

April 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room CA: Café L: Library, *: By Appointment				1. 9:00 Walking GR 9:00 Shopping Bus *9:15 Reiki Appt. 9:30 Mahjong 10:00 Drawing & Painting CR 10:00 Choral Group 10:00 Creative Writing GR *10:30 Chair Massage 1:00 Pinochle L	2.
3.	4. 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:45 Bowling 1:00 Setback GR 1:30 Aerobics with Ann BR 1:45 Choral Group Farmington Care	5. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 9:30 Picasa *10:00 Income Tax Help 10:00 Cribbage GA 10:00 Ladies Billiards No Step Aerobics 11-12 Blood Pressure 12:30 Open Circle 1:00 Computer Course I 1:00 Wii Bowling GR 1:00 Pinochle GA 1:15 Open Bridge GR No Strength Training Foxwoods Sign-up	6. 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 9:45 Advanced Tai Chi GR No Zumba Gold 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Jazz History CR 3:30 Yoga BR Mega Sign-up	7. 8:45 Yakov Smirnoff 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:00 COA 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	8. 9:00 Walking GR 9:00 Trail Walking No Reiki Appt. 9:30 Mahjong 10:00 Drawing & Painting CR 10:00 Creative Writing GR 1:00 Pinochle L	9. Sat. Shopping Bus 9:30
10.	11. 9:00 Walking GR *9:00 Dental Clinic 9:15 Meditation BR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:30 Coffee with a Social Worker 12:45 Bowling 1:00 Setback GR 1:15 Choral Group to St. Lucian 1:30 Aerobics with Ann BR 3:00 Coffee Program	12. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Income Tax Help 10:00 Cribbage GR 10:00 Ladies Billiards 11:00 Step Aerobics BR 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR Classes Sign-up	13. 8:00 Women's' Breakfast 9:00 Walking GR 9:00 Trail Walking *9:15 Nurse 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Gluten Free Luncheon 1:00 Jazz History CR 3:30 Yoga B	14. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Take Great Pictures 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	15. 9:00 Walking GR 9:00 Shopping Bus *9:15 Reiki Appt. 9:30 Mahjong 10:00 Drawing & Painting CR No Creative Writing 11:30 Friends Helping Friends 1:00 Pinochle L	16. Craft Fair 10-3
17.	18 9:00 Walking GR 9:15 Meditation BR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 11:00 Wii Bowling w/ KIM 12:45 Bowling 1:00 Setback GR 1:30 Choral Group to Father B 1:30 Aerobics with Ann BR 2:30 Biggest Winner 3:00 Zumba Gold GR	19. No Walking *9:15 Nurse 9:15 QT Tanger Outlets No Wii Bowling No Cribbage No Ladies Billiards No Step Aerobics 11-12 Blood Pressure 12:30 Open Circle No Pinochle No Wii Bowling No Open Bridge No Strength Training Grandparents Support Group Conference	20. 9:00 Walking GR 9:00 Hike and Picnic No Nurse 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Jazz History CR 3:30 Yoga B	21. 8:30 Take Great Pictures 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	22. Good Friday Closed	23.
24.	25. 9:00 Walking G 9:15 Meditation BR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:30 Coffee with a Social Worker 12:45 Bowling 1:00 Setback GR 1:30 Aerobics with Ann BR 2:30 Biggest Winner 3:00 Zumba Gold GR	26. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Caregiving Connections 10:00 Cribbage GA 10:00 Ladies Billiards 11:00 Step Aerobics BR 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR	27. 9:00 Walking GR *9:15 Nurse 9:30 Internet 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR	28. 7:30 Foxwoods 8:30 Take Great Pictures 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	29. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Mahjong 10:00 Drawing & Painting CR 10:00 Creative Writing GR 1:00 Pinochle L	30. 8:00 Newport Dinner Train QT 9:00 a.m. Daffodil Festival

Nurse's Wellness Clinic

Many of your health needs can be met and your questions answered by Diana Krusell, from the Visiting Nurse Association of Central Connecticut. She is at the Senior Center every Tuesday, Wednesday and Thursday, by appointment. She reserves 11:00 a.m.—12:00 noon on these days for blood pressure screenings, no appointment necessary.

Diana can provide blood pressure checks, and blood glucose screenings, assistance with medications, diet, symptoms of illness, common aging problems and other helpful services.

Foot care is \$15.00 and includes a foot soak, inspection of feet, toe nail clipping, foot massage and smoothing of calluses and corns. Referrals to area podiatrists are made as needed.

Ear wax removal Two appointments are required. First for history and assessment and another for ear wax irrigation. There is a \$5.00 charge. Referrals to physicians are made as needed.

Cholesterol screenings are done one day a month, by appointment. Call the Nurse for the scheduled day. Cholesterol screenings are \$10.00.

Continuous Daily Activities

Monday

10:00 Current Events: Friendly, lively discussion of local, state and national current events.

12:45 Senior Bowling League: \$7.25 per week. Meet at Laurel Lanes. Call Frank Robinson, League President, 747-2918.

1:00 Setback: Pre-register by calling the Senior Center

Tuesday

10:00 Ladies Billiards: No Pre-registration necessary.

10:00 Cribbage: No pre-registration necessary.

1:00 Pinochle: No pre-registration necessary.

1:15 Open Bridge: No pre-registration necessary.

Wednesday

8:00 Women's Breakfast: (2nd Wednesday of the month)

Women are invited to meet at the Oasis Restaurant. Pre-register by calling the Senior Center.

1:00 Charlemagne Card Game: No pre-registration is necessary.

1:00 Bingo: No pre-registration necessary

Thursday

No pre-registration necessary

12:00 Committee on Aging: (1st Thursday of the month) Makes Senior Center policy decisions and reviews programs and services. Open to the public.

12:30 Men's Pool Tournament

1:00 Pinochle: No pre-registration.

1:00 Scrabble No pre-registration necessary.

2:30 Dancing: Enjoy dancing and socializing with a live band. Open to the public.

Friday

9:30 Mahjong No pre-registration necessary.

11:30 Friends Helping Friends (3rd Friday of the month): Group of single, widowed, divorced or never married individuals meet monthly for lunch excursions at various restaurants in the area. Call the Senior Center to register.

1:00 Pinochle (at the Library) No pre-registration necessary.



DIAL-A-RIDE (860)589-6968

Available Monday
9:00 a.m.-5:30 p.m.

Tuesday-Thursday
9:00 a.m.-4:30 p.m.

Friday
9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social

service appointments and to visit loved ones in a nursing home in Plainville, Bristol, New Britain, Southington, Farmington, and to the Newington VA Hospital. It will also take you to any destination in Plainville

The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the build-

ing of their destination. In addition, the drivers cannot help with groceries or packages or help you walk.

Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*

SATURDAY TRANSPORTATION PROGRAM

The Saturday Transportation Program provides rides from your home in Plainville to "special" destinations, such as the Christmas Tree Shops, Clinton Crossings, Museums and other exciting places. See the newsletter for the current shopping excursions planned.

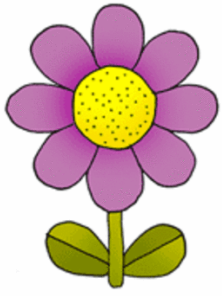
To be eligible for this service you must be a citizen of Plainville age 60+ or a disabled individual of any age who is a Plainville resident. Drivers cannot provide hands-on assistance to passengers. Passengers must be able to get to the bus from their home and from the vehicle to their destination on their own or with the assistance of their own companion. *Program is funded by the State of Connecticut Department of Transportation. Donations gratefully accepted.*

OTHER TRANSPORTATION PROGRAMS

Call the program for more information

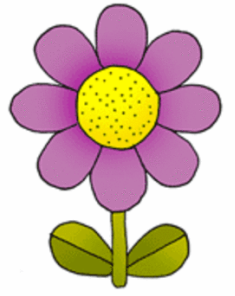
Red Cross Transportation: (860)229-1631

ADA Transportation: (860-)589-7820



S.E.N.I.O.R. April 2011

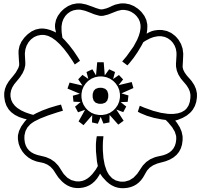
Plainville Senior Center
Dynamic Past * Vibrant Future



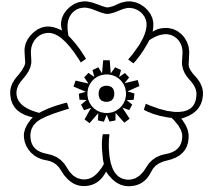
Shawn Cohen, Director
Ronda Guberman, Assistant Director
200 East Street, Plainville CT 06062
Phone: 860-747-5728

Hours: Monday: 9:00 a.m. - 6:00 p.m., Tuesday-Thursday 9:00 a.m.—5:00 p.m., Friday 9:00 a.m.—1:00 p.m.

Spring Craft Fair



Saturday, April 16
10:00 a.m.—3:00 p.m.



Senior Center Crafters 🌸 **Outside Vendors** 🌸 **Raffles** 🌸 **Bake Sale**

**The Crafters Café will be Open for Hotdogs, Sandwiches,
Soups and Snacks**

**Stop by Grandma's Cookie House for a Selection of Fresh Baked
Cookies to Take Home and Treat the Family**

As Always, Admission is Free



★ Senior Center Cafe ★ **Now Serving Breakfast**

Tuesdays and Wednesdays, 10:00-11:00 a.m.

Come down to the Senior Center on Tuesdays and Wednesdays, between 10:00 a.m.— 11:00 a.m. for a light breakfast or between 11:00 a.m.—1:00 p.m. to have a delicious lunch. For breakfast we have fresh baked muffins, scones, hot oatmeal with dried fruit, coffee, tea and hot chocolate. For lunch we have a weekly soup special, a selection of sandwiches, panini and salads, all freshly made. Stop by the Senior Center for a menu or go to the Town of Plainville website, Senior Center tab, and view it there.

April Café Specials

April 5 & 6

Elvis Special: Grilled banana, peanut butter & chocolate hazelnut spread smothered on a fresh Portuguese roll
Soup: Tequila Fiesta Chicken

April 12 & 13

Warm apple and goat cheese spinach salad / **Soup:** Corn Chowder

April 19 & 20

Café is Closed

April 26 & 27

Roasted Portobello Mushroom Panini topped with provolone cheese accompanied by roasted pepper aioli. /
Soup: Tomato Florentine

Plainville Senior Center Cafe

CAFÉ COOKIE CLUB CARD
Purchase any 5 salads, sandwiches or Paninis
And get one free cookie!

HAVE YOU PICKED UP YOUR COOKIE CLUB CARD YET?

Get your Cookie Club Card at the Café next time you purchase lunch in our cafe. Every time you purchase a salad, sandwich or Panini, get your card punched. When you have five punches... you will get a free delicious, fresh baked cookie. It is that easy!!!!



Classes Signing up in March

We will hold sign-up for these Classes on Tuesday, April 12, from 9:15 a.m.—4:00 p.m. or from 9:15-10:15 a.m. on any day following.

ZUMBA GOLD: 5-Weeks, Mondays April 18-May 16, 3:00—4:00 p.m. \$15.00 members or \$30.00 non-members or 6-weeks Wednesdays, April 27-June 1, 10:30-11:30 a.m. \$18.00 members; \$36.00 non-members. Instructor: Amy Gray, ZUMBA Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms, created in the original ZUMBA, and adjusts it to accommodate participants of all ages and fitness levels.

LINE DANCING, 6-weeks, Mondays, April 25-June 6, 10:00—11:00 a.m. \$18.00 members; \$36.00 non-members. Instructor: Lynn Flanders, Get some great exercise by dancing! If you can walk, you can line dance! Beginner & experienced line dancers welcome.

AEROBICS WITH ANN, 6-weeks, Mondays, April 25-June 6, 1:30-2:30 p.m. \$12.00 members; \$24.00 non-members. Instructor: Ann Fargo, Join us for this low intensity class that we do to fun music. Wear good support shoes and clothes for moving. Don't forget your water bottle.

STRENGTH TRAINING, 6-weeks, Tuesdays, May 10-June 14, 2:15– 3:15 p.m. \$12.00 members; \$24.00 non-members. Instructor: Corinna Peters, Increase your strength and flexibility using weights, bands and stretching in seated and standing position.

QUILTING, Wednesdays, 9:30—11:30 Instructor: Karen Kebinger, Students volunteer to work throughout the class on the Senior Center quilt raffle. When working on the quilt, students are not required to pay for class time. During classes when work is not being done on the quilt, students will pay \$2.00 per session.

FARGO'S FUNCTIONAL FITNESS, 6-weeks. Thursdays, April 28-June 2, 1:00—2:00 p.m. \$12.00 members; \$24.00 non-members. Instructor: Ann Fargo, Improve your balance, strength and range of motion using weights, wands and bands. Exercises target muscle groups used in everyday functions such as lifting laundry, bending to tie shoes, carrying groceries, etc.

KNITTING & CROCHET, 6-weeks Thursdays, April 28-June 2, 1:00—3:00 p.m. \$12.00 members; \$24.00 non-members. Instructor: Evelyn Morin, Finish an old project that's been hanging around in your closet or start something new! If you've got the desire to learn, we can teach you ... even if you are left-handed!!

CERAMICS, Six-weeks. Thursdays, April 28-June 2, 9:30—11:00 a.m. \$18.00 members, \$36.00 non-members. Instructor: Gloria Cerniglia, Learn how to choose a piece of green wear, clean it, paint it and glaze it. Beginners welcome! Students are responsible for materials and supplies.

ADVANCED TAI CHI 12 sessions Mondays and Wednesdays, May 2-June 13, 9:45—10:15 a.m. \$18.00 members; \$36.00 non-members. Instructor: Meghan Mitchell, Advanced Tai Chi will take the student beyond Qigong and into flow. More in-depth work with balance, fitness components and breath work.

THE BIGGEST WINNER! Mondays, April 18–May 23, 2:30-3:30 p.m.

Discover how many wonderful benefits can be yours after completing this 6-week individualized coaching program in the PEAK Fitness Center. Learn how to get the “biggest bang for your buck” from your exercise sessions and how to live a healthy lifestyle. **Each participant will receive:**

- Fitness level assessment including: flexibility, strength, and balance
- Baseline assessments of body measurements, blood pressure, blood glucose, and memory screening
- Learn core exercises for back and abdominals
- Use a pedometer to track calories
- Learn to incorporate “power workouts” on the treadmill and NuStep
- Use interval training for upper and lower body strength
- Use a computerized brain fitness touch screen computer program for increased cognitive fitness
- Receive an “I achieved My Peak Power” t-shirt upon graduation

The fitness portion of this program will be led by Ann Fargo; the brain fitness component will be led by staff of Arbor Rose. To participate in this program, you must be a current member of the PEAK Fitness Center and a donation of \$6.00 is requested. Scholarships are available upon request for individuals who need assistance with payment. See Ronda for scholarship information. **Sign up begins on Mega Sign-up Day, Wednesday, April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.** *Funding for this program is provided in part by the Older Americans Act Through the North Central Area Agency on Aging.*

LIVE HAPPY AND HEALTHY GLUTEN-FREE LIVES: Join us for a Special Gluten-Free Lunch
Wednesday, April 13 at 1:00 p.m.
See Page 11 for more information

Outdoor Adventure Club

Trail Walking

**Blue Trail, Scott Swamp Road, Route 6
Farmington, CT
Friday, April 8**

\$5.00 per person includes leader and snack. Meet at 9:00 a.m. in the parking lot, at the trail head, at Old Stick Picnic Pavilion. We will walk along the unpaved forest trail, with a couple of hills, for about one-hour. Wear good hiking shoes or boots, and bring water. A walking stick is suggested. **Sign up begins on April 4, between 9:15-10:15 a.m.**

Trail Walking

**Bicentennial Park, Berlin, CT
Wednesday, April 13**

\$6.00 per person includes leader and snack. Meet at the Senior Center at 8:30 a.m. to carpool or meet at Bicentennial Park, Wine Sap Road, Berlin, at 9:00 a.m. Directions available at the Senior Center Front Desk. Often referred to as a "Dog Park", an extended trail system has been blazed by the Connecticut Forest and Park Association. Walk for about 1.5 hours along rolling forest trails. Wear layered clothing and hiking shoes or boots. Bring water. A walking stick is suggested. **Sign up begins on Mega Sign up day, April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

HISTORIC WALKS

Coming in May!

**Hospital Rock, Boy Rock, Will Warren's Den,
Dinosaur State Park**

More information coming soon!



GOOD TO THE LAST DROP

**A Stimulating Program on Coffee (Pun intended!)
Monday, April 11, 3:00-6:00 p.m.**

Jeff Eleveld, Certified Horticulture Therapist, will take participants on a wild adventure on the history of coffee. Jeff knows coffee inside and out, as he previously owned five coffee houses! Find out the secrets to selecting the best coffee for your taste buds! You will also plant and learn how to care for your own Arabica coffee starter plant in this fun and interactive program! Coffee and refreshments will be served. The cost for this program is \$5.00, payable at registration. **Registration has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**



MEET AN ARCHAEOLOGIST!

Thursday, May 19 at 10:00 a.m.

Join us for a fascinating program with Archaeologist, Martha Risser, as she presents "Dining with Poseidon". Ms. Risser, is an Associate Professor and Chair of the Classics Department at Trinity College, and has participated in archaeological projects in Greece, Israel, Turkey, Italy and the United States.

Martha will talk about her research on ancient pottery found at the Corinthian Sanctuary of Poseidon at Isthmia in Greece and Akko in Israel. Isthmus was one of four prominent ancient Greek cult places that hosted Pan-Hellenic athletic festivals. Every two years, athletes, musicians, poets and painters came to Isthmia to compete with one another for prized wreaths. They sacrificed at the great altar and feasted on a hill overlooking the Corinthian and Saronic Gulfs. How were so many people fed? What did they eat and drink? Where did the feasting occur? In this illustrated presentation, Martha Risser shows how her current research on pottery contributes to an understanding of food preparation, dining and drinking at Isthmia. **Call the Senior Center to register for this free program.**

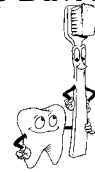


10-MINUTE COMPLIMENTARY CHAIR MASSAGE**By appointment on Friday, April 1**

Meghan Mitchell, LMT, of the Tranquility Way, will provide this free chair massage. Chair massages promote physical and mental well being; relieve pain; improve circulation, strength, and flexibility and add energy to your day. **Call the Senior Center to register.**

MINDFULNESS MEDITATION**Mondays, April 11– May 16, 9:15-9:45 a.m.**

Mindfulness Meditation is a way of developing the skills needed to understand what is happening in your life, a way of taking charge and control of your life, a way of doing something for yourself that no one else can do for you—intentionally and thoroughly working with your own stress, pain, confusion and the challenges and demands of everyday life. Through mindfulness meditation, participants learn invaluable skills, setting the groundwork for meeting daily challenges and growing strong physically, mentally and emotionally, and cultivating self-awareness. Please wear comfortable clothing and bring a blanket, as meditation cools the body down, and bring a cushion for seated meditations. Meditations will include movement, walking and breathing exercises. The cost is \$6.00 for Senior Center members and \$12.00 for non-members. **Sign up begins on Mega Sign-up Day, April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

DENTAL CLINIC AT THE SENIOR CENTER**Monday, April 11, by appointment**

Community Health Center, Inc. will provide a dental clinic at the Plainville Senior Center. A registered dental hygienist will provide a dental hygiene exam; dental cleaning; sealants, when appropriate; and x-rays, when appropriate. The program is intended for adults who have not received dental care in the last year and have difficulty accessing dental care in the community. Cost is \$30.00 for individuals without insurance. Help in paying for the dental clinic (scholarships) may be available for Plainville individuals over age 60 with a monthly income below \$1,429 (single) or \$1,025 (married). For scholarship information contact Stephanie or Ronda at the Senior Center. *Funding for scholarships is made possible, in part, by a grant through the Older Americans Act through the North Central Area Agency on Aging.* **Call the Senior Center to schedule an appointment.**

SAVVY SENIORS KNOW THE LAW**Friday, May 6 at 10:00 a.m.**

Is there a legal question that has been bothering you? Perhaps you are wondering:

- If you can change the person designated as your power of attorney
- If you can safely sign your house over to your child
- If you can break your lease if senior housing has an apartment for you
- If you really need a will



Attorney Marilyn Denny, of the Senior Unit at Greater Hartford Legal Aid, will be our guest at 10:00 a.m. on Friday, May 6th. She will be available to answer your legal questions previously forwarded to her by April 15. If there are questions submitted that are outside her expertise, she may be able to direct you to a free resource. Please bring your questions to the Senior Center Front Desk by April 15, and we will forward them to her. Following her presentation, she will be available for four 15-minute consultations. You must sign up for these in advance. **Call the Senior Center by May 3 to register.**

MAKE YOUR OWN GREETING CARDS**Monday, May 9 at 3:00 p.m.**

Join the instructor, Diane Sperry and learn how to create simple, yet elegant, handmade greeting cards, using common household items. Participants will make and take home three greeting cards. Samples will be on display in the showcase. The class is limited to 15 participants. The cost to participate is \$2.00. **Sign up begins on Mega Sign-up Day, April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

**55 ALIVE MATURE DRIVING CLASS
NOW ONLY ONE DAY SESSIONS!!**

Date: Monday, May 23
Location: Plainville Senior Center
Time: 1:00—5:00 p.m. You are welcome to bring a snack. Coffee is provided.
Cost: AARP members, providing a membership number, \$12.00. Other attendees, \$14.00
Sign Up: **Sign up has begun. Sign up between 9:15-10:15 a.m.**



This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. Films and discussions will be presented, and a driver's manual provided. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance.

Computer Classes

Introduction to the Internet

4 Sessions

Wednesdays, April 27-May 18

9:30 a.m.—12:00 noon

Instructor: George Carden

\$30.00 for Senior Center members and \$45.00 for non-members

Participants will be introduced to the popular uses of the internet, including basic browser functions, searching, printing, customizing, security, downloading, maps, auctions sites and on-line retailing.

Guide to Google: Everything you wanted to know about Google but were afraid to ask.

3 Sessions

Tuesdays, May 3-May 17

10:00 a.m.—12:00 noon

Instructor: Joi Sorensen, from the Plainville Public Library

Free, pre-registration is required and seating is limited. Call the Senior Center to register.

Explore Google Art Project, images, docs, email, videos, maps, news, shopping and more during this three (3) part series. Basic computer typing and internet-use skills needed for participation.

LEARN TO TAKE GREAT PICTURES

Thursdays, April 14-May 5

Have you ever taken a picture that you thought was good, only to find out when you viewed it on your computer or looked at a print that was not as good as you expected? You can learn to take great pictures with whatever camera you have. You don't need an expensive camera to take great pictures, you just need to master three simple techniques. In this class you will learn these techniques by actually taking photos on three field trips and viewing them in the computer lab. The first class will be from 10:00-11:30 a.m. at the Senior Center. Please bring your camera and sample photos to your first class. The following three classes will begin at 8:30 a.m. at nearby venues, such as Hubbard Park in Meriden, and then we will follow up in the Senior Center computer lab at approximately 10:30 a.m. to review our pictures.



The Instructor is Judy Humphrey, published photographer. Her last photo was published on the cover of the Hartford Courant I-Towns Section on Sunday, March 13, 2011. (Displayed at the Senior Center) Judy took photography courses in college, and she worked as a photographer for weddings, family reunions, and non-profit organizations. She has also contributed to monthly magazines and newspapers and taken publicity photos for the University of Hartford and Post University. **This is a free class. Call the Senior Center to register.**

VOLUNTEER NEEDED ONCE A MONTH

A volunteer is needed to watch one or two children during the Senior Center Grandparents Raising Grandchildren Support Group meeting, one time a month, for approximately two hours. For more information, please contact Stephanie or Ronda at the Senior Center, 860-747-5728.

FREE! FREE! FREE!

The Plainville SDA Church, 97 Broad Street in Plainville, presents free boxes of food, fruits and vegetables every Wednesday, 10:30-11:30 a.m. They also offer free blood sugar and blood pressure testing on the 1st Wednesday of each month, from 11:00 a.m.—6:00 p.m. Clothing and Health literature is also available.

WHEN IS IT TIME TO GET HELP AT HOME?

Program at the Plainville Library on April 11 at 7:00 p.m.

56 East Main Street, Plainville

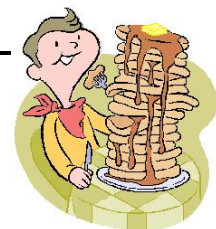
Join New England Nightingales Home Care Service for their monthly seminar about getting help at home. We all relish our personal freedom, independence and want to stay in control, however there comes a point in time when our chronological age equates with the decline in health. Learn to identify the tell-tale signs that indicate your loved one needs assistance at home.

ENJOY A SHORT STACK FOR A TALL CAUSE

AARP Flapjack Fundraiser at Applebee's

270 New Britain Avenue, Plainville, CT

Saturday, April 16, 8:00-9:30 a.m.



You are invited to an Applebee's Flapjack Fundraiser breakfast to support AARP Chapter 4146. Tickets are \$5.00 each. You can buy tickets at the Senior Center or Call Frank Macri, 860-747-4080.

QUICK TRIPS, FRIDAY AND SATURDAY SHOPPING BUS

These are curb to curb services. Participants who do not drive can be picked-up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day / time of the trip. We use school buses that can be handicapped accessible with wheelchair lifts, but passengers must be able to get on and off the bus on their own. **If a wheelchair lift is needed, let us know at sign up.**

Trip Guidelines

1. If you choose not to go on a trip, we do not offer refunds for trips costing \$5.00 or less due to the high cost of processing checks and accounting. We will process refunds, if we cancel the trip.
2. If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
3. You should be at the departure point at least 15 minutes prior to the scheduled leaving time.
4. **We need at least ten participants in order to run the trip. If there aren't enough people, we will have to cancel...so, please encourage your friends to join you.**

Quick Trips

Lunch at Lenny & Joes and Shopping at the Tanger Outlets in Westbrook Tuesday, April 19

\$5.00 payable at sign-up. Lunch and gratuity on your own. Enjoy Lenny & Joe's Seafood, then shop the bargains at Tanger Outlets. Home pick ups, for those who do not drive, begin at 9:15 a.m. Leaves OLM at 9:30 a.m. and returns to Plainville at approximately 3:30 p.m. **Sign-up begins on Mega Sign-up Day, April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

2011 Daffodil Festival, Hubbard Park, Meriden Saturday, April 30 (Rain Date, Sunday, May 1)

\$3.00, payable at sign-up. Join us for the annual Daffodil Festival with over 600,000 blooming daffodils and much more, including the area's largest Tag Sale Tent; *Crafts by the Lake*, with over 100 craftsmen presenting the highest quality of fine arts and crafts; *Silver Fork Food Tent*, 50 food vendors with fried dough, steamed cheeseburgers, barbeque, meatballs on a stick, apple fritters, clam fritters, Silver City waffles, etc; and the Daffodil Festival Parade, beginning at 11:30 a.m. Home pick-ups, for those who do not drive, begin at 9:00 a.m. Leaves the Senior Center parking lot at 9:30 a.m., returns at approximately 3:00 p.m. **Sign up begins on Mega Sign-up Day, April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

Saturday Shopping Bus

Christmas Tree Shop and the Hometown Buffet, Manchester Saturday, April 9

Shop at the Christmas Tree Shop for your Spring and Easter decorations, then enjoy lunch at the Hometown Buffet. Home pick-ups, for those who do not drive, begin at 9:30 a.m. Bus leaves the Senior Center at 10:00 a.m. and returns to Plainville at approximately 3:00 p.m. To help defray the cost of the transportation, a donation of \$5.00 should be given to Rosaleen Peters on the day of the trip. **Call the Senior Center to register.**

***Please Note:** Instead of the usual Saturday Shopping Bus on April 23, we are offering a Quick Trip to the 2011 Daffodil Festival on April 30.

Friday, Shopping Bus

Our shopping bus will start home pick-ups at 9:00 a.m. You will be picked up at the store at 12:15 p.m., unless otherwise noted. Call the Senior Center by 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

- **April 1:** Walmart in Bristol
- **April 15:** Walmart in Southington

SENIOR CENTER DISPLAY CASE

Ruth Hummel, Plainville Town Historian, has selected an amazing group of photos from Plainville's past for a new exhibit at the Plainville Senior Center. This is the second look at our Town's history through photos she has offered. All images are from the extensive files at the Plainville Historic Center, 29 Pierce Street. The new exhibit is called, **"How Our Town Center Has Changed"**.

Starting with the Canal Days, the photos will follow the life of the 1820's Adna Whiting General Store, as it takes on new identities over a span of 100 years. You will see trolleys, early cars, changes in the buildings, and even a lady hanging her wash in the center of town. The new exhibit is slated to open in April.

Ruth Hummel was president and founder of the Plainville Historic Society for 40 years and still works at the museum on special projects and school tours. She wants to share, **"Our Senior Center is a warm and welcoming place, and I love doing projects for them."**

TRIPS

►► Important Trip Information: ◀◀

- **Sign up:** Sign up for trips is between 9:15 a.m.—4:00 p.m. on **Mega Sign-Up Day** or Monday – Friday between 9:15 – 10:15 a.m. only. Payment is due at time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (Not on the Stillwell Drive Side.)
- **Open to the public:** Trips are open to the public 7 days after members sign-up.
- **Cancellations:** Call the Senior Center immediately so that we can try to find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat but should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us, so we can **try** to get a refund for you. We must pay for any numbers that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded we will pass on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons.
- **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
- **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
- **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participant for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.

Yakov Smirnoff at Foxwoods Casino Thursday, April 7

\$66.00 per person includes transportation, reserved seats for the show, all you can eat buffet luncheon, \$15.00 Free Keno Play, driver gratuity. Leaves from OLM at 8:45 a.m. and returns approximately 6:00 p.m. Yakov Smirnoff, the famous Russian comedian delivers explosive laughter in this hilarious show. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Foxwoods Thursday, April 28

\$20.00 per person includes transportation, casino bonuses and driver's gratuity. Leaves at 7:30 a.m. from OLM, leaves the casino at 4:30 p.m., returns approximately 6:00 p.m. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Newport Dinner Train Saturday April 30

\$78.00 per person includes transportation, lunch, sightseeing on the dinner train and driver gratuity. Leaves the Senior Center at 8:00 a.m. and returns at approximately 6:30 p.m. **The tour company just released a few more seats to us and we can possibly even get more if needed. Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Anheuser-Bush Brewery Tour, Lunch at Hart's Turkey Farm & Swan Chocolate Store, New Hampshire Tuesday, May 17

\$70.00 per person, includes transportation, sightseeing and attractions, and driver gratuity. Leaves from OLM at 7:45 a.m. and returns at approximately 8:00 p.m. At the Anheuser-Bush Brewery in Merrimack, NH, discover how these famous beers are created and packaged in this state-of-the-art facility. Experience a behind-the-scenes look at the brewing of Budweiser with a visit to the Hop Room, Primary Fermentation Cellar, Lager Cellar, Packaging Facility, Quality Assurance and Finishing Cellar, including sampling directly from a Finishing Tank. Visit the Clydesdale Hamlet, home to the world famous Budweiser Clydesdale horses. Lunch will be at Hart's Turkey Farm in Manchester, NH. Enjoy a wonderful turkey dinner with all the fixings, h just like Grandma made... salad, turkey with gravy, whipped potato, butternut squash, cranberry sauce, rolls, apple crisp, and coffee. The day will be completed with a stop at Swan Chocolates, offering the finest handmade Belgian Chocolates. Sample gelato, homemade fudge and the Chocolate Fountain with fresh fruit and see how their fine candies are made. **Sign up has begun. Sign up between 9:15 –10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Ocean City, Maryland and the Wild Ponies of the Assateague Island May 23-26

\$466.00 per person double or triple, \$586.00 single. Trip is currently full. **If interested, please sign the waiting list..**

**The Treasures of Central Park, Mont Blanc Restaurant, and Shop Fifth Avenue
Thursday, June 9**

\$74.00 per person includes transportation, sightseeing, attractions and driver gratuity. Leaves OLM at 8:00 a.m. and returns at approximately 7:00 p.m. A professional NYC step-on guide will board the motorcoach for a tour of beautiful Central Park. We will visit the charming Conservatory, the memorial to John Lennon and the famous Alice in Wonderland statue. Visit the delightful neighborhoods bordering Central Park, see the famous Dakota, be on the look-out for entertainment celebrities. This will be a fascinating riding and walking tour. The wonderful full course lunch at Mont Blanc Restaurant will include soup, salad, choice of Breaded Pork Chop, Chicken Marsala, or Grilled Salmon, vegetable, potato, apple strudel with ice-cream and beverage. Following lunch, spend time on Fifth Avenue for a chance to enjoy the dazzling shops located there. Visit Trump Tower, Tiffany's and stop at the famous St. Patrick's Cathedral. **Sign up has begun. Sign-up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**Sedona Great Trains and Grand Canyon
October 23-28**

\$2,265.00 per person double, \$2,855 per person single. Sharing with Southington Calendar House. Pick up a complete itinerary at the Senior Center. Highlights include 5 nights in Sedona; tour of Oak Creek Canyon; Grand Canyon Railroad; Grand Canyon Sedona Trolley Tour; Uptown Sedona; and Spanish-Mexican Village of Tlaquepaque, for art galleries and shopping; 8 meals (5 breakfasts, 3 dinners); Professional Tour Director; flights to Phoenix and all gratuities. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.-4:00 p.m. on Mega Sign-up Day.**

**No Fly Cruise
January 19– February 1, 2012**

Once again we are pleased to offer a No Fly Cruise, this time including New Orleans and Atlanta. Don't miss out on your chance to enjoy touring the beautiful Western Caribbean. Highlights include: motorcoach transportation and hotel accommodations to and from New Orleans; guided city tour and dinner at Court of Two Sisters in New Orleans; 8-day Western Caribbean Cruise, including days at Costa Maya, Belize City, Roatan, Cozumel and 2 days at sea; two private cocktail parties and a cruise concierge. On the way home enjoy two nights in Atlanta, Georgia; including a guided city tour with stops at CNN, Olympic Park, Coke World and Underground Atlanta; lunch at Pitty Pot's Porch; and lunch at Mert's Restaurant, in Charlotte, North Carolina. A complete itinerary is available at the Senior Center. The pricing starts at \$1,899 per person for an inside cabin, \$2,029 for an outside cabin and \$2,149 for a balcony cabin. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.-4:00 p.m. on Mega Sign-up Day.**

NEW TRIPS

**Foxwoods
Thursday, May 5**

\$20.00 per person includes transportation, casino bonuses and driver's gratuity. Leaves at 7:30 a.m. from OLM, leaves the casino at 4:30 p.m., returns approximately 6:00 p.m. **Sign up for members begins on Tuesday, April 5, between 9:15-10:15 a.m., or between 9:15 a.m.—4:00 p.m. on Mega Sign-up day. Sign up for non-members begins on April 12.**

**All You Can Eat Lobster and Comedy Show at the Delaney House, Holyoke, MA
Saturday, July 23**

\$88.00 per person includes transportation, meal, show and gratuity. Leaves from the Senior Center at approximately 9:00 a.m. and returns at approximately 6:00 p.m. The departure and return time are approximate, we will get more exact information when we get closer to the date. Wow! What a GREAT menu! When you arrive you will have appetizers served at your table including; cheese and vegetable platter, shrimp cocktail and salad. The buffet lunch will include Lobster! Lobster! and More Lobster! The buffet will also have Beef Tips Marsala with Noodles, Seafood Newburg, Chicken Cordon Bleu, Variety of Salads, Mixed Vegetables, Bread Basket, Dessert and Vegetables... Oh, and don't forget... Lobster! Get ready to have a good time... the entertainment is Music and Comedy with Bob Goss. **Sign up for members begins on Mega Sign-up Day, April 6, between 9:15 a.m.– 4:00 p.m. or between 9:15-10:15 a.m. on any day following. Sign up for non-members begins on April 16.**

MEGA SIGN-UP DAY

On **April 6**, sign up begins for most new paid activities and trips, except for Foxwoods, which will sign up before Mega Sign-up Day. On Mega Sign-up Day members can sign up and pay for any paid activity (except classes, see page 2 for class sign up information) or trip **ALL DAY, between 9:15 a.m.—4:00 p.m.** On all other days, sign up is 9:15—10:15 a.m.

More New Trips on Page 9

NEW TRIPS Continued

***The Drifters* featuring Charlie Thomas and His Four Piece Band at the Aqua Turf
Thursday, August 18**

\$62.00 per person, if you drive on your own, includes lunch and show. Transportation for those who do not want to drive on their own would be an additional \$3.00. Arrive at the Aqua Turf at 11:30 a.m. The delicious lunch at the elegant Aqua Turf includes Garden Salad, Pasta, Chicken Parmesan, Broiled Scrod with Cracker Crumb Topping, Vegetable, Rolls, Dessert and Beverage, all served Family Style. The entertainment for the afternoon will be Charlie Thomas and the Drifters, with their four piece band. The Drifters released their first hit single in 1959 with *There Goes My Baby* and the rest is history. Charlie and the Drifters were on their way to great success with *Dance with Me*, *This Magic Moment*, *Save the Last Dance for Me*, *Up on the Roof*, *On Broadway*, and *Some Kind of Wonderful*. The hits go on and on! **Sign up for members begins on Mega Sign-up Day, April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Sign up for non-members begins on April 13.**

**Saratoga Race Course, NY
Sunday, August 28**

\$53.00 per person includes transportation admission, reserved grandstand seating and gratuity. Lunch and dinner are on your own. Leaves from the Plainville Senior Center at 8:00 a.m. and returns at approximately 10:00 p.m. **We need to reserve and pay for tickets, so sign up right away so we can get tickets—Don't miss out! A \$20.00 deposit is required at sign-up. The remainder must be paid by July 1.** We are off to the races! It is race time and the excitement fills the air at the world-renowned Saratoga Race Course. Come see where the Champion Man'O War lost his only race. Debuting in 1863, it is the oldest race track in America. Enjoy the best in horse racing. Lunch will be on your own at the raceway where you can choose from the Turf Terrace, the Porch Dining Area, The Club Terrace at the Rail Pavilion or the Concession Stands. A dinner stop will be made on the way home at Grandma's Restaurant and Country Store in Albany. Dinner will be on your own. **Sign up for members begins on Mega Sign-up Day April 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Sign up for non-members begins on April 13.**

ESSAY CONTEST

THE THEME FOR 2011 IS "OLDER AMERICANS: CONNECTING THE COMMUNITY."

This year, the CT Association of Area Agencies on Aging (C4A) invites essays *from around the state*. Our special guest judge, Pamela Giannini, Director of the State Unit on Aging at the Department of Social Services will choose winners from each of the five regions of the state with one "Grand Champion" chosen from the regional winners. **The due date is Wednesday April 27, 2011 and the winners will be notified: Friday May, 13, 2011.** To submit an essay, please send to the Area Agency on Aging nearest you. To find out which AAA is closest, call **1-800-994-9422**. You will be automatically connected with *your* Area Agency on Aging. Flyers with more information are available at the Senior Center Front Desk.

FOOD FOR FRIENDS

**Serving Free Meals on 2nd, 3rd and 4th Wednesdays of the Month at 5:00 p.m.
Church of Our Saviour, Episcopal, 115 West Main Street, Plainville**

This program is sponsored by the Plainville Conference of Churches: Redeemer's AME Zion Church; Congregational Church of Plainville, UCC; Church of Our Savior, Episcopal; Grace Lutheran Church; Plainville United Methodist Church

YOUNG@HEART CHORUS

**Presented by Connecticut Community Care, INC.
At The Bushnell Belding Theater in Hartford
Friday, April 29, 2011 at 7:00 p.m.**

The cost is \$47.00 for orchestra seats and \$37.00 for Mezzanine seats. Tickets for the post concert reception with the Young@Heart Chorus are \$10.00 and may be purchased at www.ctcommunitycare.org/reception or by calling 1-860-314-2247. Tickets may be purchased at the Bushnell Box Office, at www.bushnell.org or via phone at 860-987-5900. The concert is to benefit Connecticut Community Care, Inc.

GET FREE HELP WITH YOUR TAX RETURN

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older. If married, both husband and wife should be present during an income tax counseling session. Taxpayers must have available during their meeting with the Tax-Aide counselor, all information and documents that have been received that apply to their 2010 income tax. For a complete list of items to bring, pick one up at the Senior Center. The appointments are held on Tuesdays, through April 12. **To schedule an appointment with a certified Tax-Aide counselor or to obtain information, call the Senior Center, 860- 747-5728.**

DONATIONS

Donations are gratefully accepted for any of our fundraising campaigns:

Computer Equipment Upgrade Fund**\$100 Club****Memorial Donations****PEAK Fitness Center Enhancement Fund****Dial-a-Ride****\$1,000 Club****Parking Lot****Renovation Fund****Pool Table Fund****Homebound Services****Senior Center Beautification Project**

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist.)

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. *Thank you to all who made donations.*

GENERAL DONATIONS**February 17—March 15**

Frank Tarquinio, Open Circle, Mary Zukis, Madeline Drake, Charles Navickas, Anonymous, Harriet Rinaldi, Rose Lefemine, Helen Perschy, Mike Bochan, Jane Mack, Evelyn Kuziak, Frank Ingrid Gilona, Louis DiFrancesco, Therese Sevigny

Parking Lot: Pat Colombo

Dial-A-Ride: Rosalie Sastre, Hazel Decker, Gladys Pietrowicz, Barry Mallett, Anonymous

MEMORIAL DONATIONS**February 17—March 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 Citizens 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.

In Memory of Charles Marinelli: Debra Cawley,

In Memory of Robert and Thomas Ogonowski: Agnes and Stanley Ogonowski

In Memory of Peter Pestillo: Bonnie Camp, Sal Santacrose, Ann Krupinski

In Memory of Antoinette Santucci: Peter and Lucy Pestillo

CHEER REPORT**February 18—March 16**

CHEER CARDS: Terry Deschaines, Mary Zukis, Reginald Cyr, Irene Thurlow, Robert Galka, Bill Miller, Jim Rio, Jane Goodall, Doris Savino, Joan Hamel, John Sorbello

SYMPATHY CARDS: Lucy Pestillo, Janet Abramczyk and Family, Patsy Iaiennaro and Family, Family of Sam Wazorko

NEW MEMBERS**February 1-28**

Barbara Metzen, Lois Bator, Loretta Penta, Bruce Edge, Jessica Diamond, Sandra Anderson, Ann Houle, Cesar Culling, Cecilia Culling, Cayetano Rosario, Joseph Batkiewicz, Marge Wilson, Wayne Underwood

Billiards Winners

February 24: Stan Funk and Mitch Ziolkowski **March 3:** Joe Giannatasio and Nunzi Carrano

March 10: Bobby Hull and Mitch Ziolkowski **March 17:** Bobby Hull and Mitch Ziolkowski

Setback Tournament Winners

February 28: **1st:** Mary Ann & Bill Cunningham **2nd:** John Perretta and John Daversa
3rd: Roger Williquier and Joe Fortuna

March 7: **1st: (two-way tie)** Richard Vantrisco & Karen Carpenteri **and**
Barbara Martin & Anne Therriault **3rd:** Sally Miller and Pat Roper:

March 14: **1st:** Mina Fusaro & Joan Oliveira **2nd:** John Perretta and John Daversa
3rd: Roger Williquier and Joe Fortuna

COFFEE WITH A SOCIAL WORKER
Mondays, April 11 and 25, 12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program, Housing Options, Where to Find Alzheimer's Help in the Community, Caregiving, Homecare, etc. Just stop by Stephanie's office. Please note, this program is for Plainville Residents only. **No pre-registration necessary.** Just stop in and chat. No question is too small!

LIVE HAPPY AND HEALTHY GLUTEN-FREE LIVES
Join us for a Special Gluten-Free Lunch
Wednesday, April 13 at 1:00 p.m.

Join our support group for a Spring Luncheon. Eating gluten-free can be fun and delicious. Bring something to share, or just come to enjoy. Please call the Senior Center to register. The Gluten free support group meets at the Plainville Senior Center on the second Wednesday of each month to share information about the gluten free diet, products, shopping and cooking. **Call the Senior Center to register.**

CAREGIVING CONNECTIONS
Tuesday, April 26 at 10:00 a.m.

Please plan on joining us to share information, friendship and support as we continue to care for our loved ones while not neglecting ourselves. Good self-care is an essential ingredient in providing for the needs of another. Take time out for yourself and enjoy the opportunity to be among folks who truly understand and care about the challenges of caregiving.

Caregivers from any town are welcome to attend. Please join us as we share our experiences, friendships and support. **For further information, please call Bette at the Senior Center.** Let Bette know if you need a volunteer to visit with your loved one while you attend the meeting.

GRANDPARENTS / RELATIVES RAISING GRANDCHILDREN SUPPORT GROUP
Conference at the Plainville Senior Center on Tuesday, April 19

Call the Senior Center for information about this all-day conference. This support group is intended for individuals raising their grandchildren and who are looking for information, support and an opportunity to meet other grandparents with similar needs. *Funding for this program is made possible by the Older Americans Act through the North Central Area Agency on Aging.*

FREE REIKI APPOINTMENTS
Some Mondays and Fridays, 9:15 a.m.—12:15 p.m., by appointment

Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki treatments can decrease stress and improve energy and overall well-being and has many benefits for the mind, body and spirit. **Call the Senior Center and register for your free 1/2 hour Reiki session with Barbara Birth.** Barbara has been a Usui Reiki Practitioner since 2006 and became a Reiki Master Practitioner in 2008.

PEAK FITNESS CENTER **PEAK CENTER HOURS**
Monday—Thursday: 9:00 a.m.—4:45 p.m.
Fridays: 9:00 a.m.—1:00 p.m.

Cardiovascular Equipment

- Nustep: This is our most popular piece of equipment. The NuStep is a seated "stair stepper" which offers a complete upper and lower body cardiovascular workout.
- Treadmills: You can walk at your own pace. The incline can be adjusted for a more resistant workout, as though you are walking up and down hills.
- Recumbent Bicycle: Ride in comfort ... there is a back to the seat for full support!
- Elliptical Cross trainer: Low-impact total body workout

Weight Training. Seven pieces of upper and lower body strength training equipment including:

* Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

- Membership rates: \$7.00 for 1 month; \$32.00 for 6 months and \$50.00 for one year. A one-time registration fee of \$25.00 (cardio & weights) or \$8.00 (cardio only); \$17.00 (weights only) is charged at the time of your initial training.

Indoor Walking at the Senior Center Every day, 9:00—9:30 a.m. Free

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Women's Breakfast
 Wednesday, April 13, 8:00 a.m. at Oasis Restaurant
 Call the Senior Center for more information or to register

Friends Helping Friends
 Friday, April 15
 11:30 a.m.
 Buffet 2000, Southington

Choral Group Rehearsal
 Friday, April 1
 10:00 a.m.

Senior Center Gift Shop is Accepting and Selling Items on Consignment
 The Senior Center Gift Shop is now selling items on Consignment. We sell collectibles, hand crafted items, jewelry, china, and small paintings. Items are only accepted on Mondays, between 10:00 a.m.—3:00 p.m., but they are sold anytime the Gift Shop is open. Stop by the Gift Shop and see the beautiful items we have. For more information about selling an item on consignment, stop by the Gift Shop for all the details.

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate Meal Program: April				1. Salmon Boat w/ Lemon Dill Sauce
Reservations for a meal must be made at least one day ahead by calling the kitchen, 860-747-5728, between 10:00 a.m. and noon. The Suggested donation is \$2.50.				
4. C.W. Beef Burger	5. Un-breaded Veal Paprika Cutlet	6. Chicken Teriyaki	7. Stuffed Shells with Meat Sauce	8. Fish & Chips
11. Un-breaded Boneless Pork chop w/ Apple Gravy	12. Knockwurst w/ Peppers & Onions	13. Honey Dijon Chicken	14. Homemade Beef Stew w/ Carrots, Peas, Potatoes & Onion	15. Tuna Salad w/ Celery, Chopped Lettuce & Sliced Tomato
18. Dinner Sausage Links w/ Gravy	19. Hot Open Shaved Turkey Sandwich w/ Gravy	20. Virginia Baked Ham w/ Raisin Sauce	21. American Goulash	22. Closed
25. Chicken Cacciatore	26. Roast Pork w/ Apple Cranberry Sauce	27. Ham and Swiss Grinder	28. Baked White Fish w/ Lemon Dill Sauce	29. Turkey Meatloaf w/ Turkey Gravy

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