

February 2012

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 Tai Chi 9:30 Quilting CR 10:00 Painting / Drawing 10:30 Zumba Gold 12:30 Painting / Drawing 1:00 Charlemagne BR 1:00 Bingo GR	2. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 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	3. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 10:00 Choral Group 10:30 French 1:00 Pinochle L Quebec City Trip Leaves	4. Snappy Seniors' Photo Show Reception At the Library 2-4
5.	6. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Coffee with a Social Worker 12:30 Bowling 1:00 Mahjong 1:00 Setback GR 1:00 Workout to the Oldies 1:00 Computer Course I	7. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 9:30 Protect Your Computer *10:00 Income Tax 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 2:45 Mackinac Island Presentation 3:30 Charleston Savannah Presentation	8. 9:00 Walking GR *9:15 Nurse 9:30 Tai Chi 9:30 Quilting CR 9:30 Internet 10:00 Painting / Drawing 10:30 Zumba Gold 12:30 Painting / Drawing 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Juicing Presentation (Gluten Free Living)	9. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Sugar Blues 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:15 10,000 Step Club 2:30 Band BR Mega Sign-Up Day	10. 9:00 Walking GR 9:30 Mahjong GA 10:30 French 1:00 Pinochle L	11. Sat. Shopping Bus
12.	13. 9:00 Walking GR *Dental Clinic 10:00 Current Events GA 12:30 Bowling 1:00 Mahjong 1:00 Setback GR 1:00 55 Alive 1:00 Workout to the Oldies 1:00 Computer Course I	14. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 9:30 Protect Your Computer *10:00 Income Tax 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	15. 9:00 Walking GR *9:15 Nurse 9:30 Tai Chi 9:30 Quilting CR 9:30 Internet 10:00 Painting / Drawing 10:30 Zumba Gold 12:30 Painting / Drawing 1:00 Charlemagne BR 1:00 Bingo GR	16. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Snappy Seniors 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 2:15 10,000 Step Club 2:30 Band BR	17. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 9:30 Hill-Stead Museum Walk 10:00 Michaela's Garden 10:30 French 11:30 Friends Helping Friends 1:00 Pinochle L	18.
19.	20 Closed Presidents Day 12:30 Bowling	21. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 9:30 Protect Your Computer *10:00 Income Tax 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Caregiving Conn. 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 Café Closed	22. 9:00 Walking GR *9:15 Nurse 9:30 Tai Chi 9:30 Quilting CR 9:30 Internet 10:00 Painting / Drawing 10:30 Zumba Gold 12:30 Painting / Drawing 1:00 Charlemagne BR 1:00 Bingo GR	23. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Chive's Café 10:30 Albuquerque Photo Exchange 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 *****Café Open*****	24. 9:00 Walking GR 9:30 Mahjong GA 10:00 Bonsai 10:30 French 1:00 Pinochle L	25. Sat. Shopping Bus
26.	27. 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 1:00 Mahjong 1:00 Workout to the Oldies	28. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 9:45 CT Whales *10:00 Income Tax 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	29. 9:00 Walking GR *9:15 Nurse 9:30 Tai Chi 9:30 Quilting CR 1:00 Charlemagne BR 1:00 Bingo GR	***Please Note: The Senior Center Café is normally open on Tuesdays and Wednesdays from 11:00 a.m.—1:00 p.m. The only change to that schedule for this month is that the Café will be closed on Tuesday, February 21, but will be open on Thursday, February 23. Stop by for a delicious lunch.		

Nurse's Wellness Clinic

Many of your health needs can be met and your questions answered by Diana Krusell, from the Visiting Nurse Association Healthcare. She is at the Senior Center every Tuesday, Wednesday and Thursday, by appointment. She reserves 11:00 a.m.—12:00 noon on **Tuesdays** 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 available to those who do not have diabetes. The cost 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.

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

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 –See page 9 for more information.

S.E.N.I.O.R. FEBRUARY 2012

Plainville Senior Center

Dynamic Past * Vibrant Future



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

Email newsletter inquires to plainvilleseniorctr@yahoo.com

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.

SNAPPY SENIORS' PHOTOGRAPHY SHOW AND SALE

Held At the Plainville Public Library, February 2-28

The Photographs Can Be Viewed During Normal Business Hours

The Plainville Senior Center Snappy Seniors' Camera Club is proud to present their first ever photography show that will be held at the Plainville Library during the month of February. Many of the beautiful matted photographs showcased will be on sale for \$20.00 apiece, with the proceeds going to the Snappy Seniors to help defray the costs for trips and supplies. The Opening Reception will take place at the Library on Saturday, February 4 from 2:00-4:00 p.m. The public is invited to come to the reception, meet the photographers and enjoy some refreshments.

The Snappy Seniors' Club is made up of Plainville Senior Center members who are photo enthusiasts. The club meets at the Senior Center on the third Thursday of every month at 10:00 a.m. to plan their photo excursions. They have gone on photo shoots at nearby venues, such as Norton Park, Hubbard Park in Meriden and the Hill-Stead Museum in Farmington. They have also traveled as far as the Magic Wings Butterfly Conservatory in South Deerfield, MA and Gouveia Vineyards in Wallingford.

The group grew out of photography classes that were taught at the Senior Center by Center volunteer Judy Humphrey. Currently this ever-growing group has fourteen active members, who have all taken the basic photography class. The class will be offered again this spring. **To find out how you too can become a Snappy Senior, call the Senior Center.**

ANCIENT ART OF BONSAI

Friday, February 24 at 10:00 a.m.

“The Plant Man” Jeff Eleveld is back and this time with timeless trees. Join us on a journey though the ancient art of bonsai. Learn history, care and the culture of this millennia-old art form that is still going strong today. Bring home your own tropical creation! **\$4.00 to participate, includes your very own bonsai. Sign up begins on Mega Sign-up Day, February 9, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Sign up early since space is limited.**



DO YOU KNOW SOMEONE WHO MAY NEED OUR OUTREACH SERVICES?

The Plainville Senior Center Outreach Services is attempting to reach folks in town who currently are not known to us, but may benefit from the services we offer. It is our belief that the folks who need us the most do not always come to our attention. Would your spouse, neighbor(s) or friend(s) benefit from a call from us letting them know of the services offered though our office? We would like to reach all seniors in Plainville that may be homebound and not aware of the services available. It would not be necessary to use your name when we make an informational call. If you know anyone that we can help or if you have any questions, please call Stephanie or Bette at the Senior Center.

★ Senior Center Cafe ★

Come down to the Senior Center on Tuesdays and Wednesdays, between 11:00 a.m.—1:00 p.m. to have a delicious lunch. We have a selection of soup, sandwiches, panini and salads, all made to order. 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. **The café will be closed on Tuesday, February 21, but will be open, as usual, on Wednesday, February 22 and as a special treat, we will be open on Thursday, February 23.**

CLASSES STARTING IN FEBRUARY AND MARCH

Sign up for the following classes begins on Mega Sign-up Day February 9, 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 QIGONG, 6-weeks, Wednesdays, March 21—April 25, 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, March 7-April 11, 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, March 20-April 24, 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, On-going, Wednesdays, January 18—(mid) June, 9:30—11:30 a.m. **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. **Call the Senior Center to be added to the class list. New members are always welcome!**

FARGO'S FUNCTIONAL FITNESS, 6- weeks, Thursdays, March 8-April 12, 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, March 8– April 12, 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, March 8-April 12, 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, March 14– April 18, 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.

CREATIVE WRITING CLASS, 6 weeks, Thursdays, March 8-April 12, 10:00—11:30 a.m., \$18.00 members, \$36.00 non-members. **Instructor: Gloria Omilian.** This class will guide you surely and safely into the writing life and give you tips on the craft as well as the gift of writing. We will explore both fiction and non-fiction (memoir), spark new ideas for you to write about and build your skills so you can confidently move forward with your stories and complete them for your children and grandchildren.

HOW TO USE A JUICER FOR HEALTHIER BAKING Wednesday, February 8 at 1:00 pm.

Even if you are not Gluten Sensitive, join the Gluten Free Living Group for this fascinating presentation. Cindy Sicilia, local contact for the Celiac Disease Foundation, will demonstrate how you can use a juicer and the juicing pulp from fruits and vegetable in cakes and muffins. **Call the Senior Center to register.**

SUGAR BLUES

Thursday, February 9 at 10:00 a.m.

Are you suffering from the Sugar Blues? Are you constantly craving sweets and want to understand why?



Do you want to gain control without deprivation? Join Meghan Mitchell, Holistic Health Coach and Nutrition Specialist, and learn how to permanently change your relationship with sugar. Understand the causes of your sugar cravings and receive practical tools for dealing with them. It is not about deprivation, it is about freedom—the freedom to eat foods you love and have sweetness in your life without the side effects or the guilt. **Call the Senior Center by February 7 to register for this free program.**

Outdoor Adventure Club

**Hill-Stead Museum Trails in the Winter
Friday, February 17**

\$3.00 includes leader (Ann Fargo) and snack. Meet at the parking lot at 9:30 a.m. If there is snow we can snow shoe, if there is no snow, then we can walk the forest trails. Dress for cold weather exercise, wear good walking boots, and bring a water bottle. A walking stick is recommended if snowy. We will walk for approximately one hour on gentle trails. Ann has six pairs of snowshoes available to borrow. They can be reserved at sign-up on a first come first serve basis. **Sign up begins on Mega Sign-up Day, February 9, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

**Trail Walk at Camp Sloper in Southington
Friday, March 2**

\$3.00 includes leader and snack. Meet in the parking lot at 9:30 a.m. We will explore the wooded and lake trails of the YMCA’s Camp Sloper. We will walk the gentle trails for approximately one hour. Dress for cold weather exercise, wear good walking boots, and bring a water bottle. A walking stick is recommended if snowy. Ann has six pairs of snowshoes available to borrow. They can be reserved at sign-up on a first come first serve basis. **Sign up begins on Mega Sign-up Day, February 9, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

TEN THOUSAND STEP CLUB

Thursday, February 9, 16 and March 1, 2:15-3:00 p.m.



Health experts recommend that individuals should take 10,000 steps a day. How many steps do you take a day? Have you ever wondered what your step count is? Take a guess. Now join our Ten Thousand Step Club, wear one of the Senior Center pedometers and get your daily step count. We will measure your stride, set up the pedometer for you, teach you how to use it and tell you about the different types of pedometers, in case you want to buy your own following the program. Everyone will receive a stepping log to record their daily steps and will receive tips on how to add extra steps in their day. Pedometers will be returned to the Senior Center after the program. The cost to participate is \$3.00 and the program is limited to ten people. **Sign up begins on February 3, between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

55 ALIVE MATURE DRIVING CLASS

Monday, February 13 , 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. and 4:00 p.m. on Mega Sign-up Day.**

LIVING WILLS, POWER OF ATTORNEY AND HEALTH CARE DECISIONS

Friday, March 9 at 10:00 a.m.

Attorney Marilyn Denny of the Greater Hartford Legal Aid, Inc. will speak at the Senior Center about the rights and choices patients have regarding access to information related to their medical conditions and the ability to make their own medical decisions. She will talk about and explain advance directives, living wills, health care agent and attorney-in-fact for health care decisions and health care power of attorney. Following the presentation, attorney Denny will meet with up to four people for a twenty minute private appointment. **Call the Senior Center to register for the free program and for a private appointment following.**

GET FREE HELP WITH YOUR TAX RETURN

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older.

If married, both husband and wife should be present during an income tax counseling session. Taxpayers must have available during their meeting with the Tax-Aide counselor, all information and documents that have been received that apply to their 2011 income tax. For a complete list of items to bring, pick one up at the Senior Center.

The appointments will be held through April 17. To schedule an appointment with a certified Tax-Aide counselor or to obtain information, call the Senior Center, 860- 747-5728.

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.**

ALBUQUERQUE PHOTO EXCHANGE
Thursday, February 23 at 10:30 a.m.

Hosted by Sally Miller, join the Albuquerque Travelers to view the lovely photos of their trip. Any Albuquerque travelers are asked to bring photos, CD's, movies or anything you may have. If you would like to see what this magnificent part of the world looks like, please join us. Call the Senior Center and let us know you are coming.

EMERGENCY PREPAREDNESS
Tuesday, March 6 at 10:00 a.m.

Were you prepared for Storm Alfred last October? Did you lose electricity, heat, hot water and / or food? There are ways to prepare for this type and other types of emergencies. Please join us at the Senior Center as we welcome Larry Sutherland, Fire Marshal; Al Urso, from the Plainville Police Department; Marco Palmeri, Plainville Sanitarian; and Bette Smith and Stephanie Soucy, Senior Center Outreach Coordinators. We will discuss the Emergency Notification System - Everbridge, emergency shelters, home safety, food safety and developing a personal emergency plan. Do not miss out on learning useful information on how to prepare for weather related emergencies, as well as other unforeseen emergencies. Everyone who attends will receive a mini emergency preparedness kit. **Call the Senior Center by March 1 to register for this free program.**

INDONESIAN COOKING CLASS
Monday, March 12 at 3:00 p.m.

Join Jeff Eleveld, otherwise known as "The Plant Man" and experience Indonesian cuisine right here at the Senior Center. Jeff's mother was born in Indonesia on the island of Java in the town of Bandoong. He brings his Dutch and Indonesian Heritage to our kitchen with dishes he learned from his mom. Join us for a classic Indonesian Stir Fried Noodle dish called Bamie Goreng. **The cost is \$3.00. Sign up begins on Mega Sign-up Day, February 9, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Space is limited, so sign up early.**

THE IRISH MUSIC GUY FOLLOWED BY CORNED BEEF REUBEN PANINIS
Tuesday, March 20 at 10:30 a.m.

Kevin Farley, otherwise known as the "Irish Music Guy" returns to the Center to entertain us with great music and some bad jokes. Following Kevin's performance, join us for a corned beef Reuben on rye bread with coleslaw, pickles, chips, beverage and dessert. The cost is \$6.00, for those who would like to stay for lunch. There is no charge to hear the music. **You can sign up to hear the music at anytime by calling the Senior Center. Sign-up (for those who want to stay for lunch) begins on Mega Sign-up Day February 9, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.** Volunteers are needed to help with set-up, serving and clean-up. Call Ronda if you can help.

NEW RE-GIFTING PROGRAM TO BENEFIT THE SENIOR CENTER

If you received a gift for the holidays (birthday, anniversary, etc) that really does not suit your tastes, consider "re-gifting" it to the Senior Center. We have many ways in which we may be able to use your gift. We may be able to sell the item in our gift shop, use it as a raffle prize or as a door prize for a card party or special event. Proceeds from the gift shop, raffle and card parties are used to benefit Dial-a-Ride and also help fund scholarships for individuals unable to afford foot care, dental exam / cleaning, fitness center membership and classes at the Senior Center. **Thank you for thinking of us.**

Computer classes

Computer Course I - Computer Fundamentals

2 Sessions

Mondays, February 6 & 13

1:00-3:30 p.m.

Instructor: Joan McBain

Coaches: TBA

The cost is \$10.00 for Senior Center members and \$15.00 for non-members.

This class follows the Free Beginners Workshop. In Course I you will learn more about computers, Windows, editing documents and how to save and use documents on your hard drive or flash drive. See how technology is changing. **Sign up has begun.**

Protect, Clean-up and Speed-up Your Computer

3 Sessions

Tuesdays, February 7, 14, 21

9:30 a.m.—12:00 noon

Instructor: Scott Minor

The cost is \$25.00 for Senior Center members and \$40.00 for non-members, which includes a book worth \$25.00 that you get to keep.

Protect your computer from viruses and spyware. Learn how to set up Windows firewall and security options and system restore. Learn how to use disc



VOLUNTEERS NEEDED TO HELP WITH MICHAELA'S GARDEN

A Petit Family Foundation Fundraiser

Friday, February 17 at 10:00 a.m.

The Senior Center will be helping with **Michaela's Garden**, a fundraiser for the Petit Family Foundation. We have been asked to package 4 O'clock flower seeds (Michaela's favorite), which will then be sold with all the proceeds going to the Petit Family Foundation. We are looking for volunteers to come to the Center to count out 25 seeds, put the seeds into a seed packet and seal the packet with glue. Everyone is invited to help. Also the organization is looking for volunteers who would be willing to plant and harvest the seeds during the summer. Please call the Center and let us know if you can join us.

The **PETIT FAMILY FOUNDATION** goal, is to continue to raise and distribute funds to fulfill their mission to help educate young people, especially those with interests in science, to help support those with chronic illnesses, and to help protect those affected by violence. We have all seen the many great things which have been inspired by the lives and memory of **JENNIFER, HAYLEY, and MICHAELA PETIT**, which enable us in turn to follow their example to help more and more people each year. This is a tall order, and we look to all who care to help them attain these goals. For more information, please go to <http://www.petitfamilyfoundation.org/>.

Friday Shopping Bus

- **February 3:** Walmart in Southington
- **February 17:** ShopRite in Southington
- **March 2:** Bristol Shopping Plaza

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.

DO WE CLOSE ON SNOW DAYS?

When the public schools in Plainville close due to snow: We have NO MEALS, we have NO DIAL-A-Ride, we have NO CLASSES, we have NO BINGO, we have NO SETBACK TOURNAMENT, we have NO BAND JAM, but, **WE ARE ALWAYS HERE!**

As Town employees, we report to work and the Center is open. We are always available to answer questions, provide social services, talk to caregivers, etc. You are always welcome to come over, play cards, shoot pool, or socialize with friends over a hot cup of coffee. If you have any questions, feel free to give us a call.



fragmentation to gain valuable hard drive space.

This course is for intermediate computer users and is compatible with Windows 7, Vista, and Windows XP. There will be a "Visual Steps" manual provided for each student to take home. **Sign up has begun.**

Introduction to the Internet

3 Sessions

Wednesday, February 8, 15 & 22

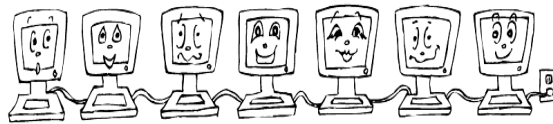
9:30 a.m.—12:00 noon

Instructor: George Cardin

Coaches: TBA

The cost is \$30.00 for Senior Center members and \$45.00 for non-members.

Participants will be introduced to the popular uses of the internet, including basic browser functions, searching, printing, customizing, security, downloading, maps, auction sites and on-line retailing. **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 our Dial-A-Ride Bus or 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.)**

Chive's Café at Goodwin Technical High School, New Britain Thursday, February 23

\$3.00 payable at sign-up. Join us for a delicious lunch prepared by the culinary arts students at Goodwin Tech's Culinary School. Complete lunches range from \$5.50—\$6.50. Home pick-ups (for those who do not drive) begin at 10:00 a.m. Bus leaves Our Lady of Mercy parking lot at 10:30 a.m. Returns to Plainville at about 1:30 p.m. **Sign-up begins on Mega Sign-up Day, February 9, between 9:15 a.m.—4:00 p.m. or between 9:15—10:15 a.m. on any day following.**

CT Whale vs. Worcester Sharks Hockey Game at the XL Center, Hartford Tuesday, February 28

The CT Whale Hockey Team is offering a special for seniors and having an 11:00 a.m. game. Go back to the days when the Whalers were the top hockey team in the state. The cost for admission is \$10.00, plus \$5.00 for transportation, both payable at registration. Lunch can be purchased at the XL Center on your own. Bus will begin home pick-ups at 9:45 a.m. and leave OLM parking lot at 10:00 a.m. Return to Plainville at approximately 2:30 p.m. **Sign-up begins on Mega Sign-up Day, February 9, between 9:15 a.m.—4:00 p.m. or between 9:15—10:15 a.m. on any day following. As we need a count, you must register by Thursday, Feb. 16th.**

Saturday Shopping Bus

Christmas Tree Shop, Manchester and Lunch at a Restaurant of the Group's Choice There will be an optional stop to see the Snappy Senior Photography Display at the Library Saturday, February 11

Take advantage of all the bargains at the Christmas Tree Shop, then enjoy lunch at one of the many restaurants in the area. Limit of 12 participants. Home pick-ups, **for those who do not drive**, will begin a 9:30 a.m. Bus leaves the Senior Center at 10:00 a.m. and returns to Plainville at about 3:00 p.m. When the bus returns to Plainville participants will have the choice of either stopping at the Plainville Public Library for a short visit to see the Plainville Senior Center's Snappy Senior group photography display or to go home. 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 to register by Tuesday, February 7th.**

Home Goods/TJ Maxx, Vernon and Lunch at Angellino's Restaurant or 99 Restaurant Saturday, February 25

Enjoy a morning shopping at the HomeGoods Store, TJMaxx, Staples, etc. in Vernon. Then you will have a choice of lunch at either Angellino's Italian Restaurant or 99 Restaurant. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m. Bus will then pick up at the Senior Center at 10:00 a.m. Returns to Plainville at about 3:30 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. Limit of 12 participants. **Please call the Senior Center to register by Tuesday, February 21.**

Shoppes at Farmington Valley, Canton Saturday, March 10

Visit the approximately 50 stores and dining places at the open-air Shoppes at Farmington Valley. Limit of 12 participants. When you need a break, stop in at Panera Bread or Ben and Jerry's for a quick treat. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m. Bus will then pick up at the Senior Center at 10:00 a.m. Returns to Plainville at about 3:30 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 to register by Tuesday, March 6.**

Friday Shopping Bus Schedule is 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.

Death of Don at the Newport Playhouse **Sunday, April 22**

\$82.00 per person includes deluxe motorcoach, lunch, reserved seats in the theater, cabaret show and driver gratuity. Leaves from the Plainville Senior Center at 8:00 a.m. and returns at approximately 7:00 p.m. Enjoy a great buffet with a wide variety of salads, hot and cold entrees, desserts, and beverage. After dining take your reserved seats in the theater for *Death of Don*. After the play, return to the dining room for the Cabaret Show. **Sign up has begun.**

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

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**

There will be a presentation about this trip on February 7 at 2:45 p.m. at the Senior Center. Call the Senior Center to register for this presentation. \$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.**

Charleston, Savannah, Jekyll Island—36th Annual Charleston Home and Garden Tour **October 17-22—6 Days—5 Nights**

There will be a presentation about this trip on February 7 at 3:30 p.m. at the Senior Center. Call the Senior Center to register for this presentation. \$1,838.00 per person double, \$2,108.00 per person single. Trip insurance is optional but recommended. The optional insurance is \$113.00 per person single, \$89.00 per person double. The optional insurance payment is due along with the initial deposit. A deposit of \$250.00 per person (and optional insurance) is due at sign-up. The 2nd deposit of \$750.00 per person is due June 19, 2012. The final payment is due August 1, 2012. The package includes deluxe motorcoach transportation to and from the airport, round-trip airfare, five nights accommodations, five breakfasts, Charleston Dinner Cruise, Historic Guided Charleston Tour, admission to Charleston Home and Garden Walking Tour, Charleston's Magnolia Plantation and Gardens, dinner at Bubba Gump Shrimp Co., dinner at Mrs. Wilkes Dining Room, dinner at Paula Deen's Lady and Son's, dinner at Pirate's House, Savannah Trolley Tour Pass, Mercer Williams House, Jekyll Island Tram Tour, full time tour escort, gratuities for escort and driver. Pick up a complete itinerary at the Senior Center front desk. **Sign up has begun.**

New Trips

Foxwoods Tuesday, April 10

We are excited to try our Foxwoods trips again! \$20.00 per person includes transportation, casino bonuses and driver 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 February 7, between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day. Sign up for non-members begins on February 14.**

Vicki Lawrence at Foxwoods Wednesday, May 2

\$69.00 per person includes transportation, 11:00 a.m. show with Reserved Gold Seating at the Fox Theatre, current Foxwoods Bonus Package, free buffet lunch, and gratuities. Leaves from OLM at 8:30 a.m. and returns approximately 5:30 p. m. Emmy Award-winning comedienne Vicki Lawrence is one of the most beloved television personalities of her generation. Vicki went on to become part of the now-legendary cast of the *Carol Burnett Show*. Ms. Lawrence talking about her new show, “My new show will not be a retrospective,” she explains. “We are designing a show that is a mixture of stand-up comedy, music and my observations about real life.” The multi-talented entertainer is mostly known for her acting and comedic talents, but she also earned a gold record for the 1973 hit *The Night the Lights Went Out in Georgia*. **Sign up for members begins on Mega Sign-up Day, February 9, 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 February 16.**

Ellis Island and the Statue of Liberty Saturday, May 19

\$59.00 per person includes deluxe motorcoach, all sightseeing and attractions and driver gratuity. Lunch will be on your own at Ellis Island in one of the Cafés. Leaves from OLM at 7:00 a.m. and returns at approximately 7:30 p.m. Visit Ellis Island, where from 1892 to 1954, millions of immigrants began their American dream; the Great Hall, where the immigrants were processed and the four rooms where the immigrants were detained. The roundtrip Ferry ticket allows you to depart Liberty Park, NJ and get off at both Ellis Island and the Statue of Liberty Island. **Please note: the Monument will be closed in 2012 for updates. Sign up for members begins on Mega Sign-up Day, February 9, 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 February 16.**

Upcoming Trips

- **June 14:** Westchester Dinner Theater for *George M!*
- **June 19:** Explore Chinatown, a New York City Guided Tour, Dim Sum Lunch, Shopping, Buddhist Temple and Chinese Tea Ceremony
- **July 19:** River Rose Cruise
- **August 15:** Connecticut River Dixieland Cruise
 - **August 19:** Saratoga Race Track
- **September 20:** 9/11 Memorial and San Gennaro Festival
- **October 3:** Tenement Museum and Lower East Side Walking Tour
- **October 21:** Log Cabin Brunch with a Neil Diamond Tribute
 - **December 4:** Vienna Boys' Choir

Save the Date

Save the Date

MEGA SIGN-UP DAY

Mega Sign-up Day will be on Thursday, February 9, You can sign up for paid trips, classes and activities from 9:15 a.m.—4:00 p.m. on this day. On all other days, paid sign-ups take place from 9:15-10:15 a.m. Please make arrangements to be here during the hours that we offer sign-ups. If you cannot be here yourself, you may send the money in with someone else. We will not take money in advance for programs that have not started signing up yet. If you have any questions about our sign-up policy, please feel free to ask.

MOVIE MATINEE THRILLER—*The Ides of March*

At the Plainville Library on Thursday, February 9 at 2:30 p.m.

Call Dial-a-Ride if you need transportation from your home to the library

A political thriller will be the movie matinee for February at the Plainville Public Library. Ambition seduces and power corrupts in a nerve-racking thriller from Academy Award nominated director George Clooney. Idealistic campaign worker Stephen Meyers (Ryan Gosling) has sworn to give all for Governor Mike Morris (Clooney), a wild card presidential candidate whose groundbreaking ideas could change the political landscape. However, a brutal Ohio primary threatens to test Morris's integrity. Stephen gets trapped in the down-and-dirty battle and finds himself caught up in a scandal where the only path to survival is to play both sides.

The Income Limits for the Medicare Savings Programs have increased for 2012:

Program	Status	Income Limit	Status	Income Limit
QMB (Q01)	Single	\$2,024.84 / mo	Couple	\$2,733.98 / mo
SLMB (Q03)	Single	\$2,206.44 / mo	Couple	\$2,979.18 / mo
ALMB (Q04)	Single	\$2,342.64 / mo	Couple	\$3,163.08 / mo

If your income is within the new income limits, see Stephanie or Bette to learn the benefits provided by the Medicare Savings programs. Assets are NOT counted, there is NO estate recovery and beneficiaries automatically qualify for full extra help/low income subsidy (medications will be \$6.30 or less all year round!) Plus, some or all of the beneficiary's Part D premium will be covered.

TIME TO FILE FOR HOMEOWNER BENEFITS

Elderly and Disabled Homeowners are reminded by Town Assessor Jane Dickman Buden that it is time to file for benefits for homeowners for the 2011 Grand List Year.

Income limits for homeowners are; for a Single Person, not to exceed \$32,300 and for a Married Couple, not to exceed \$39,500.

The Town of Plainville is currently sponsoring a local option elderly program. Income requirements of this program are \$39,600 for a single person and \$44,600 for a married couple. Applicants must meet all other requirements of the State program.

Qualifications for the above benefits are:

Applicants must have been 65 years old prior to December 31, 2011 or have a 100 percent disability rating from the Social Security Administration or be the widow / widower of a previously approved applicant.

Persons filing must provide a copy of their 2011 income tax return or if not required to file a return, must supply copies of their sources of income and the amounts. Also, proof of Social Security benefits (1099) collected for 2011 is needed.

The Town of Plainville also has a local option tax freeze program. Applicants must be 70 years of age or older and must meet certain income and asset requirements. Anyone interested in finding out more about this program should contact the Assessor's Office.

Applications for additional Veterans are also being taken. The Veterans must meet the above qualifications (with the exception of age) as well as have his/her DD214 on file with the Town Clerk by October 1st. Veterans must meet the ninety day qualification for wartime as set fourth in Connecticut General Statute 27-103.

The Town also has a local option Veterans program. Income requirements for this program are \$39,600 for a single person and \$44,600 for a married couple. Local option benefit amount is 6,000 assessment dollars.

Forms to apply for any benefit must be completed at the Assessor's Office at the Municipal Center. Please call for an appointment, 860-793-0221.

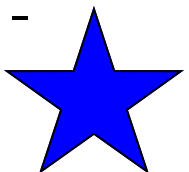
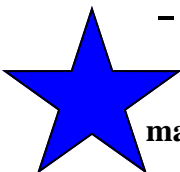
Billiards Winners

- December 15:** #1 Curt Graves & Paul Martel #2 Stan Funk & Carmel St. Pierre
- December 22:** #1 Mitch Ziolkowski & Carmel St. Pierre #2 Joe St. Pierre & Ed Zareck
- December 29:** #1 Stan Funk & Ed Zareck #2 Mitch Ziolkowski & Carmel St. Pierre
- January 5:** #1 Curt Graves & Paul Martel #2 Bob Hull & Wilson Belanger
- January 12:** #1 Curt Graves & Ed Zareck #2 Mitch Ziolkowski & Mike Hermanowski

Setback Tournament Winners

- December 19:** 1st: Roger Willequer & Joe Fortuna 2nd: Joan Noyes & Barb Metzen
3rd: Bernard Graback & John Daversa
- January 9:** 1st: Gail Kreneck & Sally Miller 2nd: Beatrice Dumont & Joan Oliveira
3rd: Charlie Stepney & George Reinwald

A Volunteer Score Keeper is needed for Setback for at least one day per month. (More if you wish.) Training will be provided. Call the Senior Center for more information.



DONATIONS

Donations are gratefully accepted for any of our fundraising campaigns:

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

December 15-January 19

Sharon Simpson, Anonymous, Roberta Bosco, Mulberry Gardens, Miss Liberger's 4th Grade Class from Toffolon School, Hazel Riccardi, Jean Kelly, Corrina Peters, Joe & Lise Terrien, Tony Guerriero, Christine Rodrigue, Jim Rio, Anne Theriault, Michelle Ibitz, Ceal DiFrancesco, Mrs. Bucchi's 5th Grade Class from Toffolon School, Carol Perry, Sally Miller, Roger Bosworth, Cub Scouts Pack 76, Betsy Gaudian, Linda Pikora, Joyce Cannon, Sara Krompinger, Rachel Lajoie, Kaumudi Parikh, Luarette Guimond, Evelyn Kuzrak, Open Circle, Sandy Therrien, Harriet Rinaldi, Victor Rinaldi, Stanley and Agnes Ogonowski, Rinette Oullette, Roger Williquier, Jane Mack, Carol Loiselle, Bette Green, Claire Camp, Joan McBain, Carl Budnick

Dial-A-Ride

Sally Cobrain, Anonymous through the Untied Way, Bill Miller, Hazel Decker

Pool Table: Thursday Pool Players, Mitchell Ziolkowski

MEMORIAL DONATIONS

December 22-January 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 Joan Blacker: Sonia Sperduti

In Memory of Hank Daverio: Sandra Therrien

In Memory of Irene Hamilton: Marjorie Laundry and Family (Barbara, Gayle and John), Ruth Woods

In Memory of Charles Marinelli: Tyler and Victoria Corriveau

In Memory of Peter Pestillo: Lucy Pestillo

CHEER REPORT

December 14-January 13

CHEER CARDS: Ken Gleifert, Lewis Coppola, Rosaleen Peters, Robert Sheddan, Dotty Wasserman, Gloria Mengual, Pat Roper, Lee Labonte, Welliena Saucier, Amy Caiaze, Linda Green, Linda Kogut, Ronald Dumont

SYMPATHY CARDS: Jack and Janet Mastriani, Jack and Rita Susco, Nellie Talbot, Helen Marinelli, Ann Krupinski, Eileen Daverio and Family, Family of Robert Inman, Robert and Magdalena Logan, Clifford Logan, Eileen Daverio, Donna McCluster

NEW MEMBERS

December 1-31

Joseph LaFrance, Marie Martin, George Orzechowski, Hank Czajkowski, Charlotte Cooke, Marilyn Ruel, Romeo Martin, Lois Bardeck, Joan Raymond, Bob Wolfe, Betty Hinman, Cassandra Huchko, Joseph Krajewski, Kathleen Krajewski



GLUTEN FREE SUPPORT GROUP
Wednesday, February 8 at 1:00 p.m.

We will have a special guest this week. See page 2 for all the details. **Call the Senior Center to register.**

COFFEE WITH A SOCIAL WORKER
Mondays, February 6 & 27, 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, February 16 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, February 21 at 10:00 a.m.

Join us as we continue our journey of caring and sharing as we support one another in our efforts to provide for our loved ones. The winter months can be isolating and therefore it is more important than ever to take time out for good self care. Start the year off right with a resolution to come to our support group each month. 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

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Friends Helping Friends
Friday, February 17
Aqua Terra, Plainville
11:30 a.m.
 Call the Senior Center to Register



Choral Group Rehearsal
Friday, February 3
 10:00 a.m.



Congregate Meal Program: February

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. Vegetable Lasagna	2. Chicken Pot Pie	3. Homemade Meatloaf
6. Boneless Un-breaded Pork Cutlet	7. Baked Kielbasa	8. Open Faced Turkey Sandwich w/ Gravy Herb Stuffing	9. Eggplant Rolette	10. Battered Fish w/ Tarter Sauce
13. Salisbury Steak w/ Brown Gravy	14. Chicken Cordon Bleu w/ Chicken Gravy	15. Baked Stuffed Clams	16. Beef Stroganoff w/ Buttered Noodles	17. All Beef Franks
20. Closed Presidents' Day	21. Turkey Stew	22. Baked Salmon Boat w/ Dill Sauce	23. Baked Chicken Leg and Thigh w/ Gravy	24. American Goulash w/ Extra Sauce
27. Pot Roast of Beef w/ Gravy	28. Stuffed Cabbage Roll w/ Sauce	29. Sliced Pork w/ Gravy		

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