

Shawn Cohen
Director

Victoria Nadolski
Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, care-giving, financial assistance, Medicare, assistance at home & more. No question is too small. Call (860)747-5728.

CINCO DE MAYO LUNCHEON

MONDAY, MAY 6, 12:00 PM,

COST: \$13.00,

Sign up has begun



Join us as we celebrate the Mexican holiday Cinco De Mayo with a delicious Taco bar including all the fixings; soft flour tortillas, crispy corn shells with your choice of chicken or ground beef, pinto or black beans, shredded cheese, shredded lettuce, pico de gallo, sour cream, chips and salsa—Catered by Moe's. Margarita mocktails and dessert too!!

THE BLUE ZONES: LESSONS FOR LIVING LONGER FROM PEOPLE WHO LIVED THE LONGEST

WEDNESDAY, MAY 8, 1:30 PM—2:30 PM, COST: FREE

Sign up has begun

Instructor: Michelle Wyman, LSW, CDP dementia specialist, Hartford Healthcare Center for Healthy Aging. Those who live in what has been coined the “blue zones” live in very different parts of the world yet have a common theme that is believed to lead to longer, healthier, happier lives. Join us for a discussion on the 9 common sense health habits practiced by communities with the highest rate of centenarians across the world.



FILE OF LIFE, BE SAFE DURING EMERGENCIES!

Tuesday, May 14, 2:00 PM,

COST: Free, Sign up begins May 1

The Senior Center will hold a FILE OF LIFE information session and FILE OF LIFE give-away. Everyone should receive prompt, quality medical care, especially when it matters most—in an emergency. The FILE OF LIFE card enables medics to obtain a quick medical history when the patient is unable to offer one. The card eliminates the risk of the patient who, in a confused or incapacitated state, may forget to mention something important. By documenting your medical information on the card and then placing it in the bright red magnetic pocket and attaching it to your refrigerator, this vital information will be present for first-responders to access. Assistance filling out the card will be available.



TIPS TO OPTIMIZE BRAIN HEALTH—TUESDAY, MAY 21, 2:00 PM

COST: FREE, Sign up begins May 1

Back by popular demand, Dr. Wendy Hurwitz!

Did you know that there is growing scientific evidence that cognitive decline, Alzheimer's and dementia may be prevented, reduced or reversed? Based on the latest information, come learn easy, simple, drug-free things you can do that may help prevent, reduce, or reverse cognitive decline, and strategies to optimize brain health. Join us and hear up-to date cutting edge information. 8 Handouts will be given, including a 22-page booklet from a researcher who led investigations in 20 extensive clinical trials focused on Alzheimer's and Mild Cognitive Impairment. This is **Part 1** of 2 parts. While attendance at both events is recommended, it is not required. Handouts will be provided to all attendees.

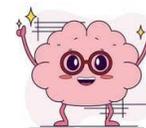
Part 2 will be held June 11, at 2:00 PM & sign up begins May 22.

*Program is fragrance-free. No perfume or cologne please.

*We expect a large crowd, please sign up right away. Currently only open to Center members and Plainville residents over 60.

Plainville residents <60 can sign up on a wait list.

About the speaker: A graduate of Yale University School of Medicine, Dr. Wendy Hurwitz is a nationally recognized expert on stress. A former medical researcher for ABC News, Dr. Hurwitz is an expert in two fields: Mind/Body Medicine and Energy Medicine. She has a forthcoming book on stress. Dr. Hurwitz has provided training for AT&T, Unilever, Lowe Worldwide, the FDNY, and has been an invited guest speaker at the United Nations.



CLASSES & PROGRAMS

QUILTING CLASSES

INSTRUCTOR: DARLENE BACHAND
WEDNESDAYS, 9:00 AM — 11:30 AM
COST: \$2.00 per class



May 1, 8, 15, 22, 29—It's Wine Time

Using a large patterned print, this super simple quilt will inspire you to make it over & over!!

June 5, 12, 19, 26—Olde Glory Flag—Wall Hanging

Just a few stars & stripes are needed for this amazing wall hanging that you can hang all year.

PRE-DIABETES & DIABETES SUPPORT GROUP & EDUCATION *Monthly Monday Morning Meetings*
*May 20 June 24

@ 10:00 AM—11:00 AM **FREE**—*Sign up required*
Whether you are new to or have pre-diabetes or diabetes, if you would like updated information, tips, tricks, support, these sessions are for you!
By: Betsy Gaudian MSN, RN-BC, RDN, CDCES
Topics: Diabetes-the basics, or the advanced tough questions, Nutrition/Diet, Handling the Food Police, Monitoring/CGM, Medications, Coping, Emotions, Problem Solving, Exercise, Resources, Show & Tell.

THERAPEUTIC PLANT PROGRAM

By: Amy Lopez from Bloom Where Planted
Thursday, May 23 at 10:00 AM Cost: \$15.00
(Minimum: 8 participants to hold program)



Connecting all people with wellness through plants and nature-based activities. The therapeutic plant and nature program uses natural materials & plants to help improve general wellness in its participants. Join us for a fun, interesting & hands on program about plants. Take home a plant or finished project.

GOAT PARTY WEDNESDAY, MAY 29, 2:00—3:00 PM, FREE



Norton Park Pavilion— Sign up begins May 1

Bring the grandkids, nieces, nephews, neighbors! For the kids and the “kids at Heart”! Everyone can enjoy petting, feeding & snuggling with the goats! Don't miss out on this fun experience with Got Your Goat from Washington Depot! Call the Senior Center to reserve your spot or register on-line at www.schedulesplus.com/plainville.

SNAPPY SENIORS PHOTOGRAPHY

THURSDAY, MAY 16, 10:00 AM



Snappy Seniors Photography Topic Lessons: discussion of flower pictures in preparation for our upcoming field trips, and discussion of exhibit lessons—learned so far. For instance, Bill found a cheaper way to get mats and backings, and found better adhesive. New members are always welcome to join. Register at the Senior Center at 860-747-5728.

Senior Center **PHOTO EXHIBIT** runs through May 3.

Field Trips: Elizabeth Park: 10:00 AM

Tulip Tour on May 9 & Roses Tour on June 27

BOOK BUDS MAY BOOK: “BEYOND THAT, THE SEA” By Laura Spence-Ash

FRIDAY, MAY 24, 10:00 AM COST: **FREE!**

INSTRUCTOR: KATHLEEN MARSAN

A wonderful aspect of a book club is there is always one more story to tell, this one is the tale of a parent's decision to send their child across the sea to keep her safe from an escalating war. What must it be like to be that parent sending your child away from her home, knowing you may never hear from her again? Join fellow bibliophiles over a cup of tea or coffee! The book is available at the library front desk. Please register as there is limited seating.

WHAT ABOUT POETRY? TUESDAY, MAY 21, 10:00AM, COST: FREE, Sign up begins May 1.

Dylan Thomas defined poetry this way: “Poetry is what makes me laugh or cry or yawn, what makes my toenails twinkle, what makes me want to do this or that or nothing.” “I say simply this: Poetry fills in the empty spaces.” - Pat Mottola. Join us for an eye-opening presentation on poems and poets. Members of the Calendar House Poetry Class, instructed by Pat Mottola, Cheshire Poet Laureate and President of the CT Poetry Society, will share their poems and what poetry means to them. Please sign up by phone or in person as refreshments will be served.

MICHAELA'S 4 O'CLOCK PLANTS MONDAY THROUGH THURSDAY, MAY 6, 7, 8 & 9.

HOURS: 9AM—11AM, 11AM—1PM, 1PM—3PM

We are looking for volunteers to sell 4 O'Clock plants at the Plainville Senior Center. Please call or text Raegan at 860-485-3401 and let her know what hours you would be available. Any time would be appreciated. This fundraiser benefits the Petit Family Foundation and the Plainville Library.



MORE CLASSES & PROGRAMS

WEEKLY WALKING GROUP-FREE *Fridays 9:00AM @ Norton Park (Meet at Swimming Pool)*
Leaders: Huguette Veilleux/Rachel St. Onge/Eileen Cyr Sign up at the Senior Center. Starts May 3.
 Spring has sprung and the warmer weather & sunnier days make it easier to get outside and move. Walking is an activity known for its simplicity and has a profound impact on our health. Walking offers several benefits – it can help improve heart health, promote joint health and mobility, preserve bone density, reduce pain and improve overall physical function. The benefits of walking aren't just physical, it also positively impacts mental and cognitive health.

FREE ZUMBA DEMO CLASS—Wednesday, May 22, 9:30 AM Call to register.

MAHJONG: FRIDAYS, 10:00 AM—12:00 PM
 Learn to play Mahjong with or without cards. A fun tile-based game that was developed in the 19th century in China and has spread throughout the world since the early 20th century. Please call the Senior Center to let us know you are coming.

CURRENT EVENTS DISCUSSION GROUP
TUESDAYS, 1:00 PM

Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register—just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

SENIOR CENTER & LIONS CLUB SUMMER PICNIC
THURSDAY, JUNE 20, 11:30 AM COST: \$7.00 MEMBERS ONLY. SIGN UP May 1 to June 14.

Join us at the Senior Center for an indoor summer picnic co-sponsored by the Plainville Lions Club. The Lions Club members will be supplying and grilling hot dogs and hamburgers for us! The picnic menu will also include macaroni salad, coleslaw, baked beans, chips, watermelon and ice cream soda floats! Following lunch, Jeff Wieselberg will be performing music-piano & vocal of many styles & eras. *Volunteers needed to help with set up, preparing salads, ice cream floats & clean up. Contact Victoria if you can help.



WATER AEROBICS CLASS
WEDNESDAYS, JULY 3—JULY 24 AND JULY 31—AUGUST 21 10:00 AM—10:45 AM
At Norton Park Bernier Pool, Sign up begins May 1
COST: each 4 week session is \$30 and includes instruction and pool noodle. Class limited to 15.
 Workout to fun music in the pool! The water buoyancy takes away the tension from your joints so you can move freely in the water; we use noodles for extra resistance...come splash with us! This class is for seniors only.

WATERCOLOR CLASS
 Thursdays, 9:30 AM—11:30 AM
 Color your world and have fun with friends.

VETERANS' NEWS & ACTIVITIES

HELP FOR VETERANS
TUESDAY, MAY 21, 10 AM
 BY APPOINTMENT
 Our Veterans Service Officer, CT Department of Veteran's Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

**THANK YOU
 VETERANS**
 FOR YOUR SERVICE



VETERANS' SOCIAL HOUR:
TUESDAY, MAY 28, 10:00 AM
 These monthly information & support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.**

PLAINVILLE VETERANS COMMISSION
For All Veterans in Financial Need
MONDAYS
6:00 PM—7:00PM
Municipal Center, Room 306.
 Call Dave Dudek at 860-559-1860 before arrival. For Veterans & spouses of any age.

MORE CENTER NEWS & VOLUNTEER OPPORTUNITIES

STAY HEALTHY AT THE SENIOR CENTER HEALTH DEPARTMENT RECOMMENDATIONS

1. Stay home when you are feeling sick.
2. Wash your hands.
3. Cover your cough and wear a mask.
4. Stay up-to-date on vaccinations.



FIRE ALARM/EXIT PLAN—As a result of our recent fire alarm, we would like to remind everyone when a fire alarm sounds, you are to exit the building IMMEDIATELY! Please gather at a spot away from the building. Once the Fire Department determines it is safe to return to the building, we will notify you. Thank you for your understanding in this matter.



GET THE LATEST NEWS BY EMAIL!!! After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs, “give a-ways”, last minute trip shares, lectures or important information on community news & fun stuff to do!! **If you are receiving your newsletter by email, you are already ‘on the list’ to receive these notifications.** You may add the option of getting your newsletter emailed, as well as having a copy mailed or picking up a copy. If you want to add “Email Newsletter” to your member information, send an email to beamc@plainville-ct.gov. PLEASE NOTE: We do NOT share your email with anyone. Let us know if you change your email address.

SHOWCASE YOUR COLLECTION OR HOBBY! If you have a collection or hobby that you'd like to display in our showcase, please call the Senior Center to let us know. Displays are typically in the locked showcase for a month. **MAY Watercolor Class & Ceramics Class Dennis Perrella will continue to delight us with his ever changing collection of clocks.**

LANGUAGE INTERPRETERS—WE NEED YOUR HELP! Once in a while, someone comes to us for help or calls & we cannot communicate because of language. Would you help us understand & translate? Call Shawn or Victoria at the Senior Center.



THANK YOU FABULOUS VOLUNTEERS—Please be sure to record your hours. These hours are very important and we appreciate all you do for our Center! Thank You!!! Record hours on the board or online (<https://schedulesplus.com/plainville/kiosk>).

PLAINVILLE SENIOR CENTER PER DIEM DIAL-A-RIDE DRIVER NEEDED!

The Plainville Senior Center has an immediate opening for a Dial-a-Ride Driver. Must have a Public Passenger Endorsement, F-endorsement (no testing required) or other passenger license in order to drive the 14 passenger wheelchair lift equipped bus. Paid training and hourly wage (\$21/per hour). Hours based on demand. Contact Shawn or Victoria at the Senior Center, 860-747-5728 for an application or apply online: www.plainvillect.com



***NEW* DAILY LUNCHES AT THE SENIOR CENTER**

GOOD NEWS! Meals are going back to normal as of Monday, May 6th. As a reminder, there is a suggested donation of \$3.00 for each meal. Reservation Procedure is the same as before –see below. There will be a 30-person cap per day.

DAILY LUNCHES AT THE SENIOR CENTER—Menu available at the Senior Center

Lunches are available Monday—Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation.

Reservation Procedure:

Call on Monday by 10:30 AM to reserve a lunch on Wednesday

Call on Tuesday by 10:30 AM to reserve a lunch on Thursday

Call on Wednesday by 10:30 AM to reserve a lunch on Friday

Call on Thursday by 10:30 AM to reserve a lunch on Monday & Tuesday or the entire week

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30 PM –2:30 PM

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with walking, marching and other moves to benefit the heart. Strength training with light weights & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

GENTLE CHAIR PILATES/BALANCE

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

CARDIO CHAIR FITNESS *TUESDAYS, 1:00 PM–1:45 PM*

INSTRUCTOR: NANCY PANDOLFO

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core & stretching.

BALANCE CLASS *TUESDAYS, 11:45 AM –12:30 PM*

INSTRUCTOR: NANCY PANDOLFO

This 45-minute class works on balance with holding poses, adding movement, & sometimes one light free weight. Working on balance is perfect for keeping you from slipping & falling and helps work on core & leg strengthening.

ZUMBA GOLD

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

SILVER SNEAKERS CLASSIC

FRIDAYS, 10:00 AM–10:45 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER

YOGA/PILATES(YOGA-LATES)

FRIDAYS, 10:50 AM –11:35 AM

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance.

This 45-minute class includes both chair & standing yoga poses, lots of stretching & Pilates. In Pilates, you will target a specific muscle, squeeze it & work through a motion which also tones your lower body and core.

THE PEAK FITNESS CENTER

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want.

PEAK hours: Monday—Thursday 9:00 AM—3:00 PM Friday: 9:00 AM—1:00 PM

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 AM—12:00 PM

INSTRUCTOR: ABBE WADE

Abbe teaches four unique techniques using acrylic paints. Students must provide their own supplies.

CERAMICS

THURSDAYS, 9:30 AM —11:30 AM

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 PM – 3:00 PM

INSTRUCTOR: EVELYN MORIN

Here's your opportunity to enjoy the company of others while getting some help if you need it! Finish an old project that's been hanging around in your closet or start something new.

WATERCOLOR CLASS

THURSDAYS, 9:30 AM—11:30 AM

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

CLASS SCHEDULE Class descriptions on pages 2 and 5

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, MAY 1 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting MAY 8 if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Victoria.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins
MONDAY			
Acrylic Painting	10:00-12:00	Apr. 22—June 17, 8 weeks, \$16.00 No Class: May 27	
Power Burst	1:30—2:30	March 25—June 3, 8 weeks, \$16.00 No Class: Apr. 1, Apr. 29, May 27	June 17—Aug. 19, 8 weeks, 16.00 No Class: July 1, July 15
Chair Pilates & Balance	2:45—3:45	March 25—June 3, 8 weeks, \$16.00 No Class: Apr. 1, Apr. 29, May 27	June 17—Aug. 19, 8 weeks, 16.00 No Class: July 1, July 15
TUESDAY			
Balance Class	11:45-12:30	Apr. 30—June 4, 6 weeks, \$12.00	June 11—July 16, 6 weeks, \$12.00
Cardio Chair Fitness w/ Nancy	1:00—1:45	Apr. 16—May 21, 6 weeks, \$12.00	May 28—July 2, 6 weeks, \$12.00
WEDNESDAY			
Zumba Gold	9:30 -10:30	Mar. 27—May 15, 8 weeks, \$24.00	May 29—July 17, 8 weeks, \$24.00
Quilting	9:00-11:30	See page 2	
THURSDAY			
Ceramics	9:30 – 11:30	Apr. 25—June 13, 8 weeks, \$32.00	
Watercolor	9:30—11:30	On Hiatus	
Knitting/Crochet	1:00—3:00	May 9—June 27, 8 weeks, \$16.00	
FRIDAY			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates Apr. 12—May 17	FOR: Silver Sneakers and Yoga—lates May 24—June 28
Yoga-Lates	10:50-11:35	Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	Free if you have Silver Sneakers <u>OR</u> \$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, call us here at the Senior Center (860)747-5728 and we can register you.

OUTDOOR ADVENTURES

HUNGERFORD NATURE TRAIL AND LUNCH AT THE AVENUE RESTAURANT

Friday, May 31 @ 10:30AM COST: FREE
LEADER: Eileen Cyr. Sign up begins May 1.

Address: 191 Farmington Ave, Berlin



Enjoy this easy, unpaved 1 mile loop through Hungerford Nature Trail, home to a variety of domestic and wild animals. Following the walk, we will enjoy lunch at The Avenue Restaurant (pay on your own). The Avenue Restaurant is a casual, neighborhood restaurant serving the best modern Italian Cuisine including New York-style, thin crust, brick oven pizza, wraps, salads and more.

NEPAUG RESERVOIR AND LUNCH AT SAYBROOK FISH HOUSE

Wednesday, June 12, 2024, 10:00 AM,
COST: FREE, Sign up begins May 1

Address: 1-125 Litchfield Turnpike, New Hartford

A nice smooth, wide paved multi-use path around a reservoir with a picturesque 100-year-old dam. 2.0-mile out-and-back trail is generally considered an easy route, it takes an average of 38 minutes to complete. Lunch to follow (pay on your own) at the Saybrook Fish House, a Seafood Restaurant featuring fresh ingredients & a casual atmosphere.



WATER BIKE TOUR AND PENNY LANE PUB

FRIDAY, JUNE 21, 2024 Time: To be determined upon tide (we will be notified of the time 1 week prior).

Cost: \$68.00 Space is limited to 10 people. Sign up begins May 1.

Enjoy a 2-hour guided water bike tour on the beautiful Oyster River in Old Saybrook, CT. Depending on the time of the tour, lunch will be before or after at Penny Lane Pub (pay on your own). Penny Lane Pub is a English style pub and restaurant, located in historic Old Saybrook with a friendly neighborhood atmosphere. The menu features a variety of quality, casual pub fare with creative daily specials.

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC

FRIDAY, SEPT. 13, LEAVES SENIOR CENTER AT 7:00 AM, RETURNS AT APPROX. 3:00 PM

COST: \$42.00 INCLUDES SAIL & TRANSPORTATION Sign up has begun

Join us as we sail away with Outdoor Adventure enthusiasts from other Connecticut Senior Centers! The Schooner Argia is one of the fastest sailing ships in New England. Discover islands, lighthouses and the beauty of sailing. Trip sails even in cloudy and light drizzle weather conditions; wear an extra layer and bring a jacket. There is a bathroom on board but you need to climb a ladder to access it. After the cruise, enjoy about 2 hours for lunch (on our own) and/or shopping in downtown Mystic.

FREE MONTHLY SHOPPING TRIPS

WEDNESDAY, MAY 15, 11:00 AM Free Shopping Trip with Dial-a-Ride bus. You choose: Walmart or Bristol Plaza (with You Choose TJ Maxx, Ocean State Job Lot, Burlington, Stop & Shop and much, much more). Leaves Senior Center at 11:00 AM. Home pick ups for those that cannot drive before 11:00 AM. **Return pick up:** 1:00 PM Walmart 1:15 PM Bristol Plaza



QUICK TRIPS



FUTURE QUICK TRIP IDEAS: CT River Cruise, Thimble Islands Cruise, Elizabeth Park Rose Garden, Mark Twain House, Basketball Hall of Fame, Out to Lunch Bunch. What do you think? Give us your suggestions!!! We usually travel just in CT or right across the border (because of cost).

QUICK TRIPS YOUR CHOICE: CLINTON OR WESTBOOK OUTLETS

SATURDAY, MAY 18, Leaves Senior Center at 9:30 AM, (Pick ups at home for those who do not drive before 9:30 AM. Sign up begins on May 1. COST \$8.00 pp covers transportation. You can choose the 67 shops at Clinton Outlets or the 15 shops at Westbrook Outlets—we will shop for approximately 4 hours which leaves time for lunch and rest. Return home approx. 3:30 PM

**YALE PEABODY MUSEUM OF NATURAL HISTORY
NEWLY RENOVATED**

TUESDAY, JUNE 18, \$8.00 per person includes transportation. Entrance fee is FREE.

Leaves OLM at 12:45 PM. Pick up at home or Senior Center at or before 12:45 PM.

Sign up begins May 1

**Please note—eat lunch right before we go as the museum does not sell food and all eateries are at least 5-10 minutes walk. There is a place to eat but you will have to carry your snack into the museum and keep it with you. We will stop on the way home at a McDonalds or similar for a snack or quick bite. Water is available at the museum—you've seen the TV accounts of this phenomenal 4 year renovation. Everyone is asking for a trip. You will be on your own at the museum—no tour is planned. We have reserved 3 days. We will sign and fill the first date, if we have more folks, we will immediately fill the second and/or third dates. We are taking advantage of having a driver free at the end of June on a weekday!! Yeah-less crowds.

JERRAM WINERY AND VINEYARD, NEW HARTFORD, CT AND MORE

SATURDAY, JUNE 1, \$18.00 PER PERSON INCLUDES WINE-TASTING AND TRANSPORTATION.

BYOF (Bring Your Own Food), Sign up begins May 1. Leaves Senior Center at 1:00 PM (Pick up at home for those who do not drive, before 1:00 PM)

We will visit the beautiful winery and vineyard beginning with a guided tasting in the tasting room. You will try one ounce of 3 white wines and 3 red wines. Learn about the family winemaking & the vineyard while you choose your favorite wine from 6 tastings (equivalent to one glass of wine). Bring Your Own Food—you will then have a chance to enjoy the foods you bring and have a glass of your favorite wine.



Visit the Gift Shop at your own risk.

Take a walk to view the vineyard or find an outdoor area to enjoy your food and wine. As we end our day, the driver will take us to view Lake McDonough (the most beautiful views in the state).

Before we head home, stop at Bardon Farm Market in New Hartford for Ice Cream & Cookies & Brownies.

SAVE THE DATE:

AQUA TURF HOLIDAY CLASSICS TUESDAY DECEMBER 10TH, \$54.00

AQUA TURF—AMERICAN BANDSTAND TRIBUTE! Tuesday, October 8, COST: \$54.00 pp

BRONX ZOO TUESDAY, SEPTEMBER 24, 2024 COST: \$120.00 per person, \$116 per child 5-12 years old



CURRENT TRIPS

AQUA TURF—CELEBRATE ITALIA!! TUESDAY, JULY 9, 2024 11:00 AM—3:30 PM **COST: \$54.00 PER PERSON**

Aaron Caruso & Sam Vinci Band Back by Popular Demand. Menu: Meatballs & Sausage/Chicken Parmigiana: All Entrees Served Family Style. Complimentary Coffee & Donuts/Complimentary Glass of Beer or Wine/Complimentary Door Prizes.

SEE FLYER FOR DETAILS. OPEN TO THE PUBLIC—BRING YOUR FRIENDS!

LOBSTER & A GREAT SHOW—FEATURING: JIMMY RUSSO: *The LOG CABIN: Holyoke, MA*

Wednesday, July 17, 2024 COST: 124.00 per person Departure: 9:45 AM, Our Lady of Mercy Church, 19 South Canal Street, Plainville Estimated Return: 5:30 PM Plainville, *Departure Time Subject to Change.

SEE FLYER FOR DETAILS. OPEN TO THE PUBLIC—BRING YOUR FRIENDS!



SIGHT & SOUND THEATRE PRESENTS DANIEL: Wed.—Fri. JULY 10—12, 2024 **COST: \$645 pp double/triple, \$779 pp single, Departs: Plainville (details TBA).**

SEE FLYER FOR DETAILS. OPEN TO THE PUBLIC—BRING YOUR FRIENDS!

TROPICANA ATLANTIC CITY, CASINO & SHOW: Wed—Fri. AUGUST 21—23, 2024

COST: \$499 pp double/triple, \$679 PP SINGLE. Departs: Plainville (details TBA)

Deluxe motorcoach, Tour escort, gratuity, 2 nights hotel,

Casino Bonus: \$30 slot play, \$50 food Voucher & Matinee show—'Bachelors of Broadway'.

SEE FLYER FOR DETAILS. OPEN TO THE PUBLIC—BRING YOUR FRIENDS!



SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, MAY 21, 10:30 AM

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or register online at www.schedulesplus.com/plainville



CAREGIVING CONNECTIONS

TUESDAY, MAY 14, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. Register to attend by calling the Senior Center.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, MAY 16, 2:00-OPEN TO THE PUBLIC
CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm and welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, & engaging environment that gives everyone a place to make new friends & interact with others. Enjoy appropriate activities such as crafts, games, music and conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Victoria Nadolski at the Senior Center. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.

EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

To qualify for a 10% discount, your annual income for

Single = up to \$41,553 **OR** Couple= up to \$54,338

Or be eligible for certain public assistance benefits.

To qualify for a 50% discount, your annual income for

Single = Up to \$23,328 **OR** Couple= Up to \$31,552

Or be eligible for certain public assistance benefits.

Call Eversource at 800-286-2828.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023.

Please call Stephanie at the Senior Center with any questions 860-747-5728.

ENERGY ASSISTANCE

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$41,553 (gross) and a family of two could possibly make \$54,338 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** Please call 860-356-2000 or online at:

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

HOMEOWNERS TAX RELIEF BENEFITS FOR ELDERLY AND DISABLED

The Town of Plainville Assessment & Collections Department is accepting Homeowners Tax Relief applications for qualified elderly and disabled homeowners. Applications must be filed by **May 15, 2024**. Income limits must not exceed \$43,800 for a single person and \$53,400 for a married couple. The Town of Plainville also sponsors a local option elderly program. Income limits must not exceed \$50,300 for a single person and \$57,300 for a married couple.

Applicants must be 65 years or older prior to December 31, 2023 or have a 100% disability rating from the Social Security Administration or be the widow/widower age 55 or over of a previously approved applicant and must own and reside in the property for which tax relief is being sought. Additional benefits for Veterans are also available. Call the Town of Plainville Assessment & Collections office for information and to schedule an appointment, 860-793-0221 ext. 8733.



MORE SUPPORT AND ASSISTANCE

SNAP stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2023. There is no asset limit. **Single \$2,430; Couple \$3,287**. Call Stephanie with any questions or to assist with an application.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS: When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceiling, washing walls & so much more. Please call Stephanie at the Senior Center for more information.



COMMUNITY NOTES

BRING ME BACK HOME—FLYERS AVAILABLE AT THE SENIOR CENTER GREETER DESK

What is the Bring Me Back Home Program? (BMBH) is a new registry for Connecticut residents accessible by law enforcement to assist in the recovery of missing or wandering persons. The photo and information helps first responders and families reunite with individuals living with cognitive challenges, such as Dementia or Autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

How does Bring Me Back Home work? - A family member or guardian registers their person with cognitive challenges through the link, or in person, at your nearest police department. This information is now part of the statewide Bring Me Back Home registry. **When the person wanders or is missing, individuals should call 9-1-1 IMMEDIATELY, and indicate that they are registered with the Bring Me Back Home program.**

Who is Eligible? - All members of the community whose cognitive challenges may lead to confusion and disorientation, and who are at risk of wandering or getting lost. Register online at www.ct.gov/BMBH. *Please call Stephanie at the Senior Center with any questions: 860-747-5728.



BREATH—BODY—MIND WORKSHOP

Every 3rd Wednesday of the month *FREE

(6:00 PM—7:00 PM)

Next Class Date: MAY 15

At the CT Clearinghouse (334 Farmington Ave., Plainville)



Description: In this workshop you will learn gentle movement and breathing practices. BBM techniques are easy to learn and allow any individual the ability to heal from within. You are welcome to sit in chairs or bring a blanket or yoga mat. The potential benefits include improved mood/stress management, emotion regulation, energy, sleep, & mental focus.

Facilitated by Linda Lentini, an experienced Level 4 BBM Teacher.

Register at www.ctclearinghouse.org, 959-465-9151 or mltaylor@wheelerclinic.org

HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive: FREE Installed smoke alarms if needed *Family Disaster Plan Guidance *Valuable emergency preparedness tips/info Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 & choose option 1 to schedule.

THE CONGREGATIONAL CHURCH OF PLAINVILLE:

THE C.C.P. Presents...concert series offered at UCC, 130 West Main St., strives to offer the Plainville community concerts at least once a month. The performers for each concert vary to keep the series fresh & innovative. For more info regarding the concert series, please contact the Church Office at 860-747-1901, email churchoffice@uccplainville.org or view the church website at uccplainville.org



MORE COMMUNITY NOTES

PLAINVILLE FOOD PANTRY - 54 South Canal Street* 860-747-1919 * www.plainvillefoodpantry.org

The Plainville Community Food Pantry is a non-profit organization that's dedicated to helping those in need. With a wide range of critical services — including food assistance, energy assistance, clothing, crisis intervention, & referral services — we don't just stop at meeting the basic needs of our clients. The Plainville Community Food Pantry has been providing for our community with the help of generous donors and volunteers. In fact, 75% of our support comes from public contributions, which have allowed us to meet the growing needs of families and individuals in the Plainville community. We are in need of the following items:

Canned Fruit	Rice, Pasta, Sides	Mac & Cheese	Shampoo/Soap
Cake/Brownie Mix	Paper Towels	Pancake Mix/Syrup	Toilet Paper
Instant Potato	Sugar/Flour	Grape/Strawberry Jelly	Deodorant
Hamburger Helper	Cereal/Oatmeal	Children's Snacks/Juice Box	Toothbrushes/Paste

FOOD SHARE PROGRAM THE SEVENTH DAY

ADVENTIST CHURCH This program is offered Wednesdays for Plainville residents needing food assistance. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up & a volunteer will put the groceries in your car!



MEMORY CARE KITS—The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories. *Two-week loan period. Call or visit the Reference Desk for more information.

DEMENTIA SUPPORT GROUP—Arden Courts of Farmington—45 South Road, Farmington, CT 06032 <https://www.arden-courts.org/farmington>
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. RSVP to Hollis Hartman 860-543-1010 or Hollis.Hartman@promedica.org

ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062, 2ND Monday of the month, 6:30 PM—7:30 PM
Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, alzhelp@gmail.com

AARP PLAINVILLE—WEDNESDAY, MAY 15, 1:00 PM
Faith Bible Church, 168 Unionville Ave., Plainville.
Refreshments served!

Reservations/Info: Sharon 860-712-2795



UPCOMING TRIPS:

JUNE 17, 2024—Foxwood Casino/Abbott's Lobster House. COST: \$70 for bus, lunch is on your own.

JUNE 26—Coastal Queen Cruise: Newport Harbor, RI
Please contact Sharon for more information.

August 16, 2024—NY Botanical Gardens Wonderland Curious Nature. COST: \$125 for bus and admission.

September 20, 2024—Norman Rockwell Museum/Red Lion Inn COST: \$110 for bus & admission.

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

PLAINVILLE PUBLIC LIBRARY

56 EAST MAIN STREET, PLAINVILLE, CT 06062,
860-793-1446

PLAINVILLECT.COM/LIBRARY *Library cards are FREE to all CT residents *24/7 Access to Databases with your Library Card *Discounted/Free Museum Passes *WI-FI Anytime, Anywhere

HEALTH PROGRAMS AND INFORMATION

NEW INCOME LIMITS: MARCH 1, 2024



MEDICARE SAVINGS PROGRAM (MSP)

Singles Range From: \$2,649 to \$3,088

Couples Range From: \$3,595 to \$4,191

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/ assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They will pay the Medicare Part B & Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

THE NURSE IS IN!

GEORGIA STERPKA, APRN

IS AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.

EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.

SCENT-FREE ZONES! Help us keep the air we share healthy & fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies & other medical conditions. Do not wear perfume, cologne, aftershave or other fragrances at the Senior Center or on our bus trips!

COVID-19 TEST KIT FRAUD ALERT: The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.



MEDICARE DATA BREACH INFORMATION:

The Dept. of Health & Human Services have informed us that some people may be receiving a letter with a new Medicare card. This is **NOT A SCAM**, but a precautionary measure taken by the Center for Medicare & Medicaid Services because of a data breach. If you receive a new card start using it as of Dec. 29, 2023. When in doubt, Medicare Recipients should call MEDICARE (1-800-633-4227) with questions or concerns.

MEDICARE FRAUD: The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

- 1. If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, **Medicare will never call you** unprompted and ask you for your personal information.
- 2. Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.
- 3. If you suspect fraud, report it at 1-800-MEDICARE (1-800-633-4227).** Visit Medicare.gov, the official source for Medicare information, to learn more about preventing Medicare fraud.

SCAM ALERT 'NEW MEDICARE CARD' SCAM

—Fraudsters may be calling people claiming they need to verify information & obtain payment information over the phone to receive a new card. If anyone is contacted & shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed info.

WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference Room A, 81 Meriden Ave., Southington. To sign up call: 1.855.HHC.HERE (1-855-442-4373).



Donations

MARCH 15 — APRIL 15

The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our Lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

GENERAL DONATIONS

Cindy Staire, Janet Sanborn, Erica Norton, Sharon Messenger, Anonymous, Aurora Pedrolini, Rosaleen Peters, Cathy Ryan

DIAL-A-RIDE DONATIONS

Barbara Barton, Carolyn Ingalls, Douglas Kaller, Rosaleen Peters, Money Tree, Arlene Parker, Anonymous

MEMORIAL DONATIONS

IN MEMORY OF: Georgia Jewell

Doug & Lisa Humerick

IN MEMORY OF: Sally Miller

Lois Schmidt

Cheer Report

MARCH 15 — APRIL 15

The Plainville Senior Center makes every effort to send **cheer, get well** and **sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at (860)747-5728. Cheer cards mean so much to our members and the info helps us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out "cheer" on behalf of the Plainville Senior Center.

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Anne Theriault, Charlene Bechard, Marge Burris, Mary Levanti, Marlene Nagel, Lois Maitz, Dianne Misko, Diana Murphy, Orlando Estrella, Donna Cook, Margurite Clancy, George O'Donnell, Shirleen Deschaine, Carol Wright, Glen Halvorsen, Margaret Albrecht

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Kirsten Zettergren, Roger Martin, Linda LaBarr, Josephine D'Addese, Patricia LeBrun, Charlene Damiano, Joyce Gernhard, Harvey Weick, Joan Kulak

SYMPATHY CARDS WERE SENT TO:

Lee Akins, Christine Rybczynski, Jennifer Dahlstrom, Huguette Veilleux

MARCH NEW MEMBERS



James Bigelow, Michael Boscarino, Paul Boucher, Lisa Butteri, Michael Butteri, Richard Cote, Roberta Cote, Joanne Czarnecki, Diana Franklin, Teena Gravel, Hester Green, David Li, Betsy Maulucci, Jean Paul Oakes, Kathy Oakes, Elaine Richardson, Eddie Rivers, Lisa Shea and Debra Young

Please note: When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. If you wish your donation to remain anonymous, please let us know. We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

FOOD AND BEVERAGE will

NOT be allowed in the Living Room or the Computer Area (You may utilize the Café Area). Thank You!

THIS AND THAT

MARCH MONEY TREE WINNER

Congratulations to:
SCOTT WILSON



REFUND POLICY: If you are receiving a refund for a program of \$10.00 or less, we will add a credit to your account, instead of issuing a refund check. This will allow you to use the credit towards other programs.

LOST AND FOUND: Last month, we noted in the Newsletter that a class ring had been found at the Senior Center. Thankfully the rightful owner of the ring, Jeanette Schmidt, came forward, identified it and explained that it belonged to her husband! The back story is beautiful. Jeanette explained that when she met her husband, who attended Plainville High School, he gave her his 1957 class ring as a 'promise ring'. When the time came for him to give Jeanette an engagement ring, he asked for the class ring back but she had grown to love it, declined to return it, and has worn it ever since! We are so happy that we were able to locate the owner!



INDEX

AARP Plainville Chapter	11
Acrylic Painting	5, 6
Alzheimer's Assoc.—Library	11
Ayuda	11
Balance Class	5, 6
Blue Zones	1
Book Buds	2
Brain Health	1
Breath-Body-Mind Workshop	10
Bring Me Back Home Program	10
Cardio Chair Fitness	5, 6
Caregiving Connection	9
Ceramics	5, 6
Chair Pilates & Balance Class	5, 6
Cinco De Mayo	1
Class/Activity/Schedule	2, 5, 6
Congregational Church of Plainville	10
Current Events Discussion Group	3
Daily Lunches at the Senior Center	4
Dementia Support Group	11
Diabetes Support Group	2
Dial-a-Ride Driver Needed	4
Donations/Members: New, Cheer	13
E-mail Notifications	4
Emergency Preparedness Plan	14
Energy Assistance/Eversource Discount	9
File of Life	1
Food Share	11
Goat Party	2
Grandparents Raising Grandchildren	9
Health Dept. Recommendations	4
Heavy Cleaning Help	10
Home Fire Preparedness	10
Homeowners Tax Relief-Elderly	9
Knitting/Crochet	5, 6
Library: Card/Services	11
Lost and Found	13
Mahjong—Learn to Play	3
Medicare Data Breach Info	12
Medicare Savings Program—NEW Limits	12
Medical Scam Alert/Fraud Alert	12
MEGA SIGN-UP DAY	6, 14
Members: New, Cheer	13
Memory Café	9
Memory Care Kits-Library	11
Michaela's Plant Sale	2
Money Tree Winner	13
Nursing Information/Health Info	12
Outdoor Adventure	7
PEAK Fitness Center	5
Picnic-SC & Lion's Club Summer Picnic	3
Plainville Food Pantry	11
Poetry—What About Poetry?	2
Policy: Fire Alarm/Refunds/Food&Bev.	4,14
Pool Table Schedule	14
Power Burst	5, 6
Quilting	2, 6
SNAP	10
Scent-Free Zone	12
Showcase Your Collection/Hobby	4
Silver Sneakers Classic	5, 6
Snappy Seniors Photography	2
Therapeutic Plant Program	2
Tournaments Winners	14
Transportation	BC
Trips/Quick Trips/Shopping Trips	7, 8
Veterans' News & Activities	3
Volunteer: Info/Language Interpreters	4
Walking Group—Weekly	3
Water Aerobics	3
Watercolor Class	3, 5, 6
Women with Heart Disease Support	12
Yoga-Lattes	5, 6
Zumba Gold	3, 5, 6

FUN AND GAMES

WEEKLY SETBACK TOURNAMENT WINNERS

MAR. 25: 1st: Verna Pekrul/Bernard Grabeck & Alyce Lembo/Elaine Chartier
 2nd: Robert Albrecht/Mark Dunn 3rd: Liz Aloj/Mary Ann Cunningham
APR. 1: 1st: Marcia Prokop/Bill Prokop 2nd: Mary Ann Cunningham/Liz Aloj
 3rd: Bernard Grabeck/Verna Pekrul
APR. 8: 1st: Robert Albrecht/Mark Dunn 2nd: Madeline Drake/Ann Testa
 3rd: Tom Wichrowski/Janet Vandrilla
APR. 15: 1st: Marcia Prokop/Bill Prokop 2nd: Bernard Grabeck/Verna Pekrul
 3rd: Peggy Grant/Gail Kreneck

POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play—NO need to sign up, just show up.
 EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.
LADIES BILLARD OPEN PLAY Tuesdays from 10AM—12PM



EMERGENCY PREPAREDNESS PLAN—Do you have an Emergency Plan if the power goes off?



It is time to review your plans in the event of an emergency. Weather related power outages are always a possibility, esp. during the winter season.

*It's important to have a plan of action that includes an emergency food supply and bottled water for at least a week. Be sure to have medications filled timely so you don't run out. Have a portable radio, flash light and new batteries ready for use. If possible arrange to move in with family members during the emergency. Hospital Emergency departments are not shelters and should be used for medical emergencies only.

*Community shelters may open in the event of an emergency. However, keep in mind that you have to be able to sleep on a cot and be independent with personal care. Shelters do not have hands on staff available to assist folks.

*Know where your important documents are, including medical cards, so you can take them with you. Be sure to take your medications and any telephone numbers you may need.

***File of Life**—Pick up a File of Life at the Senior Center to complete and have handy. If you have a File of Life review the info to be certain it is up to date.

*Connect with your family, neighbors and friends and friends who are part of your emergency plan. Listen to WTIC AM 1080 for emergency information including the possible opening of shelters.

MEGA SIGN-UP DAY MAY 1, 9:15 AM—4:45 PM

Members may sign up for new classes, trips and programs.
 If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash & checks made out to Plainville Senior Center only.



Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.

Our Dial-a-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.



SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Victoria at (860)747-5728.

To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.90 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

ADA Paratransit

ANOTHER OPTION WITH MORE HOURS & DESTINATIONS



The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride.

Plainville hours, except for major holidays, are:

Monday-Friday 5:35 AM—Midnight

Weekends 6:00 AM—Midnight

FARES: Each ride is \$3.50 each way and discount ticket books can be purchased at Shop & Stop or on-line at hartfordtransit.org/ada-paratransit-services for \$28.00 for a book of 10 tickets (\$2.80 each).

There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply: The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.

CANCELLATIONS: please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

***Effective Jan. 8, 2024,** all passengers traveling on the Greater Hartford Transit District's ADA Paratransit vehicle must wear a seatbelt/lap belt. Documents must be provided for disability exemption to pwilliams@ghtd.org or mbanker@ghtd.org or by mail.

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call (860)247-5329, extension 3086.

MAY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	29 9:00 NURSE* 9:15 Walk (GR) 10:00 Diabetes (CL) 10:00 Acrylics (CR) 12:30 Setback (GR) 2:00 Movie (BR)	30 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:00 Skin Cancer Scr* 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	1 MEGA SIGN UP 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 12:30 AARP Driver (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	2 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Line Dancing (BR)	3 9:00 Walk-Norton 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	4
5	6 9:00 NURSE* 9:00 Plant Sale 9:15 Walk (GR) 10:00 Acrylics (CR) 12:00 Cinco de Mayo (BR) 12:30 Setback (GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	7 9:00 NURSE* 9:00 Plant Sale 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 11:45 Balance (BR) 1:00 Cardio Chr (BR)	8 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:00 Plant Sale 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Blue Zones (BR)	9 9:15 Walk (GR) 9:00 Plant Sale 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:45 COA (GA) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Line Dancing (BR)	10 9:00 Walk-Norton 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	11
12 Mother's Day 	13 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	14 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiv. (OS) 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 File Of Life (CR)	15 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 11:00 Shopping Bus 1:00 Bingo (GR) 1:15 Charlem. (CA)	16 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Snap.SnrPhoto(GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 2:00 Memory Café (CR) 1:00 Knit/Crochet (GR) 1:30 Line Dancing (BR)	17 9:00 Walk-Norton 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	18 Armed Forces Day 9:30 QT Outlets 
19	20 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 10:00 Diabetes (CL) 12:30 Setback GR) 1:30 PowerBurst(BR) 2:45 Chair Pil/Bal(BR)	21 9:00 NURSE* 10:00 Poetry (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* (CL) 10:30 Grandpar.(CR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Brain Health (BR)	22 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (FREE)(GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	23 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Plant Therapy (GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Line Dancing (BR)	24 9:00 Walk-Norton 10:00 Book Buds (OS) 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	25
26	27 CLOSED 	28 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR)	29 9:00 Quilting (CR) 9:00 Open Sew (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:00 Goat Party (Norton Park)	30 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Line Dancing (BR)	31 9:00 Walk-Norton 10:00 Mahjong (GA) 10:00 Silv. Sneak. Classic. (GR) 10:30 Hungerford Trail 10:50 Yoga-Lates (GR)	June 1 1:00 QT Jerram Winery 