

May 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
1.	2. 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:45 Bowling 1:00 Setback GR 1:30 Aerobics with Ann B 2:30 Biggest Winner 3:00 Zumba	3. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Google 10:00 Open Circle 11:00 Step Aerobics BR 11-12 Blood Pressure 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR	4. 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 GA 1:00 Bingo GR	5. 7:30 Foxwoods 8:00 QT Consumer University 8:30 Take Great Pictures 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:00 COA 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	6. 9:00 Walking GR 9:00 Shopping Bus *9:15 Reiki Appt. 9:30 Mahjong 10:00 Know the Law 10:00 Drawing & Painting CR 10:00 Choral Group *10:30 Chair Massage 1:00 Pinochle L Foxwoods Sign Up	7.	
8.	9. 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:30 Coffee w/ a Social Worker 12:45 Bowling 1:00 Setback GR 1:30 Aerobics with Ann BR 1:45 Choral Group Farmington Care 2:30 Biggest Winner 3:00 Zumba 3:00 Greeting Card	10. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 10:00 Google 10:00 QT Lunch at Goodwin Tech Culinary 11-12 Blood Pressure 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:15 Open Bridge GR 2:15 Strength Training BR Mega Sign-up	11. 8:00 Women's' Breakfast 9:00 Walking GR *9:15 Nurse—Cholesterol Screening 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne GA 1:00 Bingo GR 1:00 Gluten Free Meeting	12. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	13. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Mahjong 10:00 Kayak 1:00 Pinochle L 6:30 QT Nunsense	14.	Sat. Shopping Bus
15.	16. 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 1:00 Setback GR 1:15 Choral Group to St. Lucian 1:30 Aerobics with Ann BR 2:30 Biggest Winner 3:00 Zumba 3:00 Pizza Herb 4:30 Albuquerque Balloon Fiesta Trip Informational Meeting	17. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Google 10:00 Caregiving Connections 10:30 Open Circle 11-12 Blood Pressure 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR	18. 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:00 Social Services Informational Meeting 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne GA 1:00 Bingo GR	19. 9:00 Walking GR No Nurse 9:30 Ceramics CR 10:00 Archaeologist 12:30 Pool Tournament 1:00 Fargo's Fitness BR No Knit / Crochet 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	20. 9:00 Walking GR 9:00 Shopping Bus 9:00 Trail Walking *9:15 Reiki Appt. 9:30 Mahjong 11:30 Friends Helping Friends 1:00 Pinochle L	21.	
22.	23 9:00 Walking GR 9:45 Advanced Tai Chi BR 10:00 Current Events GA 10:00 Line Dance GR 12:30 Coffee w/ a Social Worker 1:00 Setback GR 1:00 55 Alive 1:30 Choral Group to Father B 1:30 Aerobics with Ann BR 2:30 Biggest Winner 3:00 Zumba Ocean City Leaves	24. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GR 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR	25. 9:00 Walking GR *9:15 Nurse 9:30 Trail Walking 9:30 Quilting CR 9:45 Advanced Tai Chi GR 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne GA 1:00 Bingo GR	26. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 9:15 Christmas Tree Shops 10:30 Grandparents Program 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo's Fitness BR 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	27. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Mahjong 1:00 Pinochle L	28.	Sat. Shopping Bus
29.	30. Closed Memorial Day	31. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 10:00 Open Circle 11-12 Blood Pressure 1:00 Pinochle GA 1:00 Wii Bowling GR 1:15 Open Bridge GR 2:15 Strength Training BR Class Sign-up	GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room CA: Café 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: \$7.25 per week. Meet at Laurel Lanes. Call Frank Robinson, League President, 747-2918.

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

Tuesday

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

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

10:00 Cribbage: No pre-registration necessary.

1:00 Pinochle: No pre-registration necessary.

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

1:15 Open Bridge: No pre-registration necessary.

Wednesday

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

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

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

1:00 Bingo: No pre-registration necessary

Thursday

No pre-registration necessary

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

12:30 Men's Pool Tournament

1:00 Pinochle: No pre-registration.

1:00 Scrabble No pre-registration necessary.

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

Friday

9:30 Mahjong No pre-registration necessary.

11:30 Friends Helping Friends (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.*

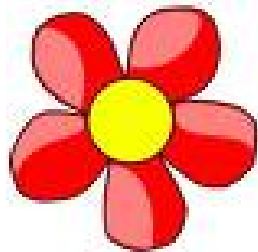
OTHER TRANSPORTATION PROGRAMS

Call the program for more information

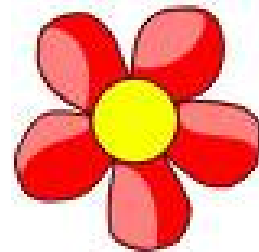
Red Cross Transportation: (860)229-1631

ADA Transportation: (860-)589-7820

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



Plainville Senior Center
Dynamic Past * Vibrant Future



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

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

PLAINVILLE HOUSING AUTHORITY OPENING UP WAIT LIST

The Plainville Housing Authority will be opening up their waiting list for Senior Housing on Wednesday, May 4 though Friday, May 6, from 10:00 a.m.—2:00 p.m., at 20 Stillwell Drive (Sunset Community Room), Plainville, CT. The Applications will be accepted in person or by mail. The applications must be postmarked by May 13, 2011 to be considered valid. Senior Housing is available to anyone over the age of 62 or handicapped or disabled. If you have any questions, please feel free to contact Linda DeZenzo, Executive Director of the Plainville Housing Authority, at 860-747-5909.

**Be the
First to
Know**

scrgmmcb@att.net

Do you want to be the first one to get your Senior Center newsletter? Do you want to be the first one to know if a trip has been added after the newsletter was printed? Do you want to be the first one to know if the date or time has changed on a trip, activity or class? Do you want to get the newsletter, even when you are away? Do you want to save the Senior Center some money on postage? Join our newsletter e-mail or pick-up list. The newsletter is published on the Senior Center Website prior to it being sent out in the mail and each month we will send a link to the newsletter right to your email inbox. Or...

if you are a frequent visitor to our Center, which we know many of you are, you can be put on the newsletter "pick-up" list and pick up the monthly newsletter while you are here. While everyone else is at home waiting for the newsletter to be delivered... you can be reading all the exciting monthly activities. We will not share your email address with anyone. The only thing is.... **Since we mail all our newsletters out at one time each month, using a cheaper bulk postage rate, if you get put on the email list or pick-up list, we will not be able to mail a newsletter to you at a later time that month (if you forget to pick it up, etc.), due to the higher price of first class postage.** Though, if you would like to be put on the pick-up or email list to try it out and find it is not working for you, just let us know and we will put you back on the bulk mail list for the following month. Please call the Senior Center and talk to Marcy or Carol about getting your name on our email or pick-up list and we will be happy to answer any questions you may have! Or just email us your information at our new **newsletter information only** address at scrgmmcb@att.net and we will take care of the rest. Remember, you can always go to the Town of Plainville Website, (www.plainvillect.com) under the Senior Center Tab and get the current month's newsletter, along with all the newsletters from the past year.

★ Senior Center Cafe ★

Come down to the Senior Center on Tuesdays and Wednesdays, between 11:00 a.m.—1:00 p.m. to have a delicious lunch. 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.

May Café Specials

- May 3 & 4:** Taco Salad or Fire Roasted Veggie Burger with guacamole / **Soup:** Tequila Fiesta Soup
- May 10 & 11:** Spinach, Pear and Walnut Panini with Feta / **Soup:** Italian Wedding
- May 17 & 18:** Eggplant, Tomato and Swiss Panini / **Soup:** Chicken Noodle
- May 24 & 25:** Tuna and Artichoke Panini / **Soup:** Tomato Florentine
- May 31 & June 1:** Roast Beef with smoked cheddar cheese and horseradish mayonnaise

Craft Fair Raffle Winners

Purple Afghan	White / Rose Afghan	Doll	Home Office
<i>Jeanette Schmidt</i>	<i>Zachary White</i>	<i>Sheila DiMinno</i>	<i>Sue DesRochers</i>

Classes Signing up in May

We will hold sign-up for these Classes on Tuesday, May 31, from 9:15 a.m.—4:00 p.m. or from 9:15-10:15 a.m. on any day following.

ZUMBA GOLD: 6-Weeks, Mondays June 6-July 18 3:00—4:00 p.m. \$18.00 members; \$36.00 non-members and/or 6-weeks Wednesdays, June 8-June July 13, 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, June 13-July 25, 10:00—11:00 a.m. \$18.00 members; \$36.00 non-members. **Instructor:** Lynne 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, Wednesdays, June 15-July 20, 1:00-2:00 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.

STRENGTH TRAINING, 6-weeks, Tuesdays, June 21—July 26, 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.

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, June 9—July 14, 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, June 16-July 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, 6-weeks, Thursdays, June 9-July 14, 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.

10-MINUTE COMPLIMENTARY CHAIR MASSAGE

By appointment on Friday, May 6

Meghan Mitchell, LMT, of the Tranquility Way, will provide this free chair massage. Chair massages promote physical and mental well being; relieve pain; improve circulation, strength, and flexibility and add energy to your day. **Call the Senior Center to register.**

SOCIAL SERVICES INFORMATIONAL MEETING

At the Plainville Senior Center

Wednesday May 18, 10:00 a.m.

Join us for our new Social Services Informational Meeting with Bette Smith and Stephanie Soucy. We will be meeting once a month to discuss issues that are of importance to us all.....for example Medicare, Energy Assistance, Brain Fitness, SNAP and more. For our first meeting, we will review what social service programs there are and how to apply for them. We will provide you with a calendar of when you can apply for certain entitlement programs. Please bring your ideas for future meetings. If you are unable to attend please stop by to see Bette or Stephanie with any ideas you have. **Call the Senior Center to register.**

PIZZA HERB AND GARDEN PRESENTATION

Monday, May 16 at 3:00 p.m.

Jeff Eleveld, Certified Horticulture Therapist, will present an enlightening, entertaining and delicious program on summer herbs that will enhance your everyday cooking.

Herbs are the fresh and dried leaves, generally of temperate plants and are usually green in color. Herbs are different than spices, which are the flowers, fruit, seeds, bark and roots, typically of tropical plants, and range from brown to black to red in color. In general, spices have a more pungent flavor than herbs. It is possible for one plant to provide both a herb and a spice. For example, for the plant Cori-an-drum the leaves are used as the herb cilantro while the seed is used as the spice coriander. Come to this exciting presentation and we will use herbs and spices to make your own pizza. The cost to participate is \$5.00. **Sign up begins on Mega Sign-up Day, May 10, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

Outdoor Adventure Club

Indoor Kayak Lesson

**Wilderness Experiences Unlimited, Southwick, MA
Friday, May 13**

\$50.00 per person includes transportation, instruction and equipment. Bus leaves from the Senior Center at 10:00 a.m. and returns at approximately 3:00 p.m. Bring a bag lunch, bathing suit, towel, shorts and t-shirt.

Get ready for summer! Learn the basic kayaking skills to build your confidence in this exciting lifetime sport! You will learn basic kayak safety, equipment and techniques which will include an introduction to the “wet exit”, all in an indoor **HEATED** pool! **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.**

Trail walking

**Will Warren's Den in Farmington
Friday, May 20**

\$5.00 per person includes instructor and snack. Meet at the Trail head at 9:00 a.m. Directions available at the front desk.



Join us for a walk along the trails to historical Will Warren’s Den in Farmington. The hike is 3 miles round trip, along the Blue Dot Trail. It is a moderate trail with rocks, roots and hills. Good hiking shoes and walking sticks suggested. Bring water. Dress for the weather. **Sign up begins on Mega Sign-up Day, May 10, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

Trail Walking

**Dinosaur State Park in Rocky Hill
Wednesday, May 25**

\$10.00 includes transportation, leader and snacks. Leaves OLM parking lot at 9:30 a.m. and returns approximately 12:30 p.m.

Enjoy the gentle trails and boardwalks for approximately 1-1.5 hours. Wear good walking shoes and bring water. If you would like, enjoy the museum afterwards. No cost to walk on the trails, but admission to the museum is \$6.00 or free for Charter Oak Pass holders. Those 65 and older can get a Charter Oak Pass for free at the Dinosaur State Park. **Sign up begins on Mega Sign-up day, May 10, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

Upcoming Trip in June: Kayaking at Winding Trails in Farmington

MAKE YOUR OWN GREETING CARDS

Monday, May 9 at 3:00 p.m.

Join the instructor, Diane Sperry and learn how to create simple, yet elegant, handmade greeting cards, using common household items. Participants will make and take home three greeting cards. Samples are on display in the showcase. The class is limited to 15 participants. The cost to participate is \$2.00. **Sign up has begun. Sign up between 9:15-10:15 a.m.**

MEET AN ARCHAEOLOGIST!

Thursday, May 19 at 10:00 a.m.

Join us for a fascinating program with Archaeologist, Martha Risser, as she presents “Dining with Poseidon”. Ms. Risser, is an Associate Professor and Chair of the Classics Department at Trinity College, and has participated in archaeological projects in Greece, Israel, Turkey, Italy and the United States.

Martha will talk about her research on ancient pottery found at the Corinthian Sanctuary of Poseidon at Isthmia in Greece and Akko in Israel. How were so many people fed? What did they eat and drink? Where did the feasting occur? In this illustrated presentation, Martha Risser shows how her current research on pottery contributes to an understanding of food preparation, dining and drinking at Isthmia. **Call the Senior Center to register for this free program.**

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

Date: 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: **Sign up has begun. Sign up between 9:15-10:15 a.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.



SAVVY SENIORS KNOW THE LAW
Friday, May 6 at 10:00 a.m.

Attorney Marilyn Denny, of the Senior Unit at Greater Hartford Legal Aid, will be our guest. She will answer legal questions that were previously forwarded to her. If there were questions submitted that are outside her expertise, she may be able to direct you to a free resource. **Call the Senior Center by May 3 to register.**

CHOLESTEROL SCREENING
Wednesday, May 11

\$10.00. Find out your total and HDL reading. Please call Diana at the Senior Center for an appointment. There is grant money available for those who need assistance with the fee.

DENTAL CLINIC AT THE SENIOR CENTER
Monday, June 20, by appointment



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

EXCITING CHANGES TO THE SENIOR CENTER GIFT SHOP

Make sure you stop by our Gift Shop and see some of the exciting changes that are happening! Along with our ever changing consignment, we are adding some new items, arriving in May! We will be adding some beautiful jewelry; homemade items; such as aprons and bibs; and home décor items. Don't forget, we also sell beautiful greeting cards, at the best prices around, along with books of stamps! Soooo... make sure to come down and check us out!!!!

NIH—SUPPORTED SURVEY TO STUDY FUNCTIONAL CHANGE IN OLDER ADULTS
Medical Beneficiaries will be invited to participate in long-term study

Thousands of Medicare beneficiaries will receive an invitation in May to be part of a special study looking at the impact of age-related changes on functional ability. The study is funded by the National Institute on Aging (NIA), part of the National Institutes of Health, and The National Health and Aging Trends Study (NHATS) is led by Judith Kasper, Ph.D., of Johns Hopkins Bloomberg School of Public Health, Baltimore.

NHATS will examine how the daily lives of older adults change as they age. This research will help scientists understand the social and economic consequences of late-life disability for individuals, families, and society. NHATS will complement and extend the findings of the National Long-Term Care Survey, a study supported by NIA from 1987-2006, which found that the level of disability among older people declined significantly between 1982 and 2004/2005.

NHATS will develop a nationally representative sample of Americans age 65 and older, selected at random from Medicare enrollees. Study participants will be interviewed in person in 2011 for the baseline sample and then once a year. Researchers will also conduct short tests of function and physical performance. Information will be sent to selected Medicare beneficiaries in May. The hope is that the people we ask to participate will be able to join and contribute to this important study.

A survey of the family members and friends who help NHATS participants is being supported by the Office of the Assistant Secretary for Planning and Evaluation, which, along with NIH, is part of the U.S. Department of Health and Human Services.

The NIA leads the federal government effort conducting and supporting research on aging and the health and well-being of older people. The Institute's broad scientific program seeks to understand the nature of aging and to extend the healthy, active years of life. For more information on research, aging, and health, go to www.nia.nih.gov.

About the National Institutes of Health (NIH): NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

GUIDE TO GOOGLE
At the Plainville Senior Center
 3 Sessions

Tuesdays, May 3-May 17
 10:00 a.m.—12:00 noon

Instructor: Joi Sorensen, from the Plainville Public Library.

Class is full. If interested, please put your name on the waiting list.

AN EVENING WITH GAIL SHEEHY
Holiday Inn in Mansfield, CT
Wednesday, May 4
Doors open at 6:30 p.m.

This is a terrific opportunity to see remarkable author, speaker and NYTimes bestselling author Gail Sheehy. The event is free and open to the public. There will be books for sale and Gail will be signing books after her presentation.

The Consumer Law Project for Elders CLPE

1-800-296-1467

The CLPE hotline is open Monday through Friday from 9:00 am - 5:00 pm.

The Consumer Law Project for Elders (CLPE) provides FREE legal assistance to Connecticut seniors 60 and over who have consumer questions or problems. Seniors can call the CLPE Hotline with ANY consumer problem, including debt collection, home improvement, predatory lending, auto fraud and identity theft.

CONSUMER UNIVERSITY

Hospital for Special Care Resource and Education Center

Thursday, May 5, 9:30 a.m.—1:30 p.m.

Go on your own or take our free transportation (see page 6). This free workshop is designed to educate and empower individuals to prevent victimization, raise awareness about current scams that are happening within your community and encourage dialogue by sharing the information. Reservations are required. Lunch is provided.

2011 CONNECTICUT SENIOR GAMES

Hosted by the City of New Britain

May 20—May 22

The Senior Games sports include 3 on 3 basketball, archery, badminton, bowling, cycling, golf, pickleball, racquetball, softball, shooting, swimming, tennis, track and field, volleyball. Register online at www.seniorgamesct.org or call 860-528-4588 for more information.

2011-CT SENIOR JURIED ART SHOW

Pomperaug Woods in Southbury, CT

Submissions must be in by June 30

Pomperaug Woods is seeking entrants for this exhibit, which will include categories in: Painting, Drawing, Mixed Media and Photography. To enter, applicants need to send photographs of their work along with entry forms, but be submitted by June 30. Applicants who are chosen to participate in the show will be notified by July 15. Pick up information and entry form at the Front Desk.

Friday Shopping Bus

- **May 6:** Wal-Mart in Southington
- **May 20:** Bristol Shopping Plaza

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

OPEN CIRCLE ACTIVITIES AND TRIPS

May 3: 10:00 a.m. Timex Museum and Hometown Buffet

May 10: Game Day

May 17: 10:30 a.m., Blackie's Hotdogs

May 24: Craft Day

May 31: 10:00 a.m. Clock Museum and Lunch

QUICK TRIPS, FRIDAY AND SATURDAY SHOPPING BUS

These are curb to curb services. Participants who do not drive can be picked-up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day / time of the trip. We use school buses that can be handicapped accessible with wheelchair lifts, but passengers must be able to get on and off the bus on their own. **If a wheelchair lift is needed, let us know at sign up.**

Trip Guidelines

1. If you choose not to go on a trip, we do not offer refunds for trips costing \$5.00 or less due to the high cost of processing checks and accounting. We will process refunds, if we cancel the trip.
2. If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
3. You should be at the departure point at least 15 minutes prior to the scheduled leaving time.
4. **We need at least ten participants in order to run the trip. If there aren't enough people, we will have to cancel...so, please encourage your friends to join you.**

Quick Trips

Consumer University -Free Program to Educate and Empower You to Prevent Victimization and Raise Awareness about Current Scams Thursday, May 5

We will be offering free transportation from your home or from OLM parking lot to Hospital for Special Care in New Britain. Speakers will include representatives from the FBI, Dept. of Banking, local police and Atty. Gen. George Jepsen. **Seating is limited** for this FREE workshop, and lunch is provided. Home pick-ups (for those who do not drive) begin at 8:00 a.m. Bus leaves Our Lady of Mercy parking lot at 8:30 a.m. Returns to Plainville at about 1:30 p.m. **Please call to register at the Senior Center as soon as possible.**

Lunch at Goodwin Tech Culinary School Restaurant, New Britain Tuesday, May 10

\$3.00 payable at sign-up. Join us for a delicious lunch prepared by the students at Goodwin Tech's Culinary School. Complete lunches range from \$5.50—\$6.50. Home pick-ups (for those who do not drive) begin at 10:00 a.m. Bus leaves Our Lady of Mercy parking lot at 10:30 a.m. Returns to Plainville at approximately 1:30 p.m. **Sign up begins May 3, between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m.**

***NUNSENSE*, Presented by the Plainville Choral Society, Held at Plainville High School Friday, May 13**

Would you like to see the Choral Society's performance of *Nunsense* and do not like to drive at night or don't want to have to fight for a convenient parking place at the High School???? We will be offering free transportation to Plainville High School for the Friday evening performance of *Nunsense*. Tickets are available at the Senior Center Front Desk for \$12 each. (\$15 each at the door) Home pick-ups begin at 6:30 p.m. **Please sign up at the Front Desk for pick-up.**

Christmas Tree Shop and HomeTown Buffet, Manchester Thursday, May 26

\$5.00 payable at sign-up. Lunch and gratuity are on your own. Enjoy a day of fun shopping, and then have lunch with your friends at the HomeTown Buffet. Home pick-ups, for those who do not drive, begin at 9:15 a.m. Bus leaves OLM parking lot at 9:45 a.m. Returns to Plainville approximately 1:30 p.m. **Sign up begins on Mega Sign-up Day May 10, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

Saturday Shopping Bus

HomeGoods Store, WalMart and/or Marshalls (Old Saybrook) and Bill's Seafood (Westbrook) Saturday, May 14

Do your shopping, then enjoy lunch at Bill's Seafood, (they have other choices then just seafood here). Home pick-ups, for those who do not drive, will begin at 9:00 a.m. Bus leaves the Senior Center at 9:30 a.m. and returns to Plainville at about 3:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **Call the Senior Center by May 10 to register. .**

Olde Mistick Village (Mystic) Saturday, May 28, 2011 9:30 a.m.—3:30 p.m.

Shop at more than 40 stores and enjoy lunch at one of the restaurants. Home pick-ups for those who do not drive will begin at 9:00 a.m. Bus leaves Senior Center at 9:30 a.m. Return to Plainville at about 3:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **Call the Senior Center by May 25 to register.**

Friday Shopping Bus On Page 5

TRIPS

►► Important Trip Information: ◀◀

- **Sign up:** Sign up for trips is between 9:15 a.m.—4:00 p.m. on **Mega Sign-Up Day** or Monday – Friday between 9:15 – 10:15 a.m. only. Payment is due at time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (Not on the Stillwell Drive Side.)
- **Open to the public:** Trips are open to the public 7 days after members sign-up.
- **Cancellations:** Call the Senior Center immediately so that we can try to find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat but should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us, so we can try to get a refund for you. We must pay for any numbers that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded we will pass on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons.
- **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
- **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
- **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participant for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.

Foxwoods Thursday, May 5

\$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.**

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

\$466.00 per person double or triple, \$586.00 single. Trip is currently full. **If interested, please sign the waiting list.**

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. 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 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.**

All You Can Eat Lobster and Comedy Show at the Delaney House, Holyoke, MA Friday, July 22 (notice new date!)

\$88.00 per person includes transportation, meal, show and gratuity. Leaves from OLM at 10:00 a.m. and returns at approximately 4:30 p.m. Wow! What a GREAT menu! When you arrive you will have appetizers served at your table including; cheese and vegetable platter, shrimp cocktail and salad. The buffet lunch will include Lobster! Lobster! and More Lobster! The buffet will also have Beef Tips Marsala with Noodles, Seafood Newburg, Chicken Cordon Bleu, Variety of Salads, Mixed Vegetables, Bread Basket, Dessert and Vegetables... Oh, and don't forget... Lobster! Get ready to have a good time... the entertainment is Music and Comedy with Bob Goss. **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 Drifters featuring Charlie Thomas and His Four Piece Band at the Aqua Turf Thursday, August 18

\$62.00 per person, if you drive on your own, includes lunch and show. Transportation for those who do not want to drive on their own would be an additional \$3.00. Arrive at the Aqua Turf at 11:30 a.m. The delicious lunch at the elegant Aqua Turf includes Garden Salad, Pasta, Chicken Parmesan, Broiled Scrod with Cracker Crumb Topping, Vegetable, Rolls, Dessert and Beverage, all served Family Style. The entertainment for the afternoon will be Charlie Thomas and the Drifters, with their four piece band. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**Saratoga Race Course, NY
Sunday, August 28**

\$53.00 per person includes transportation, admission, reserved grandstand seating and gratuity. Lunch and dinner are on your own. Leaves from the Plainville Senior Center at 8:00 a.m. and returns at approximately 10:00 p.m. **We need to reserve and pay for tickets, so sign up right away so we can get tickets—Don't miss out! A \$20.00 deposit is required at sign-up. The remainder must be paid by July 1.** We are off to the races! It is race time and the excitement fills the air at the world-renowned Saratoga Race Course. Lunch will be on your own at the raceway, where you can choose from the Turf Terrace, the Porch Dining Area, The Club Terrace at the Rail Pavilion or the Concession Stands. A dinner stop will be made on the way home at Grandma's Restaurant and Country Store in Albany. Dinner will be on your own. **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. **Call Tours of Distinction, 860-243-1630, to check availability.**

NEW TRIPS

**Foxwoods
Thursday, June 23**

\$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 May 6, 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 May 13.**

**Discover the Three C's (Charles Riverboat, Cheesecake Factory and Cambridge)
Wednesday, July 27**

\$80.00 per person includes transportation, lunch, sightseeing and attractions and driver gratuity. Leaves from OLM at 7:30 a.m. returns at approximately 7:00 p.m. Our destination this morning is the elegant Cambridgeside Galleria Mall, where we will board the Charles Riverboat for a sightseeing excursion along one of the most beautiful rivers in America, offering a ride down the Charles River and through the Boston locks. Enjoy a relaxing cruise around the Charles River Basin as the captain points out the most historic sights of Boston and Cambridge. View Beacon Hill, the Back Bay, Boston University, M.I.T. and Harvard as you journey past the countless sailboats and rowers. From the moment you walk through the front doors of the Cheesecake Factory Restaurant, you know you are in for something special! With French limestone floors and decorative columns, hand-painted fabrics, contemporary lighting and an abundance of cherry wood, the lavish décor is just the beginning. You can order a mouth-watering lunch from a special tour luncheon menu and then finish off your meal with a slice of their spectacularly wonderful cheesecake. Following lunch, you will board a coach for a guided tour of Cambridge. Cambridge is the spirited, slightly mischievous side of Boston, located just a bridge away on the other side of the Charles River. Here visitors from around the world mingle in the shadow of two of the world's premier educational institutions: Harvard University and the Massachusetts Institute of Technology (MIT). Cambridge is a unique community with a strong mix of cultural and social diversity, and technological innovations. **Sign up for members begins on Mega Sign-up Day, May 10, 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 May 17.**

More New Trips on Page 9

NEW TRIPS CONTINUED

The Original Laughing Lobster at the Quidnessett Country Club, Rhode Island Wednesday, August 10

\$86.00 per person includes transportation, lunch, show and driver gratuity. Leaves from OLM at approximately 9:30 a.m. and returns at approximately 5:30 p.m. (We will have a more definite departure and return time as the trip gets closer, these are just approximate at this point.) A leisurely ride this morning toward the Rhode Island shore takes us to our destination in North Kingstown. As soon as we drive through the pillared entrance to the Quidnessett Country Club, you will be impressed by Southern New England's foremost banquet facility and its spectacular views overlooking the Bay. The luncheon includes 1 1/4 lb. steamed lobster, clam chowder, baked potato, corn on the cob, rolls, coffee or tea and strawberry shortcake for dessert. (1/2 baked chicken substitute for lobster available upon request.) Following lunch, sit back and be entertained by Celebrity Ventriloquist, Pete Michaels and his puppet posse—the outrageous Woody D., the space alien Krelmin, the flamboyant Milo DeVille, a the lovable Papa. This is a funny and clean show that will have you laughing till tears roll from your eyes. **Sign up for members begins on Mega Sign-up Day, May 10, 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 May 17.**

Eating Your Way “Troo” Brooklyn Saturday, September 24

\$57.00 per person includes transportation, sightseeing and attractions, local step-on guide and gratuities. **Important: Cost includes deluxe motorcoach and local guide. The local Tour Guide will share tips and suggestions in each neighborhood. Food cost NOT included... each person pays for their own purchases. There is a moderate amount of walking on this trip.** Eat your way though Brooklyn's neighborhoods... all with a local expert. There are many wonderful neighborhoods in Brooklyn. Your 5 hour tour will include stops in Fort Greene, DUMBO, Clinton Hill, Brooklyn Heights, and Park Slope. We will have a chance to explore Sahadi's on Atlantic Avenue- a Middle Eastern gourmet food market with a huge olive bar, spinach and meat pie pastries, cheeses, fruits and olive oils. We'll stop at a local Italian Deli and French Baker, and conclude our day in DUMBO for wonderful ice-cream and desserts. Enjoy Jacques Torres famous French chocolate shop and Fulton Ferry's for homemade ice-cream. Take in the skyline with views of the Brooklyn and Manhattan Bridges. Great shopping area!!! **Sign up for members begins on Mega Sign-up Day, May 10, 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 May 17.**

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

\$2,125 per person double, , \$2,095 per person triple, \$2,795 per person single, includes roundtrip airfare, tour director, 7 meals (5-full breakfasts at the hotel and 2 dinners), motorcoach transportation, admissions per itinerary, sightseeing per itinerary, hotel transfers, and baggage handling. \$300 deposit at sign-up. The final payment is due July 7. Does not include gratuities and trip insurance. Trip insurance is optional, but recommended and costs \$113 double or triple, \$131 single. The tour highlights include the Albuquerque International Balloon Fiesta, Albuquerque city tour, Indian Pueblo Cultural Center, Bandelier National Monument, Los Alamos Science Museum, Santa Fe City Tour, Taos Pueblo, Taos City Tour, High Road to Taos, 3 nights in Santa Fe. **We are having a meeting with all the details of this trip on Monday, May 16 at 4:30 p.m. Sign ups for members will begin immediately following the trip meeting. Call the Senior Center to register for the meeting.**

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

\$95.00 per person includes deluxe motorcoach, reserved orchestra / first mezzanine seating for the 2:00 p.m. show. \$55.00 non-refundable deposit due at sign-up. The remainder is due by October 3. Leaves from OLM at 8:15 a.m. and returns at approximately 6:30 p.m. Come relax in your orchestra / first mezzanine seat for America's favorite holiday tradition! The Radio City Christmas Spectacular starring the world-famous Rockettes, returns for the 79th Anniversary with six new production numbers. The interior of the Music Hall will transform into a magical Christmas canvas with new digital technology featuring a 3DLive video game adventure. Time is available before the show for shopping and lunch on your own. **If you want to go on this trip, do not delay, tickets must be purchased immediately. Sign up for members begins on Mega Sign-up Day, May 10, 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 May 17.**

MEGA SIGN-UP DAY

On **Tuesday, May 10**, 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 (except classes, see page 2 for class sign up information) 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**\$100 Club****Memorial Donations****PEAK Fitness Center Enhancement Fund****Dial-a-Ride****\$1,000 Club****Parking Lot****Renovation Fund****Pool Table Fund****Homebound Services****Senior Center Beautification Project**

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist.)

We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter. *Thank you to all who made donations.*

GENERAL DONATIONS**March 15—April 15**

Madeline Drake, Janice Dressel, Mary Trombley, Marie Ragaglia, Anita and Roger Willequer, Brenda Tella, Lucian Kraft, Stephen O'Hara, Middlewoods of Farmington, Lorraine Chamberland, Joan McBain, Margaret Kryszak, Jackie D'Addese, Jackie Dionne, Ed Bienas Jr., Mona Blanchette, Lucy Silverio, Pat Hovey, Stan and Linda Bojanowski, Pauline Klimek, Anna Smedick, Theresa Miller, Tamara Pysch

Parking Lot: Jeanine Martino**\$1,000.00 Club:** John and Wanda Green**Dial-A-Ride:** Jayne-Marie Person, Anonymous, Hazel Decker**MEMORIAL DONATIONS****March 15—April 15**

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 Anita Brown: Barbara Calluzzo (to Dial-A-Ride)

In Memory of Lillian Iaiennaro: Olga and Charles Stepney, Marie Thelen, Arthur Chambers, Margaret Riordan

In Memory of Stan Krupinski: Ann Krupinski (to Parking Lot)

In Memory of Joseph Sastre: Rosalie Sastre

CHEER REPORT**March 16—April 15**

CHEER CARDS: Carol Beam, Bernard Grabeck, Anita Brown, Doris Prassl, Joseph Troy, Jeanne Shugrue, Joan Macri, Barbara Cichon, Louis Perschy, Bill Miller, Claudette Norman, Ruth Angiletta, Mary Ehrlich, Joan Blackler, Margaret Kryszak, Faye Griffiths, Madeline Burrige

SYMPATHY CARDS: Family of Anita Brown, Family of Czeslawa Sadanowicz, Family of Walter Rivers, Family of Rose Dellaquila, Wendell W. Copeland and Family, Anne Yuhás and Family, Herb and Joyce Dirrigl

NEW MEMBERS**March 1-31**

Arline Pelletier, Rose Komanetsky, Jeanne Albert, Edmond Denney, Gussie Ford, Marcia Gunter, Karleen Robideau, Maureen Ronalter, Marge Burris, Grace Raines, Luella Carpenter, Shirley Cochrane, Patty Egidio, Philip Mariani, Mary Gagnon, Hugh Darling, Barry Creswell, Melchor Velasco, Beverly Fabrizio, James Fabrizio

Billiards Winners

March 24: Joe Beaudin & Mitch Ziolkowski **March 31:** #1 Stan Funk & Bob Hill #2 Paul Martel & Ray Boucher

April 7: #1 Bob Hull & Mitch Ziolkowski #2 Joe Giannattasio & Norm Landry

April 14: #1 Joe Palumbo & Paul Martel. #2 Doug Blankenship & Mitch Ziolkowski

Setback Tournament Winners

March 21: 1st: Sally Miller & Pat Roper 2nd: Richard Vantrisco & Karen Carpinteri

3rd: Mary Needham and Sandy Tyminski

March 28: 1st: Ida Pedrolini & Mina Fusaro 2nd: Anne Stanford & Doris Chabot

3rd: Pat Landry & Roy Kaine

April 4: 1st: Jennie Asensio & Roberta Bosco 2nd: Pat Roper & Sally Miller

3rd: Lee Mills & Wanda Martin

April 11: 1st: Marcel Boilard & Bob Raymond 2nd: Olga & Charlie Stepney

3rd: Joe Fortuna & Roger Willequer

April 18: 1st: Joe Beaudin and Paul Martel 2nd: Pat Landry and Roy Kaine

3rd: Bob Raymond & Anne Stanford

COFFEE WITH A SOCIAL WORKER
Mondays, May 9 and 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 chat. No question is too small!

LIVE HAPPY AND HEALTHY GLUTEN-FREE LIVES
Wednesday, May 11 at 1:00 p.m.

The Gluten free support group meets at the Plainville Senior Center on the second Wednesday of each month to share information about the gluten free diet, products, shopping and cooking. **Call the Senior Center to register.**

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

Please plan on joining us to share information, friendship and support as we continue to care for our loved ones while not neglecting ourselves. Good self-care is an essential ingredient in providing for the needs of another. Take time out for yourself and enjoy the opportunity to be among folks who truly understand and care about the challenges of caregiving.

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
Thursday, May 26, 10:30 a.m. at the Senior Center

Join us as we welcome Catherine Badger RN, Program Administrator from Connecticut Lifespan Respite Coalition. They are a non-profit organization dedicated to promoting quality respite care for individuals of all ages and needs. She will discuss respite and available resources. Call the Senior Center by May 23 to register. 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. *Funding for this program is made possible by the Older Americans Act through the North Central Area Agency on Aging.*

FREE REIKI APPOINTMENTS
Some Mondays and 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. Reiki treatments can decrease stress and improve energy and overall well-being and has many benefits for the mind, body and spirit. **Call the Senior Center and register for your free 1/2 hour Reiki session with Barbara Birth.** Barbara has been a Usui Reiki Practitioner since 2006 and became a Reiki Master Practitioner in 2008.

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, May 11, 8:00 a.m. at Oasis Restaurant
 Call the Senior Center for more information or to register

Friends Helping Friends
 Friday, May 20
 11:30 a.m.
 Pagliacci's

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

Senior Center Gift Shop is Accepting and Selling Items on Consignment
 The Senior Center Gift Shop is now selling items on Consignment. We sell collectibles, hand crafted items, jewelry, china, and small paintings. Items are only accepted on Mondays, between 10:00 a.m.—3:00 p.m., but they are sold anytime the Gift Shop is open. Stop by the Gift Shop and see the beautiful items we have. For more information about selling an item on consignment, stop by the Gift Shop for all the details.

Monday	Tuesday	Wednesday	Thursday	Friday
2. Stuffed Cabbage	3. BBQ Pork Ribs	4. Stuffed Fillet of Sole Florentine w/ Lemon Dill Sauce	5. C.W. Cheeseburger	6. Chicken Kiev w/ Chicken Gravy
9. Homemade Meatloaf	10. Crispy Fish Wedge w/ Tartar Sauce	11. Knockwurst w/ Sauerkraut and Apples	12. Baked Chicken Tenders w/ Dipping Sauce	13. Turkey Salad w/ Celery and Diced Apples
16. Chicken Croquette w/ Chicken Gravy	17. Ham Salad w/ Relish, Carrot and Raisin	18. Spaghetti Sauce w/ Meatballs Ice-Cream Social	19. Roast Pork w/ Apple Gravy	20. Pot Roast w/ Beef Gravy
23. Seafood Salad, Tri-Color Salad, Tri Color Pasta Salad, Pickled Beet Salad	24. Boneless Pork Chop w/ Sliced Apple Gravy	25. Home-style Turkey Stew w/ Potatoes, Carrots, Peas and Onion	26. Salmon Boat w/ Dill Lemon Sauce	27. C.W. All Beef Frank
30. Closed Memorial Day	31. Stuffed Shells w/ Tomato Meat Sauce	Congregate Meal Program: May 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.		

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 200 EAST STREET
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