

# January 2012

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1.	2.  <b>Closed</b>	3. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 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	4. 9:00 Walking GR *9:15 Nurse 9:30 Open Quilting 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR	5. 9:00 Walking GR No Nurse 12:00 COA 12:30 Pool Tournament 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	6. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 10:00 Choral Group 10:30 French 1:00 Pinochle L	7.
8.	9. 9:00 Walking GR 9:00 Outdoor Adventure *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Bowling 12:30 Coffee with a Social Worker 1:00 Mahjong 1:00 Setback GR	10 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 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	11. 9:00 Walking GR *9:15 Nurse 9:30 Open Quilting 9:30 Computer Course II 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR	12. 9:00 Walking GR *9:15 Nurse 10:00 Heartburn Awareness 10:00 QT Lunch at Chives Café 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR  <b>Mega Sign-up Day</b>	13. 9:00 Walking GR 9:00 Outdoor Adventure 9:30 Mahjong GA 10:30 French 1:00 Pinochle	14.  Sat. Shopping Bus
15.	16.  <b>Closed</b>	17. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 10:00 Cribbage GA 10:00 Ladies Billiards 10:00 Caregiving Connections 11-12 Blood Pressure 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:00 Bridge GR	18. 9:00 Walking GR *9:15 Nurse 9:30 Tai Chi 9:30 Quilting CR 9:30 Computer Course II 10:00 Painting / Drawing 10:30 Zumba Gold 11-12 Blood Pressure 12:30 Painting / Drawing 1:00 Charlemagne BR 1:00 Bingo GR	19. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Sifting through Salt 10:00 Snappy Seniors 10:30 Grandparents' Program 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	20.. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 10:30 French 11:30 Friends Helping Friends 1:00 Pinochle L	21.
22.	23 9:00 Walking GR *9:15 Reiki Appt. 9:30 Arthritis Exercise 10:00 Current Events GA 12:30 Bowling 12:30 Coffee with a Social Worker 1:00 Setback GR 1:00 Mahjong 1:00 Free Beginners Computer Workshop 1:00 Workout to the Oldies 3:00 Sedona Photo Exchange	24. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 10:00 Cribbage GR 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	25. 9:00 Walking GR *9:15 Nurse 9:30 Tai Chi 9:30 Quilting CR 9:30 Computer Course I 10:00 Painting / Drawing 10:30 Zumba Gold 11-12 Blood Pressure 12:30 Painting / Drawing 1:00 Charlemagne BR 1:00 Bingo GR	26. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	27. 9:00 Walking GR 9:00 Outdoor Adventure 9:30 Mahjong GA 10:30 French 1:00 Pinochle L	28.  Sat. Shopping Bus
29.	30. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Arthritis Exercise 10:00 Current Events GA 12:30 Bowling 1:00 Setback GR 1:00 Mahjong 1:00 Free Beginners Computer Workshop 1:00 Workout to the Oldies	31. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling CR 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	GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Cafe L: Library * By Appointment			

# 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

**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 (3<sup>rd</sup> Friday of the month):** Group of single, widowed, divorced or never married individuals meet monthly for lunch excursions at various restaurants in the area. Call the Senior Center to register.

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

### **DIAL-A-RIDE (860)589-6968**

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

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

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

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

service appointments and to visit loved ones 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.*

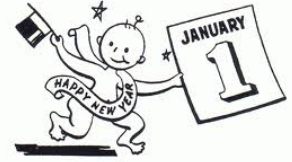
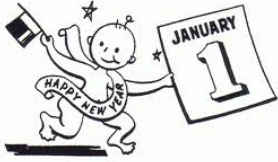
## OTHER TRANSPORTATION PROGRAMS

*Call the program for more information*

**ADA Transportation: (860-)589-7820 –See page 9 for more information.**

# S.E.N.I.O.R. JANUARY 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](mailto: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.**

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## HEARTBURN AWARENESS FOR SENIORS

Thursday, January 12 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 to register.**

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## SIFTING THROUGH SALT

Thursday January 19 at 10:00 a.m.



Diet your way to improved blood pressure. This program includes the sea salt story; hidden sources of sodium; how to read labels for sodium, light versus low; potassium, its importance along with sources and how much; the new recommendations for daily requirements of sodium and tips to reduce sodium intake. **Call the Senior Center to register.**

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## IS YOUR NEW YEAR'S RESOLUTION TO TRY SOMETHING NEW?

Come Learn the Fun Game of Mahjong

**The Group meets to play Mahjong on Fridays at 9:30 a.m. and / or Mondays at 1:00 p.m. Come when your schedule permits. Beginners are welcome. Those who have never played before are asked to come on Fridays at 9:00 a.m. to learn the basics of the game.**

**Mahjong**, sometimes spelled **Mah Jongg**, is a game that originated in China, commonly played by four players. The four player table version should not be confused with the popular Western single player (tile matching) computer game (Mahjong solitaire), which is a recent invention and completely different from the table game.

Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. The game is played with a set of 136 tiles based on Chinese characters and symbols. **Stop by during game time or call the Senior Center for more information.**



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## 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. *Thank you for your help.*

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# ★ Senior Center Cafe ★

**The Café will be open again on January 10.** 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 a 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. **You will not want to miss our Chinese New Year Specials on January 24 & 25.**

# CLASSES STARTING IN JANUARY

Sign-up for these classes has begun. Sign-up and pay for these classes between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day January 12.

**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**, 7 weeks, Tuesdays, January 24-March 6, 2:15– 3:00 p.m. \$12.00 members; \$24.00 non-members. **(Only paying for 6-weeks, one week is a make-up from the previous session.) 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.

## ***Newly Added Class***

**WORKOUT TO THE OLDIES**, 6 weeks, Mondays, January 23-March 5 (no class February 20), 1:00-1:45 p.m., \$12.00 members, **Instructor Ann Fargo.** *Back by Popular Demand!* This fun, low impact, aerobics class will focus on strengthening the heart and muscles. Each week the structured workout will be done to a different decade of music, starting with the 1940's and going through the 80's. Bring a water bottle, wear supportive sneakers and loose fitting clothes. **Sign-up begins on Mega Sign-up Day, January 12 between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

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**SEDONA PHOTO EXCHANGE**  
Monday, January 23 at 3:00 p.m.

Join the Sedona Travelers to view the lovely photos of their trip to Sedona, Grand Canyon, Red Rocks and so much more. We have CD's from the tour guide and a traveler, Ellen. Any Sedona travelers are asked to bring photos, CD's, movies or anything you have. If you would like to see what this magnificent part of the world looks like, please join us. **Call the Senior Center to register, so we know you are coming.**

# Outdoor Adventure Club

## Playing in the Snow at Paderewski Park, Plainville Monday, January 9 and / or Friday, January 13

\$3.00 includes leader (Ann Fargo) and snack. Meet at Paderewski Park at 9:00 a.m. Bring your snow shoes and / or cross country skis. We will check equipment, practice techniques and start conditioning for cold weather exercise. If you do not have your own equipment, Ann has five extra pairs of snow shoes and two extra pairs of cross-country skis and boots. (First come, first serve. If you need to borrow them, let us know when you sign up.) She just needs to know your shoe size for the boots. The group will be outside for 1-1½ hours. Dress for the weather and bring a water bottle. Beginners are welcome. **Sign up begins on January 4, between 9:15-10:15 a.m.**



## Walk or Snow Shoe in the Woods at Crescent Lake, Southington

**Friday, January 27**

\$3.00 includes leader (Ann Fargo) and snack. Meet at Crescent Lake Parking Lot at 9:00 a.m. We will wander along the lake and forest trails, walking if there is no snow, snow shoeing if there is snow. If you do not have your own equipment, Ann has five extra pairs of snow shoes and two extra pairs of cross-country skis and boots. (First come, first serve. If you need to borrow them, let us know when you sign up.) She just needs to know your shoe size for the boots. The group will be outside for 1-1½ hours. Dress for the weather, wear snow shoes or good winter walking boots and bring a water bottle and walking stick. **Sign up begins on Mega Sign-up Day, January 12, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

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## 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 for members will begin on Mega Sign up Day, January 12, 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 will begin on January 19.**

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### 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 including:

- Copies of 2010 income tax forms.
- Social Security or Individual Taxpayer ID numbers for household members and personal identification.
- A check book so that any refund due can be direct deposited.
- All documents that relate to deductible expenses.
- All 2011 income report forms that have been received
  - ◊ SSA-1099, Social Security Benefit Statement and RRB-1099-R, US Railroad Retirement Board forms.
  - ◊ All 1099 forms (1099-INT, 1099-OID, 1099 DIV, 1099-R, 1099-B, 1099-S, 1099-MISC).
  - ◊ W-2, Wage, Certain Gambling Winner forms.
  - ◊ Original cost of assets sold during 2011
  - ◊ People who do not itemize and pay property taxes need to bring in their real estate tax bill or if people have a mortgage they usually receive a Form 1098 Mortgage and interest statement including property taxes.

For a complete list of items to bring, pick one up at the Senior Center.

**The appointments will be held on Tuesdays, beginning February 7 and running 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.**

**DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?**



Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. Contact the Senior Center, 860-747-5728. When you call, give us their name, the address of where we can send the card (home, hospital, rehab, etc.), and what kind of card the person should receive (cheer or sympathy card). We have no other way of knowing, if you don't tell us. It also helps us to keep our files up to date. A special thank you goes to Ceal DiFrancesco for handling our cheer report.

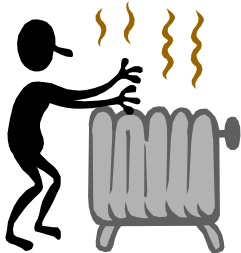
**CL&P STORM FUND**

If you were still without power on November 5 at 12:00 noon, following the October 30 snow storm, you may qualify for a credit on your February 2012 bill. It is easy...call this automated # to register 1-888-566-9257. Have your CL&P account number available when you make the call.

**ENERGY ASSISTANCE**

Bristol Community Organization, 55 South Street, Bristol, (860)582-7490

The winter months are here and heating bills can be expensive. The State of Connecticut Energy Assistance Program is available to income eligible residents. This income eligible program is designed to help assist in lowering your winter heating costs. Income eligibility changes year to year due to Federal Guidelines, and you must apply every year.



Households that are income eligible may get assistance with oil, propane, kerosene, wood, natural gas or electricity. If you would like more information or think you might be eligible, please call the Energy Department at BCO for an appointment, If you do not have transportation, call Dial-a-Ride 589-6968 for a ride to your appointment.

When you call, make sure you get a list of items you will need to bring to your appointment.

**THE WISDOM AWARDS**

Do you have a family member, friend, neighbor or other member of your community over 70 years of age who serves as a model of graceful aging and continues to make a difference in ways great or small?



**Nominate This Deserving Individual Today For  
The Wisdom Awards  
Sunday, April 22 at 11:30 a.m.  
The Aqua Turf Club in Plantsville**



The Selected Award Categories are Healthy Aging, Military Service, Volunteer Service in the Community, Career Services, Caregiver, Creativity and the Arts, Educator and Legacy. For more information about the categories and nomination forms, visit [www.ctseniorcare.org](http://www.ctseniorcare.org) or call 860-378-1284. Nomination forms are also available at the Senior Center front desk.

**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.



# Computer classes

## Computer Course II

3 Sessions

Wednesdays, January 11, 18, 25

9:30 a.m.—12:00 noon

Instructor: Gorge Carden

Coaches: TBA

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

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. **Sign up has begun.**

## Free Beginners Workshop

2 Sessions

Monday, January 23 & 30

1:00-3:30 p.m.

Instructor: Joan McBain

Coaches: TBA

This free course will take the mystery out of computers, teach you both hardware and software, show you what the computer has to offer using easy to understand language and exercises. Hands-on experience, with one volunteer teacher per two students, will help guide you to discover the wonders of this technology. **Sign up for members begins on January 4. Non-members may sign up beginning January 11. Call the Senior Center to register.**

## Computer Course I - Computer Fundamentals

2 Sessions

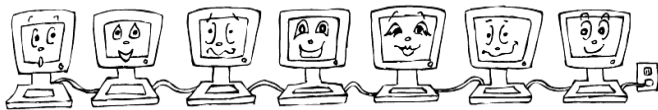
Mondays, February 6 & 13

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 for members begins on January 4. Non-members may sign up beginning January 11.**

## 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 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 for members begins on Mega Sign-up Day, January 12. Non-members may sign up beginning January 19.**

## 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 for members begins on Mega Sign-up Day, January 12. Non-members may sign up beginning January 19.**

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### *Billiards Winners*

**November 17: #1** Joe St. Pierre & Bob Hull **#2** Jack Rosay & Bob Ryer  
**#3** Joe Palumbo & Carmel St. Pierre

**November 23: #1** Mitch Ziolkowski & Joe St. Pierre

**December 1: #1** Joe Palumbo & Joe Troy **#2** Jack Rosay & Gil Boucher

**December 8: #1** Mitch Ziolkowski & Joe Troy **#2** Jack Rosay & Bob Hull

### *Setback Tournament Winners*

**November 21:** **1st:** Irene Wygonoski & Agnes Ogonowski **2nd:** Jack & Marie Cassidy  
**3rd:** Sally Miller & Grace Lapila

**November 28:** **1st:** Pat Landy & John Perretta **2nd:** Pat Cancelli & Grace Lapila  
**3rd:** Carol Diana & Barb Cichon

**December 5:** **1st:** Paul Martel & Joe Beaudin **2nd:** Sally Miller & Gail Kreneck  
**3rd:** Dottie Peterson & Rose Dunlap

**December 12:** **1st:** Pat Landry & John Perretta **2nd:** Barbara Martin & Anne Theriault  
**3rd:** Paul Martel & Joe Beaudin

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### PLAINVILLE SENIOR CENTER IS COLLECTING OLD CELL PHONES AND SMALL ELECTRONICS

Don't throw away your old cell phones, laptops, cameras, iPod players and video game consoles, donate them to the Senior Center and raise money for the Dial-A-Ride program.

## QUICK TRIPS, FRIDAY AND SATURDAY SHOPPING BUS

These are curbside 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.)**

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### Quick Trips

#### **Lunch at Café Chives, Goodwin Technical School, New Britain Thursday, January 12**

\$3.00 payable at sign up. Get you friend together for a delicious lunch at Goodwin Tech Culinary Department's Café Chives. Full meals range from \$5.00 to \$6.50. Limit of 12 participants. Home pick-ups for those who do not drive begin at 10:00 a.m. Bus leaves OLM parking lot at 10:30 a.m. Returns to Plainville by 1:30 p.m. **Sign up begins on January 4. Sign up between 9:15-10:15 a.m.**

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### Saturday Shopping Bus

#### **Corbin's Corner, West Hartford Saturday, January 14**

Get your friends together for a shopping trip to Corbin's' Corner. Shop at Sears, Trader Joes, etc. Then, enjoy lunch at the Olive Garden. Lunch and gratuity are on your own. Limit of 12 participants. Home pick-ups, for those who do not drive, begin at 9:30 a.m. Bus leaves the Senior Center at 10:00 a.m. and returns to Plainville at approximately 3:00 p.m. To help defray the cost of transportation, a donation of \$3.00 should be given to Jean Kelly the day of the trip. **Please call the Senior Center to register by Tuesday, January 10.**

#### **Westfield Shopping Mall, Meriden Saturday, January 28**

Enjoy a day of shopping and lunch at the Westfield Mall. Lunch and gratuity are on your own. Limit of 12 participants. Home pick-ups, for those who do not drive, begin at 9:30 a.m. Bus leaves the Senior Center at 10:00 a.m. and returns to Plainville at approximately 3:00 p.m. To help defray the cost of 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, January 24.**

#### **Christmas Tree Shop, Manchester Lunch at a Restaurant of the Groups' Choice 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 at 9:30 a.m. Bus leaves the Senior Center at 10:00 a.m. and returns to Plainville at about 3:00 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. **Please call the Senior Center to register by Tuesday, February 7.**

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### Friday Shopping Bus

- **January 6: Walmart in Southington**
- **January 20: Ocean State Job Lot / TJ Maxx / Stop & Shop in Bristol**

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

# 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.

### 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. **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.**

## New Trips

### *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. This unique dinner theater is a favorite for locals and visitors since 1983. Enjoy a great buffet with a wide variety of salads, hot and cold entrees, desserts, and beverage. All food is prepared on the premises and enjoyed in the main dining room. After dining take your reserved seats in the theater. After the play, return to the dining room for the Cabaret Show. *Death of Don:* Don Giovanni has a pudgy daughter who wants to be a rock star, a son who writes bad poetry, an older daughter for whom he is arranging a marriage and a wife tired of black dresses and no vacations! When Don is murdered during his daughter's wedding, everyone is under suspicion. This play is about a reluctant groom, an angry mistress and a missing will. Put it all together and you get lots of comedy, full of side splitting laughs. **Sign up for members begins on Mega Sign-up Day, January 12, 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 January 19.**

**Charleston, Savannah, Jekyll Island—36th Annual Charleston Home and Garden Tour  
October 17-22, 2012—6 Days—5 Nights**

\$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 for members begins on Mega Sign-up Day, January 12, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Non-members may sign up beginning January 19.**

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**Upcoming Trips**

We have not been able to find shares for January, February or March. If we do, we will have them available in the next newsletter. We have a Foxwoods trip scheduled for April 10. Please watch your newsletter for details.

**Upcoming Trips**

**Save the Date**

- **April 10:** Foxwoods
- **May 2:** Vicki Lawrence at Foxwoods
- **May 19:** Ellis Island and the Statue of Liberty
- **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**

*And More to Come!*

**MEGA SIGN-UP DAY**

**Mega Sign-up Day will be on Thursday, January 12.** You can sign up for most new paid trips, classes and activities from 9:15 a.m.—4:00 p.m. on this day. Please notice, there are some activities (some Outdoor adventure and some Quick Trips) which actually take place prior to Mega Sign-up Day. Those sign-ups will begin earlier. The sign-up date is noted in the description of the activity. If you have any questions, please give Marcy a call.

**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.

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**BE "IN THE KNOW", NOT THE LAST TO KNOW**

If you would like to be put on the newsletter pick-up or email list, just let us know. Call the Senior Center or email us your information to our **new newsletter information only address** at [plainvilleseniorctr@yahoo.com](mailto:plainvilleseniorctr@yahoo.com) and we will take care of the rest. **This is a new email address. If you gave us your email address already, don't worry, we transferred our contacts over and you will receive the newsletter, information and updates as usual.**

Remember, you can always go to the Town of Plainville Website, [www.plainvillect.com](http://www.plainvillect.com), under the Senior Center Tab and get the current month's newsletter, along with all the newsletters from the past year.

If you are on the email list, it does not mean you cannot pick up your newsletter at the front desk also. By being on the email list, you will receive emails during the month about programs and trips that may have been added after the newsletter is printed. If you have any questions, please call the Senior Center.

**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.

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Fare Increase

**ADA Paratransit**  
**Central Connecticut Regional Planning Agency**  
**225 North Main Street, Suite 304**  
**Bristol, CT 06010**  
**1-860-589-7820 or 1-860-224-9888**

The Central Connecticut Paratransit Service, mandated by the American's Disability Act (ADA), provides transportation to those whose disability prevents them from using the regular city public bus systems. The disability may be physical, visual or cognitive, permanent or temporary. This service is available for any type of trip, not just for medical appointments. Requirements when using this service include traveling during the service hours in your community and the origin and destination must be within 3/4 of a mile of a bus route. The service region includes all of Bristol, New Britain and Plainville. The area also includes parts of Berlin, Burlington, Cromwell, Farmington, Middletown, Newington, and West Hartford. Passengers wishing to travel to or from these locations must contact 860-589-7820, to verify the address falls within the service area. Service hours in Plainville are Monday-Saturday, 6:00 a.m. - 6:00 p.m.

**The cost for all trips within and among these towns is \$2.60 each way. A 10 ticket book may be purchased for \$23.40 (note this is a fare increase effective January 1, 2012).** The DATTCO driver has ticket books on the bus. The driver gets paid when you get on the bus. If you do not have the fare, your requested trip will not be accommodated. Exact change is required, if not using tickets. It is recommended that clients purchase ticket books. Ticket books may be purchased from the bus operator, at the Central Connecticut Regional Planning Agency, or online through CT Transit at <http://buypasses.storesecured.com/>. Exact change is required for the purchase of all ticket books, unless purchasing online. Personal checks are not accepted. All trips should be completed within the service hours of your community. For example, if you live Plainville, you must plan your return trips according to the Plainville service hours, even if your are going to another town which has longer service hours.

**Door To Door Service** Transportation is provided from the front door of your pick-up location to the front door of your drop-off location. The driver may provide assistance between the vehicle and the door. Time constraints limit the driver's ability to assist beyond the front entrance of your destination. If your destination is a large building or expansive complex, it might be best to have a companion or personal care attendant accompany you to provide assistance after you arrive.

An [application](#) must be completed and to determine eligibility for ADA Transportation. The application should be sent to Central Connecticut Regional Planning Agency, 225 North Main Street, Suite 304, Bristol, CT 06010-4993. Questions should be directed to 860-589-7820. Applications are available on-line at [www.ccrpa.org](http://www.ccrpa.org); at the Plainville Senior Center, for those over the age of 60; or from Pam French at the Plainville Social Services Department. For more information, or if help is needed filling out the application, Plainville residents over the age of 60 can call 860-747-5728, all other Plainville Residents can call Pam French at 860-793-0221, extension 294.

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**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.



**DONATIONS**

*Donations are gratefully accepted for any of our fundraising campaigns:*

**Computer Equipment Upgrade Fund  
\$100 Club**

**Dial-a-Ride  
\$1,000 Club**

**Renovation Fund  
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  
November 14—December 15**

Audrey Lewis, Laurette Gumond, Deanna Tino, Anna Maria Sisco, Maria Wynkoop, Joyce Cannon, Lise and Joseph Terrien, Jim Rio, Toffolon School 4th Graders, Jane Mack, Rosaleen Peters, Jeanine Martino, Sally Cobrain, Pat Cancelli, Eileen Weber, Marie Cassidy, Olga and Charlie Stepney, Richard Vantrisco, Pat LaRosa, Norma Weisenburger, Janice Dressel, Donna McCluster, Sandra Michalik, Shirley Osle, Betsy Finn, Jim Rio, Doris Olson, Henrietta Zooleck, Grace Nelson, Carol Perry, Olga Callender, Daniel Kulas, Rachel Bell, Open Circle, Tom Garcia, Anonymous, Carol Rodrigues, Mike Chambrello, Jean Kelly, Ashok Adhyapak, Rose Green, Harriet Rinaldi, Kelly Phoenix, Louise Bartok, Helen Perschy, Richard The Family of Bill Dodez, Allied Integrated Marketing, Laurette Guimond, Mary Zukis, Corrine Trepanier

**Dial-A-Ride**

Laura Lacombe, Hartford Financial Service Group, Brenda Tella, Rosalie Sastre, Rosaleen Peters, Bill Miller, Carol Perry, Hazel Decker

**In Honor of Henrietta Zooleck's 80th Birthday:** Tim and Maureen McIntyre to Dial-A-Ride.

**Pool Table:** Thursday Pool Players

**MEMORIAL DONATIONS  
November 14—December 22**

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:* Velma Boucher

*In Memory of Bill Dodez:* Helen Marinelli, Ann Krupinski

*In Memory of Helen Grabowski:* Thomas and Geraldine Wells

*In Memory of Dorothy Lindquist:* Bob and Ann Lindquist's Friend

*In Memory of Herta Maciag:* John Maciag

*In Memory of Charles and Betti Santucci:* Lucy Pestillo



**CHEER REPORT**

**November 15—December 14**

**CHEER CARDS:** Doris Savino, Jessie Flanders, Louise Lindgren, Marianna Tabaka, Robert Inman, Catherine Robertson, Jozef Ozog, Bob LaBarre, Rosaleen Peters, Roland Dumont, Ken Gleifert,

**SYMPATHY CARDS:** Edith Frazee, Mary Jane Dumais, Ornest Salmoiraghi, Family of William Dodez, Family of Mary Theresa Weed, Family of Gordon Totire, Thomas Blackler and Family

**NEW MEMBERS**

**November 1-30**

Paul Hartmann, Dawne Hartmann, Daniel Kulas, Mary Thompson, Sharon Simpson, Rosalind Terranova, Peter Zablocki, Concetta Elliott, Joyce Riley, Kazimierz Krajewski, Penny Bousquet, Robert Murtha, Rose Adams, Beverly Girard, Jean Ingerick, Jane Lacroix, Jan Mrowka



**CL&P STORM FUND**

If you were still without power on November 5 at 12:00 noon, following the October 30 snow storm, you may qualify for a credit on your February 2012 bill. It is easy...call this automated # to register 1-888-566-9257. Have your CL&P account number available when you make the call.

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**COFFEE WITH A SOCIAL WORKER**  
**Mondays, January 9 & 23, 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!

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**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.

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**GRANDPARENTS / RELATIVES RAISING GRANDCHILDREN SUPPORT GROUP**  
**Thursday, January 19 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.*

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**CAREGIVING CONNECTIONS**  
**Tuesday, January 17 at 10:00 a.m.**

Join us as we begin a new year 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.

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# 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.

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

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INDEX	
At Risk List	9
ADA Paratransit	*BC,9
Billiards Winners	5
Café	1
Caregiving Connections	11
Cheer Report	10
Choral Group	12
CL&P Storm Fund	4
Coffee with a Social Worker	11
Companion List	9
Computer Classes	5
Congregate Meal Program	12
Craft Classes	2
Daily Activities	*BC
Dental Clinic	4
Donations	10
55 Alive	3
Fitness Classes	2
Friends Helping Friends	10
Friday Shopping Bus	6
Gluten Free	3
Grandparents' Program	9
Heartburn Awareness	1
Mahjong	1
New Members	10
Nurse Information	*BC
Outdoor Adventure	2
PEAK	11
Quick Trips	6
Reiki	11
Saturday Shopping Bus	6
Sedona Photo Exchange	2
Setback Winners	10
Sifting Through Salt	1
Snow Closing Information	4
Tax Help	3
Transportation	*BC
Trips	7,8
Wisdom Awards	4
<b>*BC = Back of Calendar</b>	

**Friends Helping Friends**  
**Friday, January 20**  
**Buffet 2000 in Southington**  
**11:30 a.m.**  
 Call the Senior Center to Register



**Choral Group Rehearsal**  
**Friday, January 6**  
 10:00 a.m.



Monday	Tuesday	Wednesday	Thursday	Friday
2. Closed	3. BBQ Pork Ribs	4. Lasagna Rolette	5. Turkey Stew	6. Baked Salmon Filet
9. Un-breaded Veal Parmesan	10. Roast Beef w/ Gravy	11. Seafood Salad w/ Celery	12. Baked Chicken Thigh w/ Gravy	13. Whole Grain Penne Pasta w/ Spaghetti Sauce and Meatballs
16. Closed	17. Braised Beef Liver w/ Sautéed Onions	18. Crispy Fish Sandwich	19. Chicken Teriyaki	20. Homemade Meatloaf w/ Mushroom Gravy
23. Grilled Pork Chop w/ Gravy	24. Sliced Turkey w/ Gravy	25. Beef Ravioli w/ Marinara Sauce	26. Salisbury Steak w/ Gravy	27. Baked Chicken w/ Gravy
30. Stuffed Shells w/ Marinara Sauce	31. Knockwurst w/ Mustard	<b>Congregate Meal Program: January</b> 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.		



NONPROFIT ORG  
 U.S. POSTAGE PAID  
 FARMINGTON CT  
 Permit No. 440

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