per person).	\$694 pp Double \$854 pp Single \$664 pp Triple
	<b>\$100 deposit due at sign up ~ Balance due by 08/20/22</b>	
Oct. 26-27, 2022 Depart 7:00 AM Return 6:30 PM	<b>NEW HAMPSHIRE GETAWAY, MEREDITH, NH</b> Escape to the beautiful Lakes Region of New Hampshire. Stopping first in Wolfboro. Browse the unique shops and eateries with lunch on own. After lunch we drive to Meredith and check in to our hotel, The Inn at Mills Falls. We will take a 2-hour scenic train ride aboard the Hobo Turkey Train where we will enjoy a meal catered by Hart's Turkey Farm. On Day 2 we will enjoy breakfast on site with shopping at 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).	\$460 pp Double \$622 pp Single \$425 pp Triple
	<b>\$100 deposit due at sign up ~ Balance due on 09/01/22</b>	
Nov. 17, 2022	<b>INN AT EAST HILL FARM, TROY, NH</b> We will travel to the Inn at East Hill Farm, a working farm in Troy, NH. We will enjoy a luncheon featuring mouth watering comfort food including New England Style Pot Roast & Roast Turkey with country style stuffing. During lunch we will be entertained by Walt Sayre on keyboard and sing along with hits of the past and present. On the way home we will stop at Putney Mountain Winery, sampling a few of their wines and liqueurs. Includes taxes and gratuities.	\$98 PP

**Look for details on the following trip in subsequent newsletters:**

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.



What in Carnation! We're not Orchid-ing, Stop & Shop in Litchfield has chosen the Elderly Nutrition Program as their recipient of the Stop and Shop Bloomin' 4 Good program. For every specially marked bouquet sold at the Litchfield Stop & Shop in the month of August, the Nutrition Program will earn \$1. Those dollars really add up, and they help us keep our Meals on Wheels trucks on the road! Need flowers for an event? Consider stopping by the Litchfield Stop & Shop and supporting the Nutrition Program at the same time that you're brightening someone's day!



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[health.uconn.edu](http://health.uconn.edu)



# UConn HEALTH



**The Sullivan Senior Center  
& The Elderly Nutrition Program  
present the 11th Annual**



in Torrington's beautiful  
Coe Memorial Park  
**Wednesday, Sept. 14th**  
**11:30 a.m.**

**A delicious box lunch will be  
served at noon!**

Your complete box lunch will include a  
sandwich, beverage, dessert and more!

**There will be door prizes!!!**

**Entertainment at 12:30 by  
Tilieo's All Star Band!!!**

Rain or shine, the picnic can take place indoors in the  
Coe Memorial Park Civic Center.

*Afternoon treat will be served courtesy of the Cottage at  
Litchfield Hills!*

**Please bring your own lawn chair!**

**Reservations \$10**



**Make Your Reservations for Picnic in the Park**

# of People \_\_\_\_\_ X \$10 = \_\_\_\_\_ Contact Phone # \_\_\_\_\_

Please list the names of all people you are making reservations for and include \$10 per reservation.  
Use a separate sheet if you need more space. Your reservation includes lunch.  
Tickets for lunch will be distributed at the event.

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

Please cut out this form and mail with your check  
for the total amount payable to:  
The Sullivan Senior Center  
88 East Albert Street  
Torrington, CT 06790

**Reservations should be received by Sept. 7th.**

# National Wellness Month



When people talk about “wellness” you might start to think of “weight loss” but it doesn’t necessarily mean that. Instead, it’s about focusing on making small changes over time, that improve how your body and mind function and feel. By focusing on one small aspect of your life that you can improve upon, you make the goal of better health more achievable in the long run. And that’s where it really matters!

## **Make Sleep a Priority**

We can’t say enough good things about sleep, yet it’s one of the things forgotten most often when it comes to good health. Without enough sleep, a cascade of less-than-stellar health consequences follow: you can’t think as clearly, you don’t have the energy for exercise, you end up more hungry and you start eating the wrong kinds of foods.

**Tip:** Commit to being in bed 30 minutes earlier than you usually are — set an alarm to help you remember. Power down from electronics to help your brain prepare for sleep. A cup of uncaffeinated herbal tea and a good book are great tools to wind down for a solid eight to nine hours of slumber each night.

## **Be Social**

It’s easy to stay shackled up inside and binge-watch your favorite show, but that’s no way to live! Regular social activity actually can help to improve longevity, boost immunity and encourage healthy behaviors.

**Tip:** Whether you come to lunch at the senior center, grab coffee with a friend, or chat on the phone with your kids for 10 minutes, make sure to have some interaction with at least one person every day. Or, enlist a friend to be a “workout buddy”. This will help hold you both accountable and encourage habits such as walking or attending fitness classes. Plus, you’ll get to catch up while you work up a sweat!

## **Sit Down to a Meal**

This is one that a lot of us really struggle with, but even just one proper meal a day can make a big difference. Eating without distractions allows you to enjoy your food more and avoid mindless eating.

**Tip:** Make a date to eat dinner with friends, family or roommates at a table. Not interested in the daily congregate menu? Grab lunch and dine up at the Bowman Gardens pavilion. Live alone? Set the mood for yourself with some good music and candles, and set your plate to look like something you actually want to dive into, instead of just some food on a plate.

## **Swap Out One Drink for Water**

“Drink more water.” “Eight glasses a day.” “Drink half your body weight in ounces.” It can feel overwhelming thinking about how much water you’re supposed to be drinking.

**Tip:** While I recommend most of your daily drinks be water, start by swapping just one drink a day for water. Instead of an extra cup of coffee in the morning, opt for warm water with lemon. Or, instead of an afternoon soda, drink flavored seltzer. Once you see how easy it is to swap one drink, slowly swapping out more over time becomes a breeze.

## **Give Yourself Credit**

You are, in fact, awesome! By wanting better health, you’ve made the biggest small change you can make. Pat yourself on the back, tell yourself how awesome you are, and keep on truckin’!

**Tip:** Whenever you hit speed bumps or roadblocks in your journey to better health, remember why you started and thank yourself for going in the right direction. Staying positive will make every setback seem smaller.



All meals include Coffee, Tea,  
Margarine & Milk.

# August 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 Quarter Confetti Rice Spinach Wheat Dinner Roll  Mixed Fruit	(2) Swedish Meatballs w/Stroganoff Mushroom Gravy Bow Tie Pasta Green Beans Wheat Bread  Pears	(3) Chicken Noodle Soup Crackers Broccoli Cheddar Quiche Tater Tots Wheat Bread  Applesauce	(4) Orange Juice Greek Chicken Breast Seasoned Orzo Spinach Salad Cherry Tomatoes, Cucumbers Raspberry Vinaigrette Italian Bread Pound Cake w/ Berries	(5) Beef Taco w/Shredded Cheese, Shredded Lettuce Salsa Black Bean & Corn Salad Tortilla Chips  Pineapple Tidbits
(8) Apple Juice Herbed Chicken Mashed Potatoes Mixed Vegetables Wheat Dinner Roll  Brownie	(9) ¼ All Beef Hot Dog Ketchup Mustard Potato Salad Broccoli Slaw Hot Dog Roll  Fresh Fruit	(10) Vegetable Barley Soup Crackers Chef Salad with Ham, Turkey, Swiss, Tomato & Hard Boiled Egg Ranch Dressing Three Bean Salad Pumpnickel Bread Pears	(11) Cheese Baked Ziti Tossed Salad w/Tomatoes, Cucumbers & Olives Italian Dressing Garlic Bread  Fresh Fruit	(12) BBQ Pulled Chicken Baked Beans Cauliflower Grinder Roll  Mandarin Oranges
(15) Orange Tangerine Juice Pork Loin w/Mushroom Gravy Mashed Potatoes Mixed Vegetables Biscuit  Applesauce	(16) Potato Crusted Fish Tartar Sauce Buttered Egg Noodles Broccoli Rye Bread  Peaches	(17) Belgium Waffles with Fruit Compote Turkey Bacon Fried Egg  Chocolate Chip Cookie	(18) Chicken Parmesan Penne w/Sauce Tossed Salad w/ Tomatoes, Cucumbers&Chick Peas Ranch Dressing Italian Bread Fresh Fruit	(19) Lentil Soup Crackers Grilled Ham & Cheese Beet Salad Chips Pickles Multi Grain Bread Diced Pears
(22) Spaghetti & Meatballs w/Marinara Sauce Caesar Salad w/Romaine Lettuce, Croutons Parmesan Cheese Caesar Dressing Garlic Breadstick Fresh Fruit	(23) Turkey with Gravy Mashed Potatoes French Green Beans Biscuit  Mandarin Oranges	(24) Chili w/Beans Whole Baked Potato Cheese Butter Sour Cream Carrots Cornbread  Mixed Fruit	(25) Vegetable Orzo Soup Crackers Tuna Salad Plate Iceberg Lettuce, Cucumbers, Tomatoes & Croutons Dressing Dinner Roll Applesauce	(26) Mixed Fruit Juice Sweet & Sour Pork Yellow Rice Asian Vegetables Wheat Bread  Jello w/Whipped Topping
(29) Cheeseburger Ketchup Baked Beans Chips Pickles Hamburger Roll  Fresh Fruit	(30) Cheese Ravioli Marinara Sauce ½ Sausage Link Tossed Salad w/ Tomatoes& Cucumbers Ranch Dressing Garlic Bread Applesauce	(31) <b>Labor Day Luncheon Menu To Be Announced</b>		

## POP UP CAFE

After the great success of the first pop up kitchen, we want to follow it up with a *fantastic* meal in August. On **Tuesday, August 16th at 3pm**, we're going to start you off with a bowl of **New England Clam Chowder**, followed by **Seafood Salad on a Bed of Shredded Lettuce, with Pickled Onions and Sliced Tomatoes, a Croissant, Vegetable Wheatberry Salad, and a Pineapple Upside Down Cupcake with Vanilla Ice Cream**. As a special treat, there will also be live musical entertainment! Seating is dine-in only, and is limited to the first 50 people, so get your tickets early! Tickets are \$10 and are 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!



## LABOR DAY LUNCHEON

Wednesday, August 31

**Tickets Required for All**

**Dine-In or Curbside To-Go Available**

Join us as we wrap up summer with our Labor Day lunch! We're still working on our menu with the caterer, but it'll be a delicious warm-weather food and sides, with one of our trademark special desserts! We will have a menu finalized shortly, so look to our Facebook or indoor displays for the most up-to-date information! \$5 Reservation tickets will be on sale from August 1 through Monday, August 29th at Noon.



We would like to do a huge shout out to thank **Union Savings Bank** for their thoughtfulness and generosity! Branch manager Sarah Langlois surprised us with a donation of **\$6,000**, to be put towards food insecurity. At our Meals on Wheels suggested donation rate of \$5 per day for 2 meals, that works itself out to being 2400 meals! We never deny anyone meals based on inability to pay, so contributions like this are crucial to helping us keep our trucks on the road. Thank you Union Savings Bank for thinking of us and supporting our mission!

**Joel Sekorski - Director**

**Christine Trudeau-Brown - Supervisor**

Nicole Pelchat - Admin. Assistant

Julie Smith-Meals Coordinator

Frances Daley - Office Assistant

### SITE MANAGERS

### MOW DRIVERS

Tina Hanlon.....Falls Village  
 Robin Reid.....Harwinton  
 Kim Sherwood.....Lakeville  
 Deena Panasci.....Morris  
 Brooke Grey.....Cook, Torrington  
 Tina Puckett.....Winsted

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 Petrarola, Jack Sprucinski



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