

March 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room CA: Café L: Library, *: By Appointment	1. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR *10:00 Income Tax Help 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 Open Bridge GR 2:15 Strength Training BR	2. 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR	3. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:00 COA 1:00 Fargo's Fitness BR 1:00 Pool Tournament 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	4. 9:00 Walking GR 9:00 Shopping Bus *9:15 Reiki Appt. 9:30 Mahjong 10:00 Drawing & Painting CR 10:00 Choral Group 10:00 Creative Writing 1:00 Pinochle L Foxwoods Sign Up	5.
6.	7. 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:45 Bowling 1:30 Aerobics with Ann BR 1:45 Setback GR Notice Time Change 1:45 Choral Group Farmington Care Class Sign Up	8. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR *10:00 Income Tax Help 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 Open Bridge GR 2:15 Strength Training BR Mega Sign Up	9. 8:00 Women's' Breakfast 9:00 Walking GR 9:00 Cross Country Skiing *9:15 Nurse 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:00 Brain Games GA 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Gluten Free 3:30 Yoga BR	10. No Walking *9:15 Nurse No Ceramics 11-12 Blood Pressure 12:00 Volunteer Dinner No Fargo's Fitness No Pool Tournament No Knit / Crochet No Pinochle No Scrabble No Band PEAK Center will be closed from 11:00 a.m.—3:00 p.m.	11. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Mahjong 10:00 Drawing & Painting CR 10:00 Creative Writing 1:00 Pinochle L	12. Meriden Mall 9:30 a.m.
13.	14. 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:30 Coffee with a Social Worker 12:45 Bowling 1:00 Setback GR 1:15 Choral Group to St. Lucian 1:30 Aerobics with Ann BR 3:00 Short Story Celebration	15. 8:30 Andy Cooney 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 9:30 PICASA *10:00 Income Tax Help 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Caregiver Connections GA 10:00 Step Demo Class 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Open Bridge GR 1:00 Free Beginners Computer Workshop 2:15 Strength Training BR	16. 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 9:30 Computer Course II 9:30 Brain Day 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 10:30 Grandparents Program 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Modern Jazz 3:30 Yoga B	17. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 1:00 Fargo's Fitness BR 1:00 Pool Tournament 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	18. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Mahjong 9:30 IKEA 10:00 Choral Group 10:00 Creative Writing 11:30 Friends Helping Friends 1:00 Pinochle L	19.
20.	21 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 10:30 Gratefulness 12:45 Bowling 1:00 55 Alive 1:30 Choral Group to Father B 1:30 Aerobics with Ann BR 1:45 Setback GR Notice Time Change	22. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 9:30 PICASA *10:00 Income Tax Help 10:00 Cribbage GA 10:00 Ladies Billiards 10:00 Step Aerobics 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling against Bloomfield GR 1:00 Open Bridge GR 1:00 Free Beginners Computer Workshop 2:15 Strength Training BR	23. 9:00 Walking GR 9:00 Trail Walking *9:15 Nurse 9:30 Quilting CR 9:30 Computer Course II 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Modern Jazz 3:30 Yoga B	24. 7:30 Foxwoods 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 1:00 Fargo's Fitness BR 1:00 Pool Tournament 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	25. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Magic of Mobile Computing 9:30 Mahjong 10:00 Drawing & Painting CR 10:00 Creative Writing 1:00 Pinochle L	26. Xpect Discount 9:30
27	28. 9:00 Walking G 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 10:30 Gratefulness 12:30 Coffee with a Social Worker 12:45 Bowling 1:00 Setback GR 1:30 Aerobics with Ann BR	29. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 9:30 PICASA *10:00 Income Tax Help 10:00 Cribbage GA 10:00 Ladies Billiards 10:00 Step Aerobics 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Open Bridge GR 1:00 Computer Course I 2:15 Strength Training BR	30. 9:00 Walking GR *9:15 Nurse 9:15 "Welcome Home Vietnam Veterans Day" Poetry Reading 9:30 Quilting CR 9:30 Computer Course II 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Modern Jazz 3:30 Yoga B	31. 8:30 Newport Playhouse 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 1:00 Fargo's Fitness BR 1:00 Pool Tournament 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	The Senior Center Café is now serving a light breakfast. Stop by on Tuesdays and Wednesdays, between 10:00 - 11:00 a.m. for scone, or hot oatmeal with dried fruit. Enjoy with a cup of coffee, tea or hot chocolate.	

Nurse's Wellness Clinic

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

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

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

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

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

Continuous Daily Activities

Monday

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

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

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

Tuesday

9:30 Welcome Committee: (3rd Tuesday of the month) Greets new members and hosts New Member Parties.

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

10:00 Cribbage: No pre-registration necessary.

1:00 Pinochle: No pre-registration necessary.

1:00 Open Bridge: No pre-

registration necessary.

Wednesday

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

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

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

1:00 Bingo: No pre-registration necessary

Thursday

No pre-registration necessary

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

1:00 Men's Pool Tournament

1:00 Pinochle: No pre-registration.

1:00 Scrabble No pre-registration necessary.

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

Friday

9:30 Mahjong No pre-registration necessary.

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

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

DIAL-A-RIDE

(860)589-6968

Available Monday

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

Tuesday-Thursday

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

Friday

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

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

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

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

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

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

SATURDAY TRANSPORTATION PROGRAM

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

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

OTHER TRANSPORTATION PROGRAMS

Call the program for more information

Red Cross Transportation: (860)229-1631

ADA Transportation: (860-)589-7820

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



Plainville Senior Center
Dynamic Past * Vibrant Future

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



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

Brain Day

Wednesday, March 16, 9:30 a.m.—12:00 noon

In celebration of Brain Awareness Week, the Plainville Senior Center will be presenting Brain Day, a health and wellness fair designed to help keep minds active through five important components: fitness, nutrition, socialization, spirituality and mental challenges.

Brain Day will begin at 9:30 a.m.: Guest speaker Patty O'Brien of the Alzheimer's Association will lead a discussion about the normal—and not so normal—aspects of memory associated with aging.

10:00 a.m.: Get your brain and body moving with a special surprise fitness demo!

10:30 a.m.: Megan Mitchell will lead a Mindful Awareness Seminar. Learn techniques for keeping a healthy mind, soul and spirit.

11:00 a.m.: Enjoy your creative side with artistic paper folding with Evelyn Morin.

11:30 a.m.: Enjoy a cooking demo by Arbor Rose's chef, featuring delicious foods designed to keep the brain full and focused.

Brain Day will also include a variety of stations to visit at your leisure covering brain healthy topics like gaming, language and music instruction, gardening and opportunities for senior socialization. Special "Brain Food" lunch items will be offered in the café. Order one of the featured entrees and get a complimentary Brain Boosting Power Shake. **Call the Senior Center to register for Brain Day.**

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

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

Come down to the Senior Center on Tuesdays and Wednesdays, between 10:00 a.m.– 11:00 a.m. for a light breakfast or between 11:00 a.m.—1:00 p.m. to have a delicious lunch. For breakfast we have fresh baked muffins, scones, hot oatmeal with dried fruit, coffee, tea and hot chocolate. For lunch we have a weekly soup special, a selection of sandwiches, panini and salads, all freshly made. Stop by the Senior Center for a menu or go to the Town of Plainville website, Senior Center tab, and view it there. **Don't forget to pick up your Loyal Customer Card and receive a free cookie with the purchase of 5 salads, Panini, sandwiches or soup and 1/2 sandwich .**

March Café Specials

March 1 & 2

Cobb Salad Panini: Fresh greens, tomatoes, avocado, turkey, bacon, blue cheese and hard boiled eggs in a freshly grilled Panini / **Soup:** Tomato Florentine

March 8 & 9

Homemade Macaroni and Cheese with Corn Muffin / **Soup:** Chili

March 15 & 16

Corned Beef and Reuben / **Soup:** Chicken Noodle

March 22 & 23

Antipasto Panini: Salami, ham, olives, artichokes and roasted red peppers, smothered in cheese and grilled on a Panini / **Soup:** Italian Wedding

March 30 and 31

Greek chicken Panini: Marinated and seasoned grilled chicken breast, feta cheese, sundried tomato, calamata olives, grilled on fresh focaccia bread / **Soup:** Clam Chowder

Reminder!

This is a reminder to everyone attending the Volunteer Dinner on March 10! We are asking everyone to park at OLM and to take the shuttle bus to the Senior Center. The shuttle will run beginning at 11:15 a.m.

Classes Signing up in March

We will hold sign-up for these from 9:15 a.m.—4:00 p.m. on Monday March 7 or on Mega Sign-up Day, Tuesday March 8, from 9:15 a.m.—4:00 p.m., or between 9:15—10:15 a.m. on any day following.

ZUMBA GOLD 6-weeks Wednesdays, March 9-April 20 (no class April 6), 10:30-11:30 a.m. \$18.00 members; \$36.00 non-members. Instructor: Amy Gray. ZUMBA Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms, created in the original ZUMBA, and adjusts it to accommodate participants of all ages and fitness levels.

LINE DANCING, 6-weeks, Mondays, March 14-April 18, 10:00—11:00 a.m. \$18.00 members; \$36.00 non-members. Instructor: Lynn Flanders

Get some great exercise by dancing! If you can walk, you can line dance! Beginner & experienced line dancers welcome.

AEROBICS WITH ANN, 6-weeks, Mondays, March 14-April 18, 1:30-2:30 p.m. \$12.00 members; \$24.00 non-members. Instructor: Ann Fargo

Join us for this low intensity class that we do to fun music. Wear good support shoes and clothes for moving. Don't forget your water bottle.

NEW! BEGINNERS STEP AEROBICS, Free demo class Tuesday, March 15 (call the Senior Center to register for the free demo), 6-weeks, March 22-May 3, 10:00 a.m. (no class April 19), \$18.00 members, \$36.00 non-members. Instructor: Corinna Peters. Try this new class for increased aerobic exercise! You'll get your heart rate up and burn calories! Enjoy great music while engaging your brain and body using a small platform (step) for an additional aerobic workout.

STRENGTH TRAINING, 6-weeks, Tuesdays March 15-April 26 (no class April 19), 2:15– 3:15 p.m. \$12.00 members; \$24.00 non-members. Instructor: Corinna Peters. Increase your strength and flexibility using weights, bands and stretching in seated and standing position.

YOGA, 6-weeks, Wednesdays, March 16—April 20, 3:30—4:30 p.m. \$18.00 members; \$36.00 non-members. Instructor Sandy Sasso. Yoga can help counteract stress-filled lives, benefitting both the mind and body. Yoga tones, stretches and strengthens your muscles. Improves circulation, energizes and refreshes. In this gentle approach to yoga, you are guided to move at your own pace.

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

FARGO'S FUNCTIONAL FITNESS, 6-weeks. Thursdays, March 17-April 21, 1:00—2:00 p.m. \$12.00 members; \$24.00 non-members. Instructor: Ann Fargo. Improve your balance, strength and range of motion using weights, wands and bands. Exercises target muscle groups used in everyday functions such as lifting laundry, bending to tie shoes, carrying groceries, etc.

KNITTING & CROCHET, 6-weeks Thursdays, March 17—April 21, 1:00—3:00 p.m. \$12.00 members; \$24.00 non-members. Instructor: Evelyn Morin. Finish an old project that's been hanging around in your closet or start something new! If you've got the desire to learn, we can teach you ... even if you are left-handed!!

CERAMICS, Six-weeks. Thursdays, March 17-April 21, 9:30—11:00 a.m. \$18.00 members, \$36.00 non-members. Instructor: Gloria Cerniglia. Learn how to choose a piece of green wear, clean it, paint it and glaze it. Beginners welcome! Students are responsible for materials and supplies.

NEW! GRATEFULNESS CLASS, 4-weeks, Mondays, March 21-April 11, 10:30-11:30 a.m. The cost for this class is \$12.00. Oprah said, "Be grateful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." Give yourself the gift of experiencing the true prosperity that resides within you and all around you. Learn how gratitude can change your life for the better at this workshop, led by Meghan Mitchell, Holistic Health Counselor and Creative Muse. Materials are provided by the instructor.

ADVANCED TAI CHI 12 sessions Mondays and Wednesdays, March 21-April 27, 9:45—10:15 a.m. \$18.00 members; \$36.00 non-members. Instructor: Meghan Mitchell

Advanced Tai Chi will take the student beyond Qigong and into flow. More in-depth work with balance, fitness components and breath work.

DRAWING & PAINTING, Six-weeks, Fridays, March 25-May 6 (no class April 22), 10:00—12:00 noon. \$12.00 members. Instructor: Pat Mottola. Art students at intermediate or advance levels will explore a variety of subject matter and styles through the use of familiar mediums — pencil, charcoal, pen & ink, pastel and acrylic paint. Emphasis on elements of design and composition. Students are responsible for materials and supplies.

Outdoor Adventure Club

Cross Country Skiing, Winding Trails Wednesday, March 9

\$6.00 payable at sign up includes instructor (Ann Fargo) and snack. Bring your own equipment or rent from Winding Trails. The cost of rental is \$15.00, and a trail pass is \$8.00, payable at the trail. Meet at 9:00 a.m. at Winding Trails, and we will play until we are tired. Directions available at the Front Desk. Beginners welcome. Ann is an experienced teacher. Bring water and snacks. Some items are available for sale there. **Sign up begins on Friday, March 4, between 9:15-10:15 a.m.**



Trail Walking at Crescent Lake, Southington Wednesday, March 23

\$5.00, payable at sign-up, includes instructor (Ann Fargo) and snack. Meet at Crescent Lake at 9:00 a.m. Directions available at the front desk. The walking trails are in good shape, so let's get together and take a walk. Bring water and snacks. Dress in layers, wear hiking boot and bring a walking stick. If you have "Yaks Trax" or some shoe chains that make walking on ice safer, please wear them. They can be purchased at Ocean State Job Lot. **Sign-up begins on Mega Sign-up Day March 8 between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

CREATIVE WRITING

Fridays, March 4– April 29, 10:00—11:30 a.m.
(No Class April 15 & 22)



This creative writing class, taught by writing coach and published author Susan Omilian, will guide you surely and safely into the writing life and give you tips on craft as well as the gift of writing. We'll explore both fiction and nonfiction (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. **No previous writing experience is required.** The cost for the 7-week class is \$21.00 for members and \$42.00 for non-members. **Sign up has begun Sign up between 9:15-10:15 a.m.**

BRAIN GAMES

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

Find out what you can do to achieve a lifestyle that champions your brain health. The Senior Center, in collaboration with Arbor Rose at Jerome Home, promotes a Brain Healthy Lifestyle, incorporating programs that offer socialization, physical activity, mental stimulation, spirituality and nutrition. Come and learn about the IN2L system, technology designed for seniors. We will travel abroad, play a fun and interactive word game, test trivia knowledge and have a great time!. **Call the Senior Center to register.**

ANNUAL VOLUNTEER THANKSGIVING DINNER

Thursday, March 10 at 12:00 noon

Invitations have gone out for the Volunteer Thanksgiving Dinner. If you volunteered in 2010, but did not receive an invitation, please call the Senior Center. Invitations are only sent to those volunteers who recorded their hours on the volunteer board located in the main office. It is the responsibility of the volunteer to mark their hours on the board. **Stop by the Front Desk or call the Senior Center to sign up for the dinner.**

SHORT STORIES AND CELEBRATION!

Monday, March 14 at 3:00 p.m. (Notice Date Change)

Join us for an inspiring program and celebration as Senior Center members, Sally Miller and Pat Roper, read their short stories and essays, which were recently published in an anthology called "Mosaics." Sally and Pat were honored to have their writings published in this book after competing against seniors from seven states across America. Join us as we congratulate Sally and Pat. Refreshments will be served. **Call the Senior Center to register.**

MODERN JAZZ: An Introduction to Jazz History

Wednesdays, March 16-April 20, 1:00-3:00 p.m.

This course is for everyone and anyone with little or no background in jazz history. The instructor, Bob Paskowitz, has been a professional musician in the greater Hartford area for more than 40 years. He has an extensive knowledge of modern jazz artists and recordings. The course will cover early jazz; jazz icons, including Charlie Parker, John Coltrane and Miles Davis; and some jazz vocalists, including Billie Holiday and Diana Krall. Special guests, demonstrations and a performance by the instructor will be included! **The cost to participate is \$12.00. Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**



POETRY READING
In Celebration of “Welcome Home Vietnam Veterans Day”
Wednesday, March 30 at 9:15 a.m.

CT Gov. M. Jodi Rell signed legislation designating March 30 of every year “Welcome Home Vietnam Veterans Day,” a special day to honor veterans who served in the Vietnam War. “The deep divisions within our nation at the time of the Vietnam War were reflected in the way men and women in uniform were treated when they returned from that conflict. Few were truly welcomed home – and far too many were actually insulted or abused. Fortunately, our appreciation for the sacrifice and service of our Armed Forces has evolved,” the governor said.

Plainville Senior Center is pleased to host this reading by two published poets, Ms. Pat Mottola and Dr. Michael Lepore, who will share their poems for and about Vietnam Veterans. **These poems go straight to the heart of what is not found in history books. Call the Senior Center to register.**

Pat Mottola, an artist and poet who resides in Cheshire, Connecticut, earned her M.S. Degree in Art Education from Southern Connecticut State University, where she is currently pursuing an MFA in Creative Writing. Her work has been published in numerous poetry journals including *War, Literature & the Arts*, *Connecticut River Review*, *Caduceus*, *Long River Run*, *Connecticut Review*, *Welter*, and *San Pedro River Review*. She is the winner of the Leo Connellan Poetry Prize 2008. Most recently she is the winner of the Leslie Leeds Poetry Prize 2011.

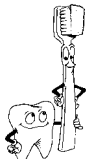
Dr. Michael F. Lepore, author of *Forgotten Heroes*, is a graduate of the Plainville Public School System and received a Bachelor of Science degree from Saint Michael’s College in Winooski Park, Vermont, a Doctor of Dental Surgery degree from the University of Maryland, and a Certificate in Orthodontics from Tufts University, School of Dental Medicine. Upon graduation from dental school in 1968, he received a commission as a lieutenant in the US Navy Dental Corps and served two years active duty attached to the 2nd Marine Division at Camp Lejeune, North Carolina. *Forgotten Heroes* is his first book. Autographed copies will be available. All proceeds will go to Marines Helping Marines.

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

Dates: Monday, March 21 or Monday, May 23
Location: Plainville Senior Center
Time: 1:00—5:00 p.m. You are welcome to bring a snack. Coffee is provided.
Cost: AARP members, providing a membership number, \$12.00. Other attendees \$14.00
Sign Up: **The March 21 class is full, but if interested please put your name on the waiting list. Sign up for the May 23 class begins on Mega Sign-up Day March 8, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**



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



DENTAL CLINIC AT THE SENIOR CENTER
Monday, April 11

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

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

The Senior Center Gift Shop has begun to accept items for consignment. We accept collectibles, handcrafted items, jewelry, china, small paintings and handcrafted items. Consigned items are only accepted from members of the Plainville Senior Center.

We only accept clean, unbroken items; no items with a musty smell; no clothing; no shoes; no hats; no toys; no electronics (such as computers or televisions); no perishable items, etc. We will only accept items that have a minimum sale value of \$20.00. If your item is sold by the Senior Center, the Senior Center will retain a 20% commission on the selling price. For example, if an item sells for \$20.00 the consigner will receive \$16.00 and the Senior Center will retain \$4.00 (or 20%). Items will only be accepted on Mondays, between 10:00 a.m.—3:00 p.m. If you have any questions about our consignment program, please stop by or call the Senior Center and talk to Marcy or Ronda.

Computer Classes

Free Beginners Workshop

2 Sessions

Tuesdays, March 15 and 22

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 has begun.**

Course I - Computer Fundamentals

2 Sessions

Tuesdays, March 29 and April 5

1:00-3:30 p.m.

Instructor: Joan McBain

Coaches: TBA

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

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.**

Computer Course II

3 Sessions

Wednesdays, March 16, 23 & 30

9:30 a.m.—12:00 noon

Instructor: George Carden

Coaches: TBA

\$10.00 for Senior Center members and \$15.00 for non-members. **Sign up has begun.**

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 yet computer savvy, but wishing to take more advanced courses. **Sign up has begun.**

PICASA for Seniors

A new Photo Organizing and Editing Course

4 Sessions

Tuesdays, March 15, 22, 29 and April 5

9:30 a.m.—12:00 noon

Instructor: Scott Minor

Coaches TBA

\$25.00 for Senior Center members and \$40.00 for non-members. Students get to keep the Picassa book that is used in the class. (\$25.00 retail value.)

Get acquainted with PICASA, a free and easy to use editing software that you download. In this class you will learn how to manage photos and improve and retouch photos, use facial recognition to locate photos, create collages and web photos, make a gift CD, create videos, slide shows and weblogs.

The Magic of Mobile Computing

One Session

Friday, March 25, 9:30 a.m.—12:00 noon

Instructor: Michael Hill, a technology geek with over 25 years experience in digital computing

Learn about the amazing world of mobile computing (iPads, smart phones, etc.). Topics include setting up a wireless network, installing applications, accessing and using social networks (Facebook, Twitter, etc.), texting internet browsing, and much more. **Call the Senior Center to register.**

SOUTHINGTON CALENDAR HOUSE

Computer Classes in Southington

The Southington Calendar House has invited us to partake in some of their classes. Go to the Calendar House Website www.calendarhouse.org or contact Peter Freeman, 860-479-9064 for schedule and fee information.

The Classes that are being offered are:

Managing Files & Folders: Managing your Computer Files and Folders

Computer Tune Up

The Many Faces of Google

Exploring the Internet

VOLUNTEER NEEDED ONCE A MONTH

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

DO WE CLOSE ON SNOW DAYS?

If the weather looks questionable outside and you are not sure if the Senior Center is holding activities, watch your TV or listen to your radio to find out. Closings are listed on the TV (CBS and NBC), on the radio (WTIC AM and FM) or you can check the internet (www.wfsb.com or www.nbcconnecticut.com). We will not be calling students to let them know that activities are canceled due to weather.

If the Senior Center is listed as having no activities, then 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, the PEAK CENTER is closed, but as long as the Town of Plainville is open, then **WE ARE 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.

March is Sale Month at the Senior Center Gift Shop!

During the Month of March we will have some great savings in our Senior Center Gift Shop
Stop in every week for a new sale!

March 7-11: Spa Sale: Enjoy 50% off select spa items such as lotions, perfumes, soaps and body sprays.

March 14-18: Purse and Wallet Sale: Enjoy 20% off select purses and wallets.

March 21-25: Jewelry Sale: Enjoy 20% off select earrings, necklaces and bracelets.

Remember to sign up for our email list and receive an email when we receive new items or offer special promotions.



GOOD TO THE LAST DROP A Stimulating Program on Coffee (Pun intended!) Monday, April 11, 3:00-6:00 p.m.

Jeff Eleveld, Certified Horticulture Therapist, will take participants on a wild adventure on the history of coffee. Jeff knows coffee inside and out as he previously owned five coffee houses! Find out the secrets to selecting the best coffee for your taste buds! You will also plant and learn how to care for your own Arabica coffee starter plant in this fun and interactive program! Coffee and refreshments will be served. The cost for this program is \$5.00, payable at registration. **Registration begins on Mega Sign-up Day, March 8, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**



Parking for Housing Authority Residents Only

There are 15 parking places located in the parking lot that are for Housing Authority Residents ONLY. If you are coming to the Senior Center, do not park in these spaces or the Housing Authority will have your car towed. The spaces are numbered 1-15.



FUN AND GAMES Linden Street School Cafeteria Thursdays, March 3, 10, 17 & 24; 3:30—5:00 p.m.

The Plainville Family Resource Network is looking for senior friends who would be interested in playing card games or board games, such as Scrabble, Checkers, etc. with groups of 3-4 children. Anyone helping only needs to play games. The Plainville Resource will provide the games and are responsible for the children, they are just looking for some extra adults who would like to have some fun. For more information or to volunteer some time, please contact Carolyn Coughlin, 860-793-6304.

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

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

BEREAVEMENT SUPPORT GROUP SERIES Facilitated by the Visiting Nurse Association of Central CT, Inc. 56 West Main Street, Plainville, CT 06062 March 1-April 12, time will be determined based on response needs

The purpose of the group is to provide a safe and supportive environment, in which individuals will have the opportunity to learn about the grief process and explore grief reactions. Please contact Alison Vandergrift at 860-793-3011 for more information or to register.

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 the trip. If there aren't enough people, we will have to cancel...so, please encourage your friends to join you.**

Quick Trips

IKEA (New Haven) Shopping and Lunch Friday, March 18

\$5.00 per person, does not include lunch. Home pick-ups begin at 9:30 a.m., leaves from OLM parking lot at 10:00 a.m. Enjoy a day of shopping and having lunch at the IKEA cafeteria. Returns to Plainville at approximately 3:00 p.m. **Sign up begins on Mega Sign-up Day, March 8, between 9:15 a.m. and 4:00 p.m., or between 9:15 –10:15 a.m. on any day following.**

Saturday Shopping Bus

Call the Senior Center to register for the Saturday Shopping Bus

Meriden Mall Saturday, March 12

Get your friends together for a shopping trip to the Meriden Mall. You can enjoy lunch at the Mall's Food Court or restaurant. 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 approximately 3:00 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Rosaleen Peters the day of the trip.

XPect Discount Store, Cromwell Saturday, March 26

Enjoy a day shopping at the XPect Discount Store, then have lunch at a nearby restaurant of the group's choice. Lunch and gratuity are on your own. 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 approximately 3:00 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Rosaleen Peters the day of the trip.

Friday Shopping Bus

- **Friday, March 4:** Walmart 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.

GET FREE HELP WITH YOUR TAX RETURN

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

ESSAY CONTEST

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

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

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.
- **Before boarding bus,** get your seat assignment from the bus captain.

Andy Cooney's Forever Irish at the Garde Arts Center, New London and a Stop at Mohegan Sun Casino Tuesday, March 15

\$63.00 per person includes transportation, reserved seats for the 3:30 p.m. show, stop at Mohegan Sun, \$15.00 food voucher, driver gratuity and current casino bonuses. Leaves from OLM at 8:30 a.m. and returns at approximately 6:30 p.m. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Foxwoods Casino Thursday, March 24

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

The Newport Playhouse and Cabaret Restaurants Thursday, March 31

\$89.00 per person includes motorcoach transportation, lunch, play, cabaret and driver gratuity. Leaves from OLM at 8:30 a.m. and returns at approximately 7:15 p.m. Two shows for the price of one. The extensive hearty buffet does not skimp on quality or selection. In the afternoon enjoy "*Bermuda Triangle*" an outrageous comedy. Following dinner you will enjoy a rousing cabaret as the Company Members continue to entertain with songs and laughter. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Yakov Smirnoff at Foxwoods Casino Thursday, April 7

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

Newport Dinner Train Saturday April 30

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

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

\$466.00 per person double or triple, \$586.00 single. \$200.00 due at sign-up. Includes motorcoach transportation; 3 nights oceanfront room; all with private balconies overlooking the Atlantic; 3 breakfasts; 3 dinners; admissions and gratuities. Trip insurance is not included, but highly recommended. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.-4:00 p.m. on Mega Sign-up Day.**

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

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

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

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

NEW TRIPS

**Foxwoods
Thursday, April 28**

\$20.00 per person includes transportation, casino bonuses and driver's gratuity. Leaves at 7:30 a.m. from OLM, leaves the casino at 4:30 p.m., returns approximately 6:00 p.m. **Sign up for members begins on Friday, March 4, 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 March 11.**

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

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

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

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

MEGA SIGN-UP DAY

On **March 8**, sign up begins for most new paid activities and trips, except for Foxwoods, which will sign up before Mega Sign-up Day. On Mega Sign-up Day members can sign up and pay for any paid activity or trip **ALL DAY, between 9:15 a.m.—4:00 p.m.** On all other days, sign up is 9:15—10:15 a.m.

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
January 18—February 17

Rosaleen Peters, Madeline Drake, Tom Maher, Jane Mack, Larry Wright, Robert Cumpstone, Brenda Tella, Joe Dulac, Diane Nordgren, Open Circle, Jackie D'Addese, Jackie Dionne, Pete Lennon, Karen Drouin, Alice Rudy, Sandy Terrien

Parking Lot: Helen Locks

Dial-A-Ride: Doris Savino

MEMORIAL DONATIONS
January 14—February 17

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 Joyce Aiudi: Rita Dewyea

In Memory of Ethel George: Jacqueline Barbato (to Dial-A-Ride)

In Memory of Olga Hepp: Robert and Jeanne DePaiva, Janis and Calandrelli Tucci, Dayle and Edward Losier, Employees of Nokian Tyres, Nokian Tyres

In Memory of Gerald Roper: Doris Olson

CHEER REPORT
January 14—February 18

CHEER CARDS: Nellie Talbot, James Brunner, Emily Strancofski, June Cleveland, John Boucher, Doris Prassl, Angelina McCormack, Agnes Ogonowski, Helen Lasses, Joan Hamel, John Sorbello

SYMPATHY CARDS: Lorraine Soucy and Family, Walter and Barbara Mackiewicz, Claire Rohon and Family, Irene Boiczky and Family, Marcia Chapman and Family

NEW MEMBERS
January 1-30

Paul McMahan, Adam Foster, Ann Tiesler, Karen Carpinteri, Miriam Dodge, Sandra Voorhees, Neil Fitzgerald, Gladys Pascus, Leslie Mangan, John Mangan, Amelia Goodfield, Barbara Smith, Ronald Gerlat, Shirley Gerlat, Patricia Kenniston, Margy Moshka, Paula Pompei, Joyce Lorraine

Billiards Winners

January 20: Stanley Funk, Mitch Ziolkowski **January 27:** Joe Giannattasio, Stanley Funk

February 3: Joe Beaudin, Mitch Ziolkowski **February 10:** Joe Giannattasio, Paul Martel

February 17: Ray Boucher, Mitch Ziolkowski

Setback Tournament Winners

January 24: **1st:** Evelyn Case & Loretta Chandler **2nd:** (2-way tie) Roger Willequer & Joe Fortuna
3rd: Agnes Ogonowski & Rose Dunlap

January 31: **1st:** Dottie Person & Helen Locks **2nd:** (3-way tie) Mary Needham & Sandy Tyminksi **and** Roger Willequer & Joe Fortuna **and** Marcel Boilard & Bob Raymond

February 7: **1st:** Joe Fortuna & Paul Martel **2nd:** Bob Raymond & Marcel Boilard
3rd: (3-way tie) Mary Ann & Bill Cunningham **and** Joe Beaudin & John Daversa **and** Barbara Martin & Bea Dumont

February 14: **1st:** Mina Fusaro & Ida Pedrolini **2nd:** John Daversa & John Perretta
3rd: Carol Diana & Karen Carpinteri

COFFEE WITH A SOCIAL WORKER
Mondays, March 14 and 28, 12:30-1:30 p.m.

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

LIVE HAPPY AND HEALTHY GLUTEN-FREE LIVES
Wednesday, March 9 at 1:00 p.m.

Join our support group for those who are interested in wheat-free living or who have a loved one who has been diagnosed with Celiac or Gluten-sensitivity. Our group meets at the Plainville Senior Center on the second Wednesday of each month. **Call the Senior Center to register.**

CAREGIVING CONNECTIONS
Tuesday, March 15 at 10:00 a.m.

Please plan on joining us to share our experiences, friendship and support as we continue to care for our loved ones. Winter can be long and isolating as we are in our homes more. This confinement can add to the challenge of providing care to our loved ones and taking good care of ourselves.

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

GRANDPARENTS / RELATIVES RAISING GRANDCHILDREN SUPPORT GROUP
Wednesday, March 16 at 10:30 a.m.

At the Plainville Senior Center

This support group is intended for individuals raising their grandchildren and who are looking for information, support and an opportunity to meet other grandparents with similar needs. **Call the Senior Center by March 14 to register.**

Funding for this program is made possible by the Older Americans Act through the North Central Area Agency on Aging.

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

Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that also promotes healing. If your life energy is low, or if there is a restriction in its flow, you are more vulnerable to illness. Reiki is complementary to alternative health care as well as mainstream medicine. Reiki treatments are offered in many hospitals today (Saint Francis, Hartford Hospital, Yale New Haven Hospital) and can decrease stress and improve energy and overall well-being. Reiki has many benefits for the mind, body and spirit including: Allows deep relaxation to occur; Improves energy; Reduces pain; Helps with insomnia; Helps calm; Strengthens immune system response and more.

Call the Senior Center and register for your free 1/2 hour Reiki session with Barbara Birth. Barbara has been a Usui Reiki Practitioner since 2006 and became a Reiki Master Practitioner in 2008.

PEAK FITNESS CENTER

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

Cardiovascular Equipment

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

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

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

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

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

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

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Women's Breakfast
 Wednesday, March 9, 8:00 a.m. at Oasis Restaurant
 Call the Senior Center for more information or to register

Friends Helping Friends
 Friday, March 18
 11:30 a.m.
 East Side Restaurant, New Britain

Choral Group Rehearsal
 March 4 and 18
 10:00 a.m.

Spring Craft Fair
 At The Plainville Senior Center
Saturday, April 16
 More information will be available in the April newsletter!

Congregate Meal Program: March

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Baked Manicotti	2. CW Turkey Pot Pie	3. Veal Parmesan w/ Brown Gravy	4. Butter Crunch Fish
7. Baked Chicken Quarter	8. BBQ Pork Ribs	9. Seafood Salad	10. Salisbury Steak	11. Salmon Fillet w/ Dill Sauce
14 Stir Fry Beef Strips	15. Vegetable Quiche	16. Hot Turkey Sandwich	17. Corned Beef Brisket	18. Stuffed Clams
21. Meatball Grinder	22. Baked Virginia Ham	23. Honey Dijon Chicken	24. American Goulash	25. Filet of White Fish
28. Homemade Turkey Loaf	29. Baked Macaroni and Cheese	30. Roast Pork w/ Apple Gravy	31. Chicken Vegetable Soup	

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