

December 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Cafe L: Library * By Appointment				1. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Creative Writing 11-12 Blood Pressure 12:00 COA 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	2. 9:00 Shopping Bus 9:00 Walking GR 9:30 Mahjong GA 10:00 Choral Group 11:00 Dance Group 10:30 French 1:00 Pinochle L	3. 8:15 Princess Diana Sat. Shopping Bus QT 5:30 Sweet Adelines
4.	5. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Arthritis Exercise 9:30 Computer Course I 10:00 Current Events GA 10:30 Workout to the Oldies 12:30 Coffee with a Social Worker 12:30 Bowling 1:00 55 Alive 1:00 Mahjong 1:00 Setback GR	6. 8:00 Gilded Christmas 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	7. 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 9:30 Computer Course II 10:00 Paint / Drawing 10:30 Zumba Gold GR 11-12 Blood Pressure 12:30 Drawing / Painting 1:00 Charlemagne BR 1:00 Bingo GR	8. 9:00 Walking GR No Nurse 9:30 Ceramics CR 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	9. 9:00 Walking GR 9:30 Mahjong GA 10:30 French 1:00 Pinochle 6:00 QT Choral Society	10. 9:00 Wadsworth
11. OT 2:30 Christ- mas By Candle- light	12. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Arthritis Exercise 9:30 Computer Course I 10:00 Current Events GA 10:30 Workout to the Oldies 12:30 Bowling 1:00 Setback GR 1:00 Mahjong	13. 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	14. 8:00 Women's' Breakfast 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 9:30 Computer Course II 10:00 Paint / Drawing 10:30 Zumba Gold GR 11-12 Blood Pressure 12:30 Drawing / Painting 1:00 Gluten Free 1:00 Charlemagne BR 1:00 Bingo GR	15. 9:00 Walking GR No Nurse 9:30 Ceramics CR 10:00 Snappy Seniors 10:00 Holiday Eating 10:30 Grandparents' Program 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	16. 9:00 Shopping Bus 9:00 Walking GR 9:30 Mahjong GA 10:00 Sharpen Your Brain 10:30 French 11:30 Friends Helping Friends 1:00 Pinochle L	17.
18.	19 9:00 Walking GR *9:15 Reiki Appt. 9:30 Arthritis Exercise 10:00 Current Events GA 12:30 Coffee with a Social Worker 12:30 Bowling 1:00 Setback GR 1:00 Mahjong	20. 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 10:00 Heartburn Talk 10:00 Caregiving Connections. 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	21. 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR	22. 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 No Band	23. Closed	24.
25. Chris- mas Din- ner 11:30	26. Closed	27. 9:00 Walking GR No Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	28. 9:00 Walking GR No Nurse 9:30 Quilting 1:00 Charlemagne BR 1:00 Bingo GR	29. 9:00 Walking GR *9:15 Nurse 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	30. Closed	31.



Come down to the Senior Center on Tuesdays and Wednesdays, between 11:00 a.m.—1:00 p.m. to have a delicious lunch. For lunch we have a selection of soup, sandwiches, panini and salads, all freshly made. We also have weekly specials. Stop by the Senior Center for a menu or go to the Town of Plainville website, Senior Center tab, and view it there.

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: \$7.75 per week. Meet at Laurel Lanes. Call Frank Robinson, League President, 747-2918.

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

1:00 Mahjong No pre-registration necessary.

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.

1:00 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

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 nursing homes 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 building of their destination. In ad-

dition, 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

ADA Transportation: (860-)589-7820

S.E.N.I.O.R. DECEMBER 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.

PLAINVILLE SENIOR CENTER USED JEWELRY SALE

Wednesday, November 30, 10:00 a.m.—2:00 p.m.

Come shop our used jewelry sale and get something “new” to wear for all your holiday parties.



Do you have any jewelry that you are not using anymore? Please consider donating it to the Plainville Senior Center for our used jewelry sale. We will clean it up and sell it, with all proceeds benefiting our Senior Center. Donations are accepted anytime at the front desk.

SURVIVING HOLIDAY EATING AND STRESS

Thursday, December 15 at 10:00 a.m.

Join Miles Everett and Katherine Kreh, from the Bristol Diabetes Center, and learn how you can enjoy the holidays without the 7-12 pound “present” most Americans get from Santa Claus. **Please call the Senior Center by December 12 to register for this free program.**



SHARPEN YOUR BRAIN

Friday, December 16 at 10:00 a.m.

Have fun while increasing your brain power! You will be challenged with a variety of word games and trivia that will stimulate your brain cells. Also, bring your own ideas to share with the group! The program is led by staff from Arbor Rose. **Please call the Senior Center by December 14, to register for this free program.**

HEARTBURN AWARENESS FOR SENIORS

Tuesday, December 20 at 10:00 a.m.

Have you ever had a big, delicious meal that filled you up, but as soon as you finished, you felt a burning sensation in your chest that made you wish you never ate? Or, perhaps you cannot go a day without a few cups of coffee, but that means you cannot go a day without heartburn either! If so, you are not alone. It is estimated that over one-half of Americans experience heartburn. Come and find out what heartburn means for your health. Learn what you can do to minimize it, including what foods to avoid. Students from the University of Connecticut School of Pharmacy will give a presentation about heartburn, provide helpful tips, new ideas and answer any questions or concerns you may have. **Please call the Senior Center by December 15 to register**



CHRISTMAS DAY DINNER AT THE SENIOR CENTER

Sunday, December 25 at 11:30 a.m.

To attend, please call the Center by December 21

Senior Center members or Plainville residents, 60 years of age or older, who will be alone this Christmas, are invited to come to the Senior Center and join in a delicious homemade, traditional Christmas dinner with all the trimmings. Volunteers will provide transportation to those who need a ride to the Center, please let us know when you register for the dinner. If you are homebound and would like a dinner delivered to your home, call the Center.

DON'T FORGET TO LET US KNOW IF YOU ARE GOING AWAY TEMPORARILY OR MOVING TO A DIFFERENT ADDRESS

If you are going away for an extended period of time and planning to have your mail forwarded, please let us know. We don't forward the newsletter, but we will stop it until you return. If not, we have to pay for it to be sent to you and then when the post office returns it to us (because you are temporarily away) we have to pay again for it to be sent back to us. Just give us a call when you return, and we will start sending you your newsletter again. Also, if you are moving, just give us a call and let us know and we will send your newsletter to your new address, if it is within Plainville. If you are moving out of Plainville, we can give you the information on how you can become an Out-of-Town member. *Thanks for your help.*



CLASSES SIGNING UP IN DECEMBER

Many classes have already begun signing up. Sign up for all classes begin on December 15, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Each class is noted of when sign up begins or if it has already begun.

ADVANCED TAI CHI AND QIGONG, 8-weeks, Wednesdays, January 18-March 7, 9:30-10:15 a.m., \$12.00 members, \$24.00 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.

ZUMBA GOLD, 6 weeks, Wednesdays, January 18-February 22, 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.

STRENGTH TRAINING WITH CORINNA, 6 weeks, Tuesdays, January 24-February 28, 2:15–3:00 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 positions.

QUILTING, Ongoing, Wednesdays, January 18-June, 9:30—11:30 a.m. **Instructor: Karen Ke-binger.** 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. **Call the Senior Center to be added to the class list. New members are always welcome!**

FARGO'S FUNCTIONAL FITNESS, 6-weeks, Thursdays, January 19-February 23, 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.

KNITTING & CROCHET, 6 weeks Thursdays, January 19-February 23, 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, 6 weeks, Thursdays, January 19-February 23, 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.

INTERMEDIATE / ADVANCED DRAWING & PAINTING, 6 weeks, Wednesdays, January 18-February 22 10:00-12:00 noon or 12:30-2:30 p.m., \$18.00 members only **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.

ARTHRITIS FOUNDATION EXERCISE CLASS, 6 weeks, Mondays, January 23-February 27, 9:30-10:30 a.m. \$18.00 members, **Instructor: Amy Gray,** Designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility, range of motion and to help maintain muscle strength. Participants who previously enrolled in the program have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression.

55 ALIVE MATURE DRIVING CLASS **Monday, December 5 , 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 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.**

SNAPPY SENIORS CAMERA CLUB **The Next Meeting is on December 15 at 10:00 a.m.**

The Snappy Seniors Camera Club meets at the Plainville Senior Center on the third Thursday of the month, at 10:00 a.m. The group meets to discuss and plan photography trips and activities of interest to amateur photographers. Recent trips and activities have included Gouveia Winery, Hillstead Museum's Sunken Garden, and Elizabeth Park Rose Garden. Any member of the Senior Center interested in having fun while improving photographic skills is invited to join us for the next meeting. **Please call the Senior Center to register**

**GLUTEN FREE SUPPORT GROUP
Holiday Lunch Meeting
Wednesday, December 14 at 1:00 p.m.**

Join the Gluten Free Support Group for a special Holiday Meeting. We will enjoy a light lunch and we will have a grab bag swap, so bring a \$5.00 present if you would like to participate in the swap. Call the Senior Center to register.

The Gluten Free Support Group meets at the Plainville Senior Center on the second Wednesday of the month at 1:00 p.m. It is a great chance to share information about the gluten free diet, products and cooking.

**DENTAL CLINIC AT THE SENIOR CENTER
Monday, February 13, 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 \$1,925 (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.**

**MOVIE MATINEE AT THE PLAINVILLE LIBRARY
Thursday, December 8, 2:30 p.m.**

The Plainville Library is showing *Call Me Mrs. Miracle*. In this movie, Doris Roberts reprises her role as Mrs. Merkle (Mrs. Miracle) and brings hope for the holidays. Posing as an unassuming toy department clerk, she sets out to ensure that this Christmas is memorable and meaningful for all at a struggling family-owned department store in New York City. With broken dreams to mend and promises to keep, Mrs. Miracle has her work cut out for her, but she will not give up until she delivers a merry, meaningful Christmas for all. You don't need to pre-register for the movie. If you need a ride, Dial-a-Ride will take you. Call 860-589-6968 to set up a ride appointment.

2011 ARCHBISHOP'S ANNUAL APPEAL HELPS DIAL-A-RIDE

The staff and members of the Plainville Senior Center are pleased to learn that the Center has been awarded the sum of \$1,000 through the 2011 Archbishop's Annual Appeal. The funds will help to support the much-needed Dial-a-Ride program. We are very grateful for the generosity of the Archbishop's Annual Appeal and thankful for the support. If you go to a Catholic Church, please let your priest know how thankful we are for the this donation from the Archbishop's Annual Appeal.

THE CONNECTICUT BIG LIST IS OUT!!!!

The Connecticut Big List is the official list of people and businesses with unclaimed property held by the State Treasurer's Office. In accordance with State Law, this list is published every two years. The list has 49,000 names of people who have unclaimed property held by the State. We have a copy of this list at the Front Desk. Stop by and see if your name is on it and if it is, how you go about claiming your money or property. Those with Internet access can visit the website, www.CTBigList.com, type in your name and find out instantly if you have unclaimed property.

Computer Classes

COMPUTER COURSE II

Wednesdays, January 11,18, 25, 9:30 a.m.—12:00 noon

Learn the basics you will need for successful emails, internet use and computer functions of all types. This class follows class I and is recommended for those who are not computer savvy, but wish to take more advanced courses. The Instructor is George Carden. The cost is \$10.00 for Senior Center members and \$15.00 for non-members. **Sign up has begun.**

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. (Non-members may sign up one week after members sign-up, if space is available.)**

Quick Trips

Farmington Valley Chapter of Sweet Adelines at Lewis Mills High School in Burlington Saturday, December 3

\$3.00, payable at sign up. Tickets for Seniors are \$10 each, payable at the door. (\$7 each, if we get a group of 10 or more). The Farmington Valley Chapter of Sweet Adelines International will be holding a night of a cappella. In addition to the Sweet Adelines, the program will include the Trinity Pipes (a coed harmony group from Trinity College), the Lewis Mills High School Concert Choir and the 2011 Harmony Sweepstakes National Champions from Alexandria, VA, a da capo men's quartet. Home pick-ups, **for those who do not drive**, begin at 5:30 p.m. Bus leaves the Senior Center at 6:00 p.m. Returns to Plainville at about 9:30 p.m. **Sign up between 9:15-10:15 a.m. Deadline for sign-ups is Tuesday, November 29.**

Plainville Choral Society Presents *That Holiday Feeling* Friday, December 9

Tickets are available at the Senior Center (\$10.00 in advance, \$12.00 at the door). We will be offering a free bus to take any interested seniors to the Plainville Choral Society's holiday concert at the Plainville Middle School. Home pick-ups will begin at 6:00 p.m. **Call the Senior Center by December 6 to register for a ride.**

Wadsworth Atheneum (Festival of Trees) and Lunch at Hook & Ladder, Hartford Saturday, December 10

Home pick-ups, **for those who do not drive**, will begin at 9:00 a.m. Leaves the Senior Center at about 9:30 a.m. Returns approximately 4:00 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. **This trip is currently full. If interested, please put your name on the waiting list.**

***Christmas by Candlelight*, Church of Christ Congregational, Newington Sunday, December 11**

\$3.00 payable at sign up. Admission to the concert is free. Church of Christ Congregational in Newington will present *Christmas by Candlelight*, its annual Christmas concert. Our own Senior Center Nurse, Diana is a member of the choir. Admission to the concert is free. Home pick-ups, **for those who do not drive**, begin at 2:30 p.m. Bus leaves the Senior Center at 3:00 p.m. Returns to Plainville at about 6:30 p.m. **Sign up between 9:15 —10:15 a.m. Deadline for sign-ups is Wednesday, December 7.**

Saturday Shopping Bus

Christmas Tree Shop and Buckland Hills Mall, Manchester Saturday, December 3

After you get your holiday decorations and goodies at the Christmas Tree Shop, enjoy lunch and more shopping at Buckland Hills Mall. The cost of lunch and gratuity is on your own. Home pick-ups, **for those who do not drive**, will begin at 9:30 a.m. Leaves the Senior Center at about 10:00 a.m. Returns approximately 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. **Please call the Senior Center by Nov. 30 to sign up.**

Friday Shopping Bus

- **December 2: Stop and Shop, Bristol**
- **December 16: Walmart, Southington**

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.

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.

Foxwoods Casino Presents, The Princess Diana Exhibit
A Wife, A Mother, A Princess, A Legend
Saturday, December 3

\$48.00 per person includes transportation, Great Cedar Hotel Exhibition Hall timed entry, existing casino bonus, and driver gratuity. Leaves from the Plainville Senior Center at 8:15 a.m. and returns at approximately 6:00 p.m. See more than 150 personal objects celebrating the life and work of Diana, Princess of Wales. **Sign up has begun.**

A Gilded Age Christmas
Vanderbilt Mansion & FDR Hyde Park, NY
Tuesday, December 6

\$71.00 per person, includes deluxe motorcoach, sightseeing and attractions, lunch and driver gratuity. Leaves from OLM at 8:00 a.m. and returns approximately 6:30 p.m. **Trip is full. If interested, please put your name on the reserve list.**

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. Get a complete itinerary at the Senior Center. Trip insurance is optional but highly recommended. 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 sign-up. The remainder is due by January 3, 2012. **You will need a valid passport to go to Canada. Sign up has begun.**

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 is available at the Senior Center.** A passport is required for this trip. **Sign-up has begun.**

8-Day Mackinac Island
June 8-15, 2012

\$1,199.00 per person double, \$1099.00 per person triple, \$1599.00 per person single, includes deluxe motorcoach transportation by Peter Pan, 7-night hotel accommodations, 14 meals (7 breakfasts, 1 grand lunch and 6 dinners), Henry Ford Museum and Greenfield Village, a carriage tour on Mackinac Island, grand buffet lunch at the Grand Hotel, Rock & Roll Hall of Fame in Cleveland, Frankenmuth Bavarian Village, a Tours of Distinction Escort, tips for tour escort and bus driver. Any motorcoach surcharge would be extra. The optional, but recommended insurance is \$68.00 per person in double or triple rooms and \$86.00 for those who want a single room. Those who want the insurance must purchase it at tour sign-up. Because this tour travels into Canada, you must have a valid passport. \$100.00 deposit due at sign-up. The remainder is due by May 8, 2012. **A full itinerary is available at the Senior Center Front Desk. Sign-up has begun.**

Save the DateUpcoming Trips**Save the Date**

- Vicki Lawrence at Foxwoods: May 2, 2012
- Connecticut River Dixieland Cruise: August 15, 2012
- Charleston, Savannah, Jekyll Island, 36th Annual Charleston Home & Garden Tour (Fly into Charleston) October 17-22, 2012

DAY AND OVERNIGHT TRIP SUGGESTIONS

Do you have any ideas for day or overnight trip ideas? Give us a call and let us know. Though we don't make any promises, we will look into the suggestions and see if there are any trips we can arrange.

MEGA SIGN-UP DAY

Mega Sign up will be on Thursday, December 15. You can sign up for all paid trips and activities from 9:15 a.m.—4:00 p.m. on this day. Class sign-ups will also begin on December 15, from 9:15-10:15 a.m.. Sign ups on all other days are from 9:15—10:15 a.m.

AT RISK LIST

The Plainville Senior Center maintains a list of Plainville residents who are at risk in the event of an electrical power outage. Individuals of any age, who have medical problems dependent on electrical power to operate medical equipment, should be on the "At Risk List". Those who are not on the "At Risk List", and need to be, should call the Senior Center, 860-747-5728.

In the event of an electrical power outage, Plainville residents with health risks and no other alternative, should call the Plainville Police Department at 860-747-1616. Neither the Police Department nor the Senior Center will call them.

The Connecticut Light and Power Company, not the Police Department, should be called to report a power outage or to inquire when the power will be back on. The Connecticut Light and Power Company can be reached at 860-947-2000, option #1. In a true emergency, call 9-1-1.

PRESS RELEASE FROM THE TOWN OF PLAINVILLE ABOUT LEAF PICK-UP

The Town of Plainville is currently collecting storm debris as a result of Storm Alfred. This effort is expected to continue for at least the next four to six weeks. "The public works department has notified both the Town Council and myself that they do not have the resources to collect both the storm debris and the leaves in the short amount of time that is left before the winter season begins", stated Town manager Robert Lee. Additionally, there is not enough room at the transfer station for both the storm debris as well as all the leaves that is normally collected by public works. As a result, the town has canceled the leaf collection program for this year.

Residents are asked **not to deposit the leaves on the side of the town roadways, as this will impede snowplow operation during the winter months.** The Town transfer station will be open seven days a week for residents to bring their leaves at no charge. Brush will also be accepted at the transfer station at no charge.

Residents are encouraged to consider mulching their leaves or composting them. Information regarding the composting of leaves can be found on-line at Gardenguides.com or by going to the Master Gardeners website. Additionally, the Youth Service Department has a list of Middle School Students that are available to assist homeowners with leaf collection at nominal hourly rates or negotiated price. People interested in this service can contact Youth Services at 860-793-0221 ext 261.

"This was not an easy decision to cancel the leaf collection program this year" remarked Town Council Chairman Dan Hurley. He asked for Plainville residents "to be understanding of the situation and the unforeseen circumstances that necessitated the suspension of the leaf program."

COMPANION AND HANDY PERSON LISTING

A list has been compiled to provide seniors with names, addresses, telephone numbers and skills information about people who are available for hire doing light housekeeping, cooking, personal care, errands, handyman work, hair cutting, etc. Fees, hours and all other arrangements are between the employee and the employer. Copies of the list are available at the Senior Center. A statement must be signed by the person receiving the list and by the person on the list that is available to do the jobs. This statement simply explains that the Senior Center does not screen either party. If you would like a copy of this list or if you are interested in being put onto this list, stop by the Senior Center front desk.



THANK YOU!!!!

Thank you to everyone that helped make our Holiday Craft Fair a Success. What a week we had with no power in Plainville and not even knowing if we were going to be able to have the fair until two days prior. With everyone's help, though, we were able to pull it off. Thank you to our vendors for their understanding of the situation and sticking with us until a decision was made. Thank you to our volunteers who worked the fair, baked for our bake table, worked on and sold raffle tickets for our beautiful quilt. All of the quilt tickets sold out!!!! Of course a great big thank you goes out to everyone who came out and supported our fair.

RAFFLE WINNERS

QUILT RAFFLE WINNER
Betsy Finn

SANTA RAFFLE WINNER
Carol Perry

AFGHAN RAFFLE WINNER
Annette Wilson



50/50 RAFFLE
Nazaire Caron

SANTA PRINT
Pina Fortuna

MADAME ALEXANDER DOLLS
Richard Martin



The Holiday Fair brought in \$3,246.50 to benefit our Senior Center

DO YOU HAVE ITEMS THAT YOU WOULD LIKE TO SELL ON CONSIGNMENT?

The Senior Center Gift Shop accepts items for consignment. We accept collectibles, handcrafted items, jewelry, china, etc. Maybe you have your Grandmother's silver tea set that you do not want to sell at a tag sale. However, you do not know a thing about Ebay or selling it through the newspaper. Maybe you are an artist and would like to sell some small paintings or handcrafted items. Consigned items will only be accepted from members of the Plainville Senior Center.

We accept clean, unbroken items; we do not accept items with a musty smell; no clothing; shoes; hats; toys; electronics, such as computers or televisions; no perishable items, etc. We will accept items that have a minimum sale value of \$20.00. If your item is sold by the Senior Center, the Senior Center will retain a 20% commission on the selling price. For example, if an item sells for \$20.00 the consigner will receive \$16.00 and the Senior Center will retain \$4.00 (or 20%). Items are only accepted on Mondays, between 10:00 a.m.—3:00 p.m. For complete information on our consignment program, please stop by the Senior Center

FREE CELL PHONE AND AIRTIME THROUGH SAFELINK

A program that provides a free cell phone and airtime each month for income-eligible customers

SafeLink Wireless is proud to offer Lifeline Service to those who qualify. Through Lifeline Service you will receive *FREE cellular service, a FREE cell phone, and FREE minutes every month*. SafeLink Wireless Service does not cost anything – there are no contracts, no recurring fees and no monthly charges. Features such as caller ID, call waiting and voicemail are all also included with your service. If you need additional minutes, you can buy TracFone Airtime Cards at any TracFone retailer (Walmart, Walgreens, Family Dollar, etc).

You qualify for Lifeline Service in Connecticut if you already participate in one of the many assistance programs offered in Connecticut. Applying for SafeLink Wireless Service is quick and easy. Go to <https://www.safelinkwireless.com/EnrollmentPublic/home.aspx> and fill out the application or call 1-800-977-3768. If you have any questions about this program or would like help applying, call Marcy at the Plainville Senior Center.

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**October 17-November 14**

Kay Kehrein, Anonymous, Barbara Smith, Evelyn Case, Joan McBain, Jo D'Addese, Open Circle, Henry and Angie Levandowski, Emily Strancofski, Mary Trombley, Elaine Osipowicz, Toffolon School Grade 4, Jim Rio, Elizabeth Essel, Brenda Tella, Rosaleen Peters, John Dieli, Vicky Scott, Laurette Guimond, Rita Oakes, Midge Savage, Jeanette Schmidt, Dave Puskarz, Ellie Davey, Amy Caiaze, Oak Hill School (at Plainville High School), Richard Vantrisco, Stan Funk, Joe Beaudin, Choral Society, Rinette Ouellette

Pool Table: Thursday Pool Players

Dial-A-Ride: Olga Stepney, Nancy Holden, Rosaleen Peters, Joan Keough, Pat Gacek,
3 Anonymous Donations that totaled \$754.53.

MEMORIAL DONATIONS**October 20-November 14**

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 Raymond Boucher: Roger and Viola Michard

In Memory of Peter Pestillo: Lucy Pestillo

In Memory of Antoinette Santucci: Lucy Pestillo

CHEER REPORT**October 20-November 15, 2011**

CHEER CARDS: Ruth Hummel, Angie Calistro, Roland Dumont, Jessie Flanders, Bunny Frey, Amy Caiaze, Marcia Chapman, Wanda Green, Harriet Rinaldi, Fran D'Addese, Gordon Totire

SYMPATHY CARDS: Velma Boucher and Family, Italia Letitia and Family, Family of Robert Carrillo Sr., Rita Norton, Orest Salmoiraghi

NEW MEMBERS**October 1-31**

John Errico, Robert Poplawski, Diane Calvo-Poplawski, Joseph Alshuk, Stella Laurie, Duncan May, Bruce Mackinnon, Marion Zang, Arthur Chamberlain, Diane Chamberlain, Gary Fried, Marianne Zablocki, Dorothy Glynn, Darlene Easton, Rosemarie Miller, Agnes Riera, Catherine Reilly, Gaeton Martin, Linda Martin, Barbara Borkowski

Billiards Winners

October 20: #1 Joe Giannattasio & Jim Norman **#2** Mitch Ziolkowski & Doug Blankenship

October 27: #1 Joe St. Pierre and Carmel St. Pierre **#2** Mitch Ziolkowski & Wilson Belanger

November 3: #1 Mitch Ziolkowski and Joe Giannattasio

November 10: #1 Mitch Ziolkowski & Joe Beaudin **#2** Joe St. Pierre & Ed Zareck

Setback Tournament Winners

October 24: **1st:** Mary Needham & Sandy Tyminski **2nd:** Karen Carpenter & Richard Vantrisco
3rd: Richard Martin & Peter Demkow

November 7: **1st:** Barbara Cichon & Pat Cancelli **2nd:** Marie & Jack Cassidy
3rd: Paul Martel & Joe Beaudin

November 14: **1st:** Mary Ann & Bill Cunningham **2nd:** Paul Martel & Joe Beaudin
3rd: Dottie Peterson & Ida Pedrolini

**MEDICARE OPEN ENROLLMENT
October 15-December 7**

People on Medicare, only have until December 7 to explore new choices and pick the plans that work best for them. This year the Open Enrollment Period started earlier and is ending sooner than in previous years, December 7. If you have any questions, please contact Bette or Stephanie at the Plainville Senior Center.

COFFEE WITH A SOCIAL WORKER
Mondays, December 5 & 19, 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.—11:00 a.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, 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.

GRANDPARENTS / RELATIVES RAISING GRANDCHILDREN SUPPORT GROUP
Thursday, December 15 at 10:30 a.m.
At the Senior Center

Join us for our Grandparents Raising Grandchildren Informational and Support Meeting. This support group is intended for individuals raising their grandchildren and for those who are looking for information, support and an opportunity to meet other grandparents with similar needs. Refreshments are provided, and childcare is available to those who need it. Call the Senior Center to register. *Funding for this program is made possible by the Older Americans Act through the North Central Area Agency on Aging.*

CAREGIVING CONNECTIONS
Tuesday, December 20 at 10:00 a.m.

Join us for our December meeting when we will get together to share tips on how to survive and enjoy the holidays. This time of the year can be stressful—come and take some time out with friends who understand. We look forward to seeing you. Caregivers from any town and guests are welcome! If you have any questions, please call Bette at the Senior Center, (860)747-5728.

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

INDEX	
At Risk List	6
Billiards Winners	8
Caregiving Connections	9
Cheer Report	8
Choral Group	10
Christmas Dinner	1
Coffee with a Social Worker	9
Companion List	6
Computer Classes	3
Congregate Meal Program	10
Consignment Information	7
Craft Classes	2
Craft Fair Results	7
Daily Activities	*BC
Dental Clinic	3
Donations	8
55 Alive	2
Fitness Classes	2
Friends Helping Friends	10
Friday Shopping Bus	4
Gluten Free	3
Grandparents' Program	9
Heartburn Awareness	1
Holiday Eating	1
New Members	8
Nurse Information	*BC
PEAK	9
Quick Trips	4
Reiki	9
Saturday Shopping Bus	4
Setback Winners	8
Sharpen Your Brain	1
Snappy Seniors	2
Transportation	*BC
Trips	5
Used Jewelry Sale	1
Women's Breakfast	10
*BC = Back of Calendar	

Women's Breakfast
Wednesday, December 14, 8:00 a.m. at Oasis Restaurant
 Call the Senior Center for more information or to register.

Friends Helping Friends
Friday, December 16
11:30 a.m.
 Confetti's
 Call the Senior Center to Register

Choral Group Rehearsal
December 2
 10:00 Choral Group
 11:00 Dance Group

Monday	Tuesday	Wednesday	Thursday	Friday
Congregate Meal Program: December 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.			1. Stuffed Shells w/ Marinara	2. Baked White Fish Florentine w/ Dill Sauce
5. Baked Kielbasa w/ Sliced Apples, Sweet and Sour Cabbage	6. Shepherds Pie w/ Corn, Green Beans & Mashed Potato	7. Teriyaki Chicken Breast	8. Baked Meat Lasagna w/ Marinara Sauce.	9. Thinly Sliced Roast Beef w/ Mushroom Au Jus
12. Un-breaded Veal Parmesan w/ Provolone Cheese and Sauce	13. BBQ Pork Ribs	14. Stuffed Chicken w/ Broccoli & Cheese	15. Creamy Baked Macaroni and Cheese w/ Hot Dog Slices	16. CW Cheeseburger Ice Cream Social
19. Turkey Loaf w/ Cranberry Gravy	20. Baked Pork Chop w/ Gravy	21. Baked Salmon Filet w/ Dill Sauce	22. Boneless Chicken Cacciatore w/ Sauce	23. Closed
26. Closed	27. Salami & Provolone Grinder	28. Baked White Fish w/ Lemon Dill Sauce	29. Beef Stew	30. Closed

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