

# August 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 1:00 Setback GR	2. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:00 Bridge GR 2:15 Strength Training BR	3. 9:00 Walking GR 9:00 Kayak *9:15 Nurse 9:30 Open Quilting CR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR	4. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	5. 9:00 Shopping Bus 9:00 Walking GR 9:30 Mahjong GA 1:00 Pinochle L	6.
7.	8. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 1:00 Setback GR	9. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:00 Bridge GR 2:15 Strength Training BR 2:30 Alaska Presentation	10. 8:00 Women's' Breakfast 9:00 Walking GR *9:15 Nurse 9:30 Open Quilting CR 10:00 Fabric Bags 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR  Foxwoods Sign-up Day	11. 9:00 Walking GR *9:15 Nurse 9:30 QT Trader Joe's 9:30 Ceramics CR 10:00 Craft 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR  Mega Sign-up Day	12. 9:00 Walking GR 9:00 Kayak 9:30 Mahjong GA 1:00 Pinochle L	13.  Magic Wings  9:00 a.m.
14.	15. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 1:00 Setback GR	16.  <b>Senior Center Closed for Cleaning</b>  <b>No Activities No Lunch</b>	17  <b>Senior Center Closed for Cleaning</b>  <b>No Activities No Lunch</b>  4:00 QT Arbor Rose	18. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 11:30 Drifters at Aqua Turf 12:30 Pool Tournament 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	19. 9:00 Shopping Bus 9:00 Walking GR 9:30 Mahjong GA 10:00 Computer Volunteer Meeting 1:00 Pinochle L	20.
21.	22 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA **12:30 Bowling 12:30 Coffee with a Social Worker 1:00 Setback GR	23. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GR 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR <b>No Strength Training</b>  Classes Sign up Day	24. 9:00 Walking GR *9:15 Nurse 9:30 Open Quilting CR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR	25. 7:30 Foxwoods 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	26. 9:00 Walking GR 9:30 Mahjong GA 1:00 Pinochle L	27.  Old Mistick Village  9:00 a.m.
28.  Saratoga	29. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Bowling 1:00 Setback GR	30. 9:00 Walking GR *9:15 Nurse 9:00 QT Thimble Islands 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	31. 9:00 Walking GR *9:15 Nurse 9:30 Open Quilting CR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR	GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Cafe L: Library *: By Appointment  <b>** The Senior Bowling League will begin on Monday, August 22 , instead of August 29, as stated in the newsletter. See page 3 for details.</b>		

# 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

**9:30 Wii Bowling:** Stop in and try Wii Bowling.

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

**10:00 Cribbage:** No pre-registration necessary.

**1:00 Pinochle:** No pre-registration necessary.

**9:30 Wii Bowling:** Stop in and try Wii Bowling.

**1:00 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 (3<sup>rd</sup> 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.*

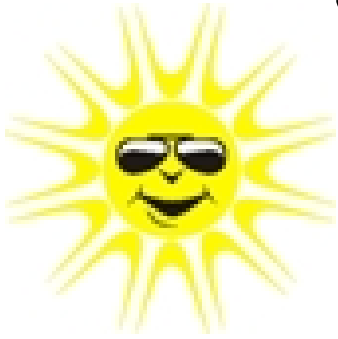
## OTHER TRANSPORTATION PROGRAMS

*Call the program for more information*

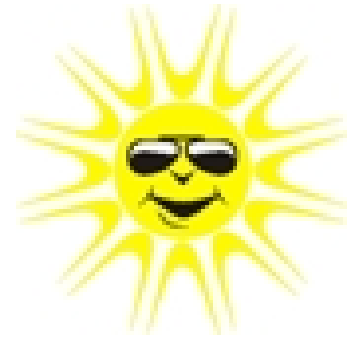
**Red Cross Transportation: (860)229-1631**

**ADA Transportation: (860-)589-7820**

# S.E.N.I.O.R. AUGUST 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.

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## Senior Center Gift Shop

Have you been to the Senior Center Gift Shop lately? If not... you have to come and check us out! We have new vendors, new items, and an ever changing consignment section for your shopping pleasure. It does not matter who you are shopping for; a male, a female, an adult, a child, or getting a little something for yourself...we have that perfect gift! We sell jewelry, purses, home decorations, holiday items, and candy. We also sell books of stamps and beautiful greeting cards, at the best prices around (from 99¢ to \$1.35). Our Gift Shop is Open Monday—Thursday, 9:30 a.m.—4:00 p.m. and on Fridays from 9:30 a.m.—12:30 p.m. Stop by today and check us out!

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### FRAUD PREVENTION SEMINAR Tuesday, September 13 at 1:00 p.m.



If it is too good to be true, then it probably is. Don't get caught in a scam. Come to the Senior Center and learn about identity theft prevention, fraud prevention tips, scams (phone, mail, contractors, family and check scams), elderly exploitations and laws to protect the elderly. This free program is hosted by Liberty Bank and the Plainville Police Department. Light refreshments will be served. **Call the Senior Center to register.**

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### THE LIFE AND WORK OF NORMAN ROCKWELL Wednesday, September 14 at 10:00 a.m.

This program is presented by Phyllis and Dr Don Stoltz, Ronda's Cousins. They are traveling all the way from Philadelphia just to share this program with us.

Norman Rockwell is a name that evokes thoughts of childhood joys, teenage fun, holidays, sports, patriotism and the American Way of Life. His classic, realistic style of art, as it appeared in millions of magazines, on posters, calendars and in many, many books, appeals to almost everyone from children to centenarians.

In this presentation Phyllis and Dr. Don Stoltz discuss Norman Rockwell's art, his life, his family and their fond remembrances of their many meetings with the famous artist.

In 1976, Dr. Donald Stoltz, author and Rockwell scholar, co-founded the now famous Curits Center Museum of Norman Rockwell Art. Since that time, the museum has gained international acclaim and thousands of visitors have admired Mr. Rockwell's art and enjoyed lectures given by the Stoltz family. You won't want to miss this outstanding, stimulating and humorous program! Everyone will also enjoy a piece of All American Apple Pie. The program is free. **Call the Senior Center by September 9 to register**. The public is invited, so bring your friends.

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### PLAINVILLE SENIOR CENTER OFFERING A TRIP TO ALASKA



The Plainville Senior Center is offering the trip of a lifetime to Alaska. See page 5 for details. Come to an informational meeting on August 9 at 2:30 or September 12 at 4:00 p.m. to hear all about this adventure. **Call to register for the meeting.**

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If you would like to be put on the newsletter pick-up or email list, just let us know. Call the Senior Center or email us your information at our new **newsletter information only** address at [scrgmmcb@att.net](mailto:scrgmmcb@att.net), and we will take care of the rest. Remember, you can always go to the Town of Plainville Website, [www.plainvillect.com](http://www.plainvillect.com), under the Senior Center Tab and get the current month's newsletter, along with all the newsletters from the past year.

*The Café (normally open on Tuesdays and Wednesdays)  
will be closed during the month of August.*

# **CLASSES SIGNING UP IN AUGUST**

**These classes begin signing up on Tuesday, August 23, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

**ADVANCED TAI CHI AND QUIGONG, 12 sessions, Tuesdays and Thursdays, September 6—October 13, 9:45-10:15 a.m. \$18.00 members; \$36.00 non-members. Instructor: Meghan Mitchell.** Advanced Tai Chi will take students beyond Qigong and into flow. More in-depth work with balance, fitness components and breath work. **Sign up begins August 23.**

**ZUMBA GOLD, 6 weeks Wednesdays, September 14-October 19, 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. **Sign up begins August 23.**

**STRENGTH TRAINING, 6 weeks, Tuesdays August 9 —September 27, 2:15– 3:15 p.m. (No class August 16 or August 23) \$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. **(Sign up for this class has begun.)**

**QUILTING, Wednesdays, September 7-December 21, 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. **If you are not a member of this class already, just call the Senior Center to be added to the class list.**

**YOGA, 6 weeks, Wednesdays, August 10-September 21 (No Class August 17) \$18.00 members; \$36.00 non-members. Instructor: Kate Keefe.** This is a mat based yoga class which involves learning to get up and down from the floor while promoting safe spinal alignment. This class is appropriate for persons who are interested in a gentle yoga class and / or individuals who are at risk or living with Osteopenia, Osteoporosis, and other chronic pain conditions. **(Sign up for this class has begun.)**

**FARGO's FUNCTIONAL FITNESS, August 4 and 11 have been added to the last schedule. (\$4.00 (Sign-up has begun), Then begins again for 6 weeks, Thursdays, September 1-October 6, 1:00—1:45 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. **Sign up begins August 23.**

**KNITTING & CROCHET, Six weeks Thursdays, September 15– October 20, 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!! **Sign up begins August 23.**

**CERAMICS, Six weeks. Thursdays, September 15-October 20, 9:30—11:30 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. **Sign up begins August 23.**

**INTERMEDIATE / ADVANCED DRAWING & PAINTING, Six weeks. Wednesdays, September 14-October 19, 12:30-2:30 p.m. \$18.00 members. Instructor: Pat Mottola.** Art students at intermediate or advance levels will explore a variety of subject matter and styles through the use of familiar mediums — pencil, charcoal, pen & ink, pastel and acrylic paint. Emphasis on elements of design and composition. Students are responsible for materials and supplies. **Sign up begins August 23.**

**MODERN JAZZ, An Introduction to Jazz History, Six Weeks, Thursdays, September 8– October 13, 10:00-11:30 a.m. Instructor: Bob Paskowitz,** professional musician in the greater Hartford area for more than 40 years. He has an extensive knowledge of modern jazz artists and recordings. This course is for everyone and anyone with little or no background in jazz history . The course will cover early jazz, jazz icons including Charlie Parker, John Coltrane and Miles Davis, some jazz vocalists including Billie Holiday and Diana Krall. Special guests, demonstrations and a performance by the instructor will be included! **Sign up begins August 23.**

## **CO-ED BILLIARDS**

We have had some people express an interest in playing co-ed billiards. If you are interested, please call the Senior Center to let us know. If there is enough interest, we will set up a day on the schedule.

# Outdoor Adventure Club

**Kayaking at Winding Trails in Farmington  
Wednesday, August 3 and / or Friday August 12**

\$15.00 per person, per day, includes either single or double kayak, paddles, life jacket, instructor and snack. You can sign up for one or both days. All you need to do is provide the paddle power. Meet at Winding Trails parking lot, across from the boat house at 9:00 a.m. We will conclude at approximately 11:00 a.m. Wear comfortable clothing that can get wet. Changing facilities and bathrooms are available. Bring drinks and a brown bag lunch if you would like. The leader (Ann Fargo) will help with kayak skills. **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.**



**Fall Hikes:** We will begin hiking again in the fall. We will enjoy the colors of the season in the cooler weather. More information will be available in the September newsletter.

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## DUST OFF YOUR BOWLING SHOES, IT IS THAT TIME OF THE YEAR AGAIN!

*The Senior Bowling League begins Monday, August 29*



The Plainville Seniors' Bowling League is welcoming new bowlers who would like to join the league for some bowling fun. The league meets at Laurel Lanes, 136 New Britain Avenue, Plainville, on Mondays at 12:30 p.m. The cost is \$7.75 per person, per week and includes three games of bowling, open bowling discount card, automatic scoring and free weekly beverage.

Bowlers of all abilities, including beginners, are welcome to join this exciting league. To receive more information or to join the league, contact Frank Robinson, Bowling League President, at 860-747-2918.

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## LEARN TO TAKE GREAT PICTURES

**Thursday, September 1—September 22**

You can learn to take great pictures no matter what camera you use, as long as you master some basic simple techniques. In this class you will learn these techniques by actually taking photos on three field trips and then viewing them in the computer lab. The first class will be held at the Senior Center on September 1, from 10:00 to 11:30 a.m. 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, to be announced, and then will reconvene in the computer lab at approximately 10:30 a.m., where we will review the pictures taken that morning. **This is a free class, but call the Senior Center to register.**

The instructor is Judy Humphrey, published photographer. Her last photo was published on the cover of the Hartford Courant I-Towns Section in March of this year. Judy took photography courses in college, and she worked as a free-lance photographer for weddings, family reunions and non-profit organizations. She has also contributed to monthly magazines and newspapers and has taken publicity photos for the University of Hartford and Post University.



## SNAPPY SENIORS

Calling all amateur photographers. You are invited to join a loosely formed "club" named the Snappy Seniors. We get together about once a month and travel to various places, such as Magic Wings in Massachusetts or Hartford's Elizabeth Park Rose Garden, just to have fun taking pictures. Anyone interested may join. If your knowledge of photography needs an update, sign up for the four week class, "Learn To Take Great Pictures". **We will have an informal planning meeting on September 29 at 10:00 a.m. to decide on photo trips for fall and winter seasons. Call the Senior Center to register.**

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## LIVING WITH ARTHRITIS AND OTHER RHEUMATOLOGICAL DISEASES

**Wednesday, September 7, 10:00-11:00 a.m.**

Dr. Nicholas Formica, a board certified arthritis doctor, will discuss various types of arthritis, bursitis, tendinitis and other associated rheumatological diseases. Bring your questions! The program is free. **Please call the Senior Center by August 31, to register.**

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## IT MAY BE HOT OUTSIDE, BUT IT'S COOL IN HERE

Is it one of those hot days and you just can't get comfortable? Well, come to the Senior Center and enjoy the air conditioning. Join in on one of our planned activities, catch up with some friends, read a book, do a puzzle or just relax and enjoy a little cool air. Come in and find out why the Plainville Senior Center is the "coolest" center around.

**LEARN HOW TO USE YOUR CRAFTY TALENTS FOR A GOOD CAUSE**

**Learn how to make small fabric bags, which will be used to cover patient's drainage bags, at nearby hospitals  
Thursday, August 11 at 10:00 a.m.**

We have a volunteer who makes fabric bags which are used to cover patient's drainage (catheter) bags at nearby hospitals. Since the hospitals could use as many as possible, she is looking for others who would be willing to help in this endeavor. She will teach everyone how to make them. Directions and materials will be provided. Any assistance will be greatly appreciated. Call the Senior Center to register.

**YES, YOU CAN WALK A 5-K (3.1 miles)**

**Kick-Off Meeting at the Senior Center on, Tuesday, September 6 at 1:00 p.m.  
Training on Wednesday, September 7-September 28, 8:15-9:15 a.m.-Meet at Norton Park**

Did you ever want to walk in a 5-K, but not sure how to get ready for it? Do you want to start a walking routine, but need a little direction and encouragement? Join us at Norton Park on Wednesday mornings at 8:15 a.m., beginning September 7. If you do not want to walk in a 5-K, that is OK. Join us anyway, and enjoy these morning walks with friends or train for your own personal goal. The training will include group warm-ups and stretch, 30-45 minutes of walking, and a group cool down and stretch. This will all be done with a coach who will help with individual goals, walking technique, proper footwear, and improved distance and duration. Each participant will walk at his or her own pace, with the ultimate goal of completing a 5-K, such as the Walk to End Alzheimer's at Bushnell Park, in Hartford, on Sunday, October 2. (Transportation will be provided.) Walkers should wear comfortable walking shoes, bring water to drink and a light snack for after the walk. Whether your ultimate goal is to participate in the Walk to End Alzheimer's, another 5-K, or just to walk with friends, meet us at the Norton Park Pool Parking lot and begin your journey to better fitness. The cost to participate in the training is \$18.00, which includes a stylish t-shirt. Join us at the Senior Center Tuesday, September 6 and get all the information about this program, receive a log sheet and receive information on how we will handle weather related cancelations. **You can register and pay for the training at the informational meeting, or register and pay for the training at the Senior Center between 9:15-10:15 a.m. Call the Senior Center to register for the informational meeting.**

**DENTAL CLINIC AT THE SENIOR CENTER**

**Monday, September 12, 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.**

**55 ALIVE MATURE DRIVING CLASS  
Monday, September 19, 1:00—5:00 p.m.**



This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. The class will consist of films and discussions. A driver's manual will be 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. The cost to take the class is \$12.00 for AARP members, providing a membership number and \$14.00 for all other attendees. **Sign up for Senior Center members begins on Mega Sign-up Day, Thursday, August 11, 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 August 18.**

**THE RECONSTRUCTION CENTER IS LOOKING FOR VOLUNTEERS**

The ReCONNsruction Center is a non-profit organization, a building materials "Goodwill Store", which uses the proceeds from the sales of donated building materials to support other community non profit organizations. They are a community resource offering affordable building materials to the public, including new homeowners, and landlords.

The ReCONNsruction Center is looking for a mature outgoing individual (volunteer) who is bilingual (English / Polish or English / Spanish) to respectfully greet customers on Saturday mornings, 9:00 a.m. to 1:00 p.m., at their retail store. No cash salary is offered, but you are welcome to all the coffee you can drink. Apply in person at the ReCONNsruction Center, 230 South Street, New Britain. Ask to speak to the manager. For more information about the ReCONNsruction Center, call 860-597-3390.

## FALL COMPUTER CLASSES

We are planning our Fall computer classes. What computer classes would you like to see offered? Call or stop by the front desk and let us know what you would like to see offered. Also, if you would like to volunteer to teach or assist with the computer classes, please call Shawn. We will be having a meeting for computer class volunteers on **Friday, August 19 at 10:00 a.m.** If you are interested in volunteering, join us at the meeting if you are able to. **Call the Senior Center to be added to the list.**

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### SETBACK CHANGES

*Effective September 1, 2011*

Effective **September 1, 2011** there will be changes to the way the Front Desk handles the Monday Setback Tournament. We are giving advance notice, so you will have plenty of time to make arrangements if any of these changes affect you.

The front desk will continue to accept cancellations for the upcoming setback tournament, and we will cross your name off the tournament list. If you need to cancel, prior to calling the Senior Center, please contact your partner to alert them of your cancellation and find out if they would like to cancel as well. This way when you call the Senior Center we will know if we are cancelling for just you or for your partner also. The front desk will not call your partner to see if they are still going to play and will not try to find another person to partner them up with.

We will no longer be keeping a list of those needing a partner. If you want a partner, please come to setback on the day of the tournament to see if anyone else needs a partner. The front desk will not match partners up.

**Please Remember:** Only Plainville Senior Center members are allowed to participate in the Set Back Tournaments.

As in the past, if you want to sign up for Setback for the following week, you must put your name and your partner's name on the slip of paper to be put into the hat and pulled (lottery style) to see where on the list you will be added. If you will not be at one week's tournament, but want to play on the following week, you must make arrangements with either your partner, if they are going to be there, or a friend to submit the names for the lottery. If these options don't work, then you can call on Tuesday morning and we will add your names to the bottom of the list. We will not take names to add to the lottery, we will only take names to add to the bottom of the list on Tuesday, after the lottery has been pulled.

Please make sure you are in contact with your partner before cancelling or signing up for future tournaments. We will not be calling partners, nor can we give out phone numbers. You may want to exchange phone numbers in advance, so you can contact each other if needed.

If you should have any questions, please do not hesitate to contact Shawn, Ronda or Marcy.

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### Friday Shopping Bus

- **August 5: Wal-Mart in Southington**
- **August 19: Wal-Mart in Bristol**

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.

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### **Ultimate Alaska and Yukon Experience 12 Days, May 12-23, 2012**

Price ranges from \$3,798—\$4,069 per person for double occupancy. Pricing does not include insurance, optional shore excursions, gratuities for your cruise concierge, driver's step on guide, or onboard ship gratuities. **Complete pricing information, agenda and optional tour information will be provided at the Trip Presentations scheduled for Tuesday, August 9 at 2:30 p.m. and Monday, September 12 at 4:00 p.m.** They say, "You can't see Alaska from a ship." So, our trip includes 8 of the 12 days on land, seeing the sights by train, motorcoach, catamaran and even a sternwheeler. The highlights include: 26 glaciers; whales; and tons of wildlife in Prince Williams Sound, aboard the most luxurious catamaran in Alaska, narrated by a U.S. Forest Service Ranger. Travel by the largest domed railcars to Denali National Park, with an overnight stay in the park, a 5-hour Denali History Tour and a ride through moose habitat. Visit the Gold Dredge No 8, the famous museum of the North; Tetlin Wildlife Refuge, Wrangell Mountains, St. Elias Mountains, and Kluane National Park. You will meet the famous sled dogs of Uncommon Journey's, Ride the 1850's White Pass and Yukon Railroad through breathtaking terrain, and enjoy 4-days on Holland America's Cruise Ship to Vancouver British Columbia. Our trip will visit Anchorage, Fairbanks, Tok, Beaver Creek, Whitehorse, Fraser, Skagway, Ketchikan and others. Additionally, a tour guide will be with us the entire trip from your pick-up in Plainville until you return to Plainville. Complete itineraries are available at the front desk. A passport is required for this trip. Call to register for a trip meeting. **Sign-up begins after the meeting on August 9.**

## 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 a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you.**

### Quick Trips

#### **Trader Joe's and Olive Garden , West Hartford Thursday, August 11**

\$3.00 payable at sign-up. Shop at the famous Trader Joe's, a place for the culinary curious, Then enjoy lunch at the Olive Garden. Home pick-ups for those who do not drive begin at 9:30 a.m. Bus leaves OLM parking lot at 10:00 a.m. Returns to Plainville at about 2:00 p.m. **Sign-up begins on Thursday, August 4, between 9:15 a.m.—10:15 a.m.**

#### **Dinner at Arbor Rose at Jerome Home, New Britain & Musical Entertainment by Lady Luck Wednesday, August 17**

\$3.00 payable at registration. **Limited to 12 participants!** We have been invited by Arbor Rose for a complimentary dinner, followed by a concert outside in the courtyard. Lady Luck is a brand new female vocal trio that specializes in swing, jazz and cabaret-style standards. They are accompanied by a dynamic rhythm section of piano, bass and drums. Home pick-ups for those who do not drive begin at 4:00 p.m. Leaves Senior Center parking lot at 4:30 p.m. Returns to Plainville at about 7:30 p.m. **Sign-up begins on Thursday, August 4, between 9:15 a.m.—10:15 a.m. or between 9:15 am. - 4:00 p.m. on Mega Sign-up Day.**

#### **Thimble Islands Cruise and Lunch at Chowder Pot, Branford Tuesday, August 30, (Rain Date: Wednesday, August 31)**

\$5.00 payable at registration. Boat cruise (\$9.00), lunch, tax and gratuity are on your own. Enjoy a one-hour narrated cruise around the famous Thimble Islands. Then, have your favorite meal at The Chowder Pot restaurant. Home pick-ups for those who do not drive begin at 9:00 a.m. Leaves OLM parking lot at 9:30 a.m. Return to Plainville at about 3:30 p.m. **Sign-up begins on Mega Sign-up Day, August 11, between 9:15 a.m. - 4:00 p.m. or between 9:15 –10:15 on any day following.**

### Saturday Shopping Bus

#### **Magic Wings Butterfly Conservatory and Gardens and Yankee Candle, Deerfield, MA Saturday, August 13**

Enjoy a day at the 8,000-square foot tropical conservatory which is home to nearly 4,000 exotic and domestic butterflies. Then, visit one of New England's most popular destinations! Yankee Candle Village offers a unique shopping, entertainment and dining experience. Lunch will be at a restaurant of the group's choice. Magic Wings admission (\$10.00) and lunch are on your own. Home pick-ups, for those who do not drive, begin at 9:00 a.m. Leaves the Senior Center at 9:30 a.m. Returns to Plainville at about 4:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly on the day of the trip. **As we need a count of participants as soon as possible, please call the Senior Center to sign up by Tuesday, August 9.**

#### **Olde Mistick Village (Mystic) Saturday, August 27**

Wander along the tranquil, beautiful brick pathways to more than 40 stores with items from all over the world. Then, enjoy lunch at one of the variety of restaurants. Home pick-ups for those who do not drive will begin at 9:00 a.m. Bus leaves the Senior Center at 9:30 a.m. Returns to Plainville at about 4:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **As we need a count of participants as soon as possible, please call the Senior Center to sign up by Tuesday, August 23.**

## ***Friday Shopping Bus On Page 5***

# 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.

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

\$62.00 per person. Drive on your own. 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. **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, August 25

\$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.**

### **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. **As of the printing of the newsletter, we have one spot left. 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.**

### **3– Day Ogunquit, Maine—Tales of the Sea** September 7-9

\$399 per person double, \$379 per person triple, \$499 per person single. **The trip is currently full. If interested, please put your name on the reserve list.**

### **Eating Your Way “Troo” Brooklyn** Saturday, September 24

\$57.00 per person includes transportation, sightseeing and attractions, local step-on-guide and gratuities. **Important: Cost includes deluxe motorcoach and local guide. The local Tour Guide will share tips and suggestions in each neighborhood. Food cost is NOT included... each person pays for their own purchases.** There is a moderate amount of walking on this trip. Leaves at 8:00 a.m. from the Plainville Senior Center and returns at approximately 6:30 p.m. Your 5-hour tour with the local expert will include stops in Fort Greene, DUMBO, Clinton Hill, Brooklyn Heights and Park Slope. We will have a chance to explore Sahadi's on Atlantic Avenue, a Middle Eastern gourmet food market with a huge olive bar, spinach and meat pie pastries, cheeses, fruits and olive oils. We'll stop at a local Italian Deli and French Bakery, and conclude our day in DUMBO for wonderful ice-cream and desserts. Enjoy Jacques Torres famous French chocolate shop and Fulton Ferry for homemade ice-cream. Take in the skyline with views of the Brooklyn and Manhattan Bridges. Great shopping area!!! **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.**

**Albuquerque Balloon Fiesta.  
6-Days, October 7-October 12—Featuring 3 Nights in Santa Fe**

\$2,125 per person double, \$2,095 per person triple, \$2,795 per person single, includes roundtrip airfare, tour director, 7 meals (5-full breakfasts at the hotel and 2 dinners), motorcoach transportation, admissions per itinerary, sightseeing per itinerary, hotel, transfers, and baggage handling. Does not include gratuities and trip insurance. Trip insurance is optional, but recommended and costs \$113 double or triple, \$131 single. The tour highlights include the Albuquerque International Balloon Fiesta, Albuquerque city tour, Indian Pueblo Cultural Center, Bandelier National Monument, Los Alamos Science Museum, Santa Fe City Tour, Taos Pueblo, Taos City Tour, High Road to Taos, 3 nights in Santa Fe. Get a complete itinerary at the Senior Center Front Desk. **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.**

**Wine, Cheese & Autumn in Southern Vermont  
Polish American Cuisine, Honora Winery & Vineyards, and Grafton Cheese Village  
Thursday, October 13**

\$72.00 per person includes deluxe motorcoach, sightseeing, lunch, attractions and driver gratuity. Leaves from OLM at 7:45 a.m. and returns at approximately 6:30 p.m. There is nothing more beautiful than fall in Vermont! Begin the day at Grafton Village Cheese in Brattleboro. We'll have a chance to view the cheese making process along with sampling of several cheeses. This large retail store has quite a selection of artisan cheeses, specialty foods, breads and Vermont products. The Matterhorn Inn in West Dover is a charming country inn featuring hearty Polish American cuisine. Family owned and operated, the inn welcomes its guests into a spacious great room complete with a cozy fireplace... our buffet lunch will be served in their rustic Chopin's Restaurant. Bring your appetite because the buffet menu will include soup, salad, hot entrees, vegetable, potato, pierogi, stuffed cabbage, kielbasa, dessert and beverage. Honora Vineyards in West Halifax is situated on 200 acres of rolling hills. Their spectacular Napa style event center will be the site of our tasting with its mountain views, warm wood interior and soaring 4-sided stone fireplace. Everyone will receive a memento wine glass. **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. **Trip is full. If interested, please sign the reserve list.**

**Jersey Boys, *The Story of Frank Valli and the Four Seasons*  
At the Bushnell Theatre  
Wednesday, November 2**

\$121.00 per person includes transportation, buffet lunch, orchestra tickets to the 1:00 p.m. matinee and gratuities. Leaves from OLM at 10:30 a.m. and returns at approximately 4:30 p.m. Come follow the rags-to-rock-to-riches tale of four blue-collar kids working their way from the streets of Newark to the heights of stardom and became one of the greatest successes in pop-music history. Before the show, enjoy a wonderful buffet brunch at the Chowder Pot, which includes: salads, assorted cheeses & pepperoni with crackers, fresh fruit, vegetable crudité with assorted dips, broiled salmon, chicken Florentine, Virginia baked ham, rigatoni, potato, vegetable, bread and butter, dessert, coffee & tea. **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.**

**The Radio City Christmas Spectacular  
79th Anniversary—Brand New Show  
Thursday, November 17**

\$95.00 per person includes deluxe motorcoach and reserved orchestra / first mezzanine seating for the 2:00 p.m. show. \$55.00 non-refundable deposit due at sign-up. The remainder is due by October 3. Leaves from OLM at 8:15 a.m. and returns at approximately 6:30 p.m. The Radio City Christmas Spectacular starring the world-famous Rockettes, returns for the 79th Anniversary with six new production numbers. The interior of the Music Hall will transform into a magical Christmas canvas with new digital technology featuring a 3DLive video game adventure. Time is available before the show for shopping and lunch on your own. **If you want to go on this trip, do not delay, tickets must be purchased immediately. 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.**

**MEGA SIGN-UP DAY**

On **Thursday, August 11**, sign up begins for most new paid activities and trips, except new classes (see page 2) and Foxwoods (which begins signing up on August 10). On Mega Sign-up Day members can sign up and pay for any paid activity 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.

**4-Day Quebec City—A Grand Winter Carnival  
February 3-6, 2012**

\$699.00 per person double, \$649.00 per person triple, \$919.00 per person single, includes deluxe motorcoach transportation, 3-nights at the Chateau Laurier Hotel in Quebec City, baggage handling and Quebec room tax at the hotel, dinner two evenings in the Walled City, dinner at L'Astral Restaurant overlooking the city, meal tax and waiters gratuity, Quebec City sightseeing with a local guide, Winter Carnival Bonhomme Pass for admissions, Mass at St. Anne de Beaupre, Winter Carnival events, Tours of Distinction Escort, tips for escort, bus driver and Quebec guide. Trip insurance is optional but highly recommended. A complete itinerary is available at the front desk. The cost for trip insurance is \$39.00 per person for double or triple and \$49.00 for single. If you want the insurance, you must purchase it at the time of deposit. \$100.00 deposit due at sig-up. The remainder is due by January 3, 2012. **You will need a valid passport to go to Canada. 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  
Tuesday, October 4**

\$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 Wednesday, August 10, between 9:15-10:15 a.m. or on Mega Sign-up day, between 9:15 a.m.—4:00 p.m. Sign up for non-members begins on August 18.**

**The Great Jack O'Lantern Blaze  
Friday, October 28**

\$94.00 per person includes transportation, Sunnyside Tour, Dinner and Great Jack O'Lantern Blaze. Leaves from OLM at 12:00 p.m. and returns at approximately 9:00 p.m. This afternoon we will visit Sunnyside, the home that defines the magic and mystery of the Hudson River Valley. Washington Irving, the author of "The Legend of Sleepy Hollow" purchased a small Dutch farmhouse in 1835 and transformed it into the one-of-a-kind house he called his "snuggery." This romantic picturesque estate with stunning Hudson River views has been charming guests for generations. You'll hear about Irving's stories past as told by interpreters in mid-19th century costumes and discover why one of America's first celebrity homes remains a delight to behold. An early dinner is included at the El Dorado, located in Elmsford, NY. The El Dorado Diner runs the gamut from Greek cuisine and Italian specialties to seafood and the American diner fare. They also feature home-made desserts. The menu includes your choice of roast chicken, roast sirloin beef, broiled scrod, **or** chicken Parmigiana with spaghetti. All meals are served with soup or salad and apple, cherry or blueberry pie. This evening enjoy the Great Jack O'Lantern Blaze, a mix of art, Halloween fun and surprising spectacle. The Blaze features over 4,000 awe-inspiring, hand-carved illuminated pumpkins displayed on Van Cortlandt Manor's 18th century riverside landscape. You will marvel at the breathtaking display of Celtic knots, ghosts and clowns. Hanging from the trees, floating in the Croton River and rising in the sky, stacked up as totem poles, the pumpkins will fill themed areas such as the ghostly graveyard, the scarecrow avalanche, and the amazing Jack O'Lantern aquarium. **Sign up for members begins on Mega Sign-up Day, Thursday, August 11, 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 August 18.**

**Hairspray at the Warner Theater  
Sunday, November 6**

\$78.00 per person includes deluxe motorcoach transportation, show, lunch and driver gratuity. Leaves at 10:15 a.m. from the Plainville Senior Center. Returns home at approximately 5:45 p.m. You will have orchestra seats at The Warner Theatre in Torrington for the matinee presentation of "HAIRSPRAY." The story unfolds as a pleasantly plump teenager teaches 1962 Baltimore a thing or two about integration after landing a spot on a local TV dance shop. Great fun and lots of energy!!!! The Brunch will be at Fairview Farm Golf Club in Harwinton, CT in the beautiful room overlooking the golf course. The buffet menu will include juice, selection of hot entrees and breakfast items, salads, pasta dish, pastries, dessert table, soda and coffee. **Sign up for members begins on Mega Sign-up Day, Thursday, August 11, 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 August 18.**

# ALASKA

The Plainville Senior Center is offering the trip of a lifetime to Alaska. **See page 5 for details.** Come to an informational meeting on August 9 at 2:30 or September 12 at 4:00 p.m. to hear all about this adventure. **Call to register for either of the meetings.**

**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****June 16-July 18**

Ellie Davey, Terry Mirmina, Rosemarie Miller, Madeline Drake, Open Circle, Sally Miller, Jane Mack, Family of Marty Lawrence, Rosaleen Peters, Jo D'Addese, George Bienkowski, Dianne Misko, William Senk, Jim Rio, Plainville Food Pantry, Wendel Copeland, Anita and Roger Willequer, Jane Mack, Harriet Rinaldi, Family of Bea Pylkowski, Claire Camp, Betty Klatt

**Parking Lot:** Mike Bochan, Joan Ann Gridley**Dial-A-Ride:** Bonnie Camp, Tina & Brenda Tella, Carol Perry, Anonymous, Rosaleen Peters, Hazel Decker**MEMORIAL DONATIONS****June 16-July 18**

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 Annmarie Berarducci:* Helen Marinelli, Ann Krupinski

*In Memory of Frank Camp:* Audrey Alt

*In Memory of William (Bernie) Peters:* Rosaleen & Joseph Peters

*In Memory of Peter Pestillo:* Lucy Pestillo

*In Memory of Albert Roman:* Helen Marinelli

*In Memory of Guida Szczepanik:* Ruth Perrotti

**CHEER REPORT****June 16-July 20**

**CHEER CARDS** Bill Fabian, Bill Miller, Dorothy Stephenson, Jim Brunner, Don Nourse, Wanda Green, Joan Blackler, Barbara Martin, Michael Bochan, Helen Marinelli

**SYMPATHY CARDS:** Vivian Beinkowski, Michael Bochan, Helen Waluk, Verna Pekrul, Joanne & Morris Hart, Charles & Olga Stepney, John O. Delin, Family of Edward Bienas, Family of Beatrice Pylkowski, Family of Edward Wasik, Family of Morton White, Family of Annmarie Berarducci, Family of Lois Thoren

**NEW MEMBERS****June 1-30**

Susan Jay, Anthony Calo, Lucille Calo, Betty Paquin, Lorraine Colagiovanni, Warner Hinze, Irene Mohr, Eather Reynolds, Kathleen Knox, Maria Espinosa, George Mills, June Lehr, David Klitnick, Sharon Lintner, Ida Smith, James Thone, Nina Thone, Leona Daley, William Cancelli, Diane Roth

**Billiards Winners**

**June 23:** #1 Curt Graves & Mitch Ziolkowski #2 Jack Rosay & Norm Landry

**June 30:** #1 Bob Hull & Jack Rosay #2 Curt Graves & Paul Martel

**July 7:** #1 Joe Boudin & Stan Funk #2 Joe Palumbo & Mitch Ziolkowski

**July 14 :**#1 Curt Graves & Joe Giannattasio #2: Mitch Ziolkowski & Joe Palumbo

**Setback Tournament Winners**

**June 27:** 1st: Pat Cancelli & Fran D'Addesse 2nd: Madeline Drake & Flo Connelly  
3rd: Barbara Martin & Peter Demkow

**July 11:** 1st: Terry Pedrolini & Jeanne Raducha 2nd: Paul Martel & Joe Beaudin  
3rd: Flo Connelly & Madeline Drake

**July 18:** 1st: (2-way Tie) Pat Roper & Sally Miller and Bob Raymond and Marcel Boilard  
3rd: Paul Martel & Joe Beaudin

**COFFEE WITH A SOCIAL WORKER****Monday, August 22, 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 have an individual chat with Stephanie. No question is too small!

**FREE REIKI APPOINTMENTS****Mondays, 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.

**RENTAL REBATE PROGRAM**

The Town of Plainville's Assessor's Office has begun to make appointments to take applications for the Renters Rebate Program for the elderly and disabled renters. Income requirements for the Renters Rebate: are for single people \$32,300 and married couples \$39,500. Qualifications for the renter's benefit are:

- Applicants must have been 65 years old prior to December 31, 2010 or have a 100 percent disability rating from the Social Security Administration. Applicants must have been a resident of Connecticut for any one year.
- Persons filing must provide a copy of their 2010 income tax return, or if not required to file a return, must supply copies of their source of income and the amounts, and proof of Social Security benefits collected for 2010.

Renter applicants must also have receipts for their rent from 2010 and all utility receipts for 2010. Call the Assessor's Office for an appointment at 793-0221 ext 244.

**MEDICARE'S ANNUAL ENROLLMENT PERIOD IS MOVING UP!**

Mark your calendars. Starting this year, the New Annual Enrollment Period for Medicare Part D and Medicare Advantage Plans begins October 15, 2011 and ends on December 7, 2011.

**MEMBERSHIP UPDATE**

If you have not already, you will be receiving a phone call from the Senior Center shortly. We are doing our membership updates. Many times, over the years, addresses, phone numbers, emergency contacts, etc. change and we are not told. We do not want to wait until an emergency happens to realize we don't have the updated information, so we will be calling and asking you to confirm the information that you have on file with us. Don't worry, we never give out any of your personal information to anyone! Thanks for your help keeping our files current.

**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, August 10, 8:00 a.m.** at Oasis Restaurant  
 Call the Senior Center for more information or to register.

**Friends Helping Friends**  
 None in August

**Choral Group Rehearsal**  
 None in August

**Save the Date**  
**Health Fair at the Plainville Senior Center**  
**Tuesday, November 15**

**FOR SALE:** Electric Scooter, Pride-Model Victory 10, under two years old, excellent condition, paid \$2,200, will sell for \$800. Call Ed at 860-410-1106 or 860-944-8307.

**Congregate Meal Program: August**

Reservations for a meal must be made at least one day ahead by calling the kitchen, 860-747-5728, between 10:15 a.m. and 12:00 noon. The suggested donation is \$2.50.

Monday	Tuesday	Wednesday	Thursday	Friday
1. Baked Meatloaf	2. Turkey Club w/ Bacon	3. Baked Kielbasa	4. Pot Roast of Beef Au Jus	5. Sole Florentine w/ Lemon Sauce
8. BBQ Chicken Leg and Thigh	9. Tuna Salad w/Celery	10. Thinly Sliced Roast Pork	11. CW Cheeseburger	12. Stuffed Clams
15. Chicken Cacciatore	16. Salisbury Steak	17. <b>Pizza From Local Pizza Parlor</b>	18. Low Salt Baked Ham	19. Baked Turkey Loaf
22. All Beef Hot Dog	23. Sliced Turkey w/ Gravy	24. Stuffed Cabbage	25.. Pork Chop w/ Pineapple	26. Pollock Loin w/ Lemon Dill Sauce
29. Meatballs in Marinara	30. Sliced Roast Beef w/ Beef Gravy	31. Honey Dijon Chicken		
Ice-cream Social				

# August Events

Non Profit Org.  
 U.S. POSTAGE  
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 Plainville, CT  
 06062  
 Permit No. 24

PLAINVILLE SENIOR CITIZENS CENTER  
 200 EAST STREET  
 PLAINVILLE, CT 06062-2900  
 RETURN SERVICE REQUESTED