

# November 2011

| Su                                | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Sat                              |
|-----------------------------------|---|--|--|--|---|----------------------------------|
|                                   | GR: Green Room<br>BR: Blue Room<br>GA: Game Room<br>CR: Craft Room<br>C: Cafe<br>L: Library<br>* By Appointment   | 1.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Wii Bowling BR<br>10:00 Cribbage GA<br>10:00 Ladies Billiards<br>11-12 Blood Pressure<br>12:30 Open Circle<br>1:00 Wii Bowling GR<br>1:00 Pinochle GA<br>1:00 Bridge GR<br>2:15 Strength Training BR  | 2.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:15 Tai Chi<br>9:30 Computer Course I<br>9:30 Quilting CR<br>10:00 Paint / Drawing<br>10:30 Zumba Gold GR<br>11-12 Blood Pressure<br>12:30 Drawing / Painting<br>1:00 Charlemagne BR<br>1:00 Bingo GR<br>3:30 Yoga BR   | 3.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Ceramics CR<br>10:00 Creative Writing<br>11-12 Blood Pressure<br>12:00 COA<br>12:30 Pool Tournament<br>1:00 Fargo Fitness<br>1:00 Knit / Crochet GR<br>1:00 Pinochle GA<br>1:00 Scrabble CA<br>2:30 Band BR<br><br>Mega Sign-up Day               | 4.<br>9:00 Shopping Bus<br>9:00 Walking GR<br>9:30 Mahjong GA<br>1:00 Pinochle L  | 5.<br><br>Craft Fair<br><br>10-3 |
| 6.<br><br>10:15<br><br>Hair-spray | 7.<br>9:00 Walking GR<br>*9:15 Reiki Appt.<br>9:30 Arthritis Exercise<br>10:00 Current Events GA<br>10:30 Workout to the Oldies<br>12:30 Bowling<br>1:00 Mahjong<br>1:00 Setback GR<br>1:30 Workout to the Oldies   | 8.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Wii Bowling BR<br>10:00 Exercise Program<br>10:00 Cribbage GA<br>10:00 Ladies Billiards<br>11-12 Blood Pressure<br>12:30 Open Circle<br>1:00 Wii Bowling GR<br>1:00 Pinochle GA<br>1:00 Bridge GR<br>2:15 Strength Training BR              | 9.<br>8:00 Women's' Breakfast<br>9:00 Walking GR<br>*9:15 Nurse<br>9:15 Tai Chi<br>9:30 Computer Course I<br>9:30 Quilting CR<br>10:00 Paint / Drawing<br>10:30 Spirit of America<br>10:30 Zumba Gold GR<br>11-12 Blood Pressure<br>12:30 Drawing / Painting<br>1:00 Gluten Free<br>1:00 Charlemagne BR<br>1:00 Bingo GR<br>3:30 Yoga BR | 10.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Ceramics CR<br>10:00 Creative Writing<br>10:15 QT Goodwin Tech<br>11-12 Blood Pressure<br>12:30 Pool Tournament<br>1:00 Fargo Fitness<br>1:00 Knit / Crochet GR<br>1:00 Pinochle GA<br>1:00 Scrabble CA<br>2:30 Band BR                          | 11.<br><br>Closed<br><br>Veterans' Day  | 12.<br><br>Sat. Shopping Bus     |
| 13.                               | 14.<br>9:00 Walking GR<br>*9:15 Reiki Appt.<br>9:30 Arthritis Exercise<br>9:30 "Here We Sit"<br>10:00 Current Events GA<br>10:30 Workout to the Oldies<br>12:30 Coffee with a Social Worker<br>12:30 Bowling<br>1:00 Free Comp. Course<br>1:00 Setback GR<br>1:00 Mahjong<br>1:30 Workout to the Oldies | 15.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Wii Bowling BR<br>10:00 Caregiver Conn.<br>10:00 Cribbage GA<br>10:00 Ladies Billiards<br>11-12 Blood Pressure<br>12:30 Open Circle<br>1:00-3:30 Health Fair   | 16.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:15 Tai Chi<br>9:30 Computer Course I<br>9:30 Quilting CR<br>10:00 Paint / Drawing<br>10:30 Zumba Gold GR<br>11-12 Blood Pressure<br>12:30 Drawing / Painting<br>1:00 Charlemagne BR<br>1:00 Bingo GR  | 17.<br>8:15 Radio City<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Ceramics CR<br>10:00 Creative Writing<br>10:30 Grandparents' Program<br>11-12 Blood Pressure<br>12:30 Pool Tournament<br>1:00 Fargo Fitness<br>1:00 Knit / Crochet GR<br>1:00 Pinochle GA<br>1:00 Scrabble CA<br>2:30 Band BR | 18.<br>9:00 Shopping Bus<br>9:00 Walking GR<br>9:00 Trail Walking<br>9:30 Mahjong GA<br>10:00 Tellabration!<br>11:30 Friends Helping Friends<br>1:00 Pinochle L | 19.                              |
| 20.                               | 21<br>9:00 Walking GR<br>*9:00 Dental Clinic<br>9:30 Arthritis Exercise<br>10:00 Current Events GA<br>10:30 Workout to the Oldies<br>12:30 Bowling<br>1:00 Free Comp. Course<br>1:00 Setback GR<br>1:00 Mahjong<br>1:30 Workout to the Oldies   | 22.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Wii Bowling BR<br>10:00 Cribbage GR<br>10:00 Ladies Billiards<br>11-12 Blood Pressure<br>12:30 Open Circle<br>1:00 Pinochle GA<br>1:00 Wii Bowling GR<br>1:00 Bridge GR<br>2:15 Strength Training BR                                       | 23.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Quilting CR<br>No Paint / Drawing<br>10:30 Zumba Gold GR<br>11-12 Blood Pressure<br>No Drawing / Painting<br>1:00 Charlemagne BR<br>1:00 Bingo GR  | 24.<br><br>Thanksgiving Dinner<br>11:30 a.m.   | 25.<br><br>Closed   | 26.                              |
| 27.                               | 28.<br>9:00 Walking GR<br>*9:15 Reiki Appt.<br>9:30 Arthritis Exercise<br>10:00 Current Events GA<br>10:30 Workout to the Oldies<br>12:30 Coffee with a Social Worker<br>1:00 Computer Course I<br>12:30 Bowling<br>1:00 Setback GR<br>1:00 Mahjong   | 29.<br>9:00 Walking GR<br>*9:15 Nurse<br>9:30 Wii Bowling BR<br>10:00 Coffee with the Town Manager<br>10:00 Cribbage GA<br>10:00 Ladies Billiards<br>11-12 Blood Pressure<br>12:30 Open Circle<br>1:00 Pinochle GA<br>1:00 Wii Bowling GR<br>1:00 Bridge GR<br>2:15 Strength Training BR | 30.<br>9:00 Walking GR<br>No Nurse<br>9:00 Trail Walking<br>9:30 Computer Course II<br>9:30 Quilting CR<br>10-2 Used Jewelry Sale<br>10:00 Paint / Drawing<br>10:30 Zumba Gold GR<br>12:30 Drawing / Painting<br>1:00 Charlemagne BR<br>1:00 Bingo GR  | <b>USED JEWELRY SALE</b><br><b>At the Plainville Senior Center</b><br><br><b>Wednesday, November 30</b><br><b>10:00 a.m.—2:00 p.m.</b><br><br><b>See Page 2 for all the details.</b>   |   |                                  |



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

# Nurse's Wellness Clinic

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

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

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

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

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

## Continuous Daily Activities

### Monday

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

**12:45 Senior Bowling League:** \$7.75 per week. Meet at Laurel Lanes. Call Frank Robinson, League President, 747-2918.

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

**1:00 Mahjong** No pre-registration necessary.

### Tuesday

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

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

**10:00 Cribbage:** No pre-registration necessary.

**1:00 Pinochle:** No pre-registration necessary.

**1:00 Wii Bowling:** Stop in and try Wii Bowling.

**1:00 Open Bridge:** No pre-registration necessary.

### Wednesday

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

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

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

**1:00 Bingo:** No pre-registration necessary

### Thursday

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

**12:30 Men's Pool Tournament**

**1:00 Pinochle:** No pre-registration.

**1:00 Scrabble** No pre-registration necessary.

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

### Friday

**9:30 Mahjong** No pre-registration necessary.

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

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

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

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

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

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

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

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

The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building of their destination. In ad-

dition, the drivers cannot help with groceries or packages or help you walk.

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

## SATURDAY TRANSPORTATION PROGRAM

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

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

## OTHER TRANSPORTATION PROGRAMS

*Call the program for more information*

**ADA Transportation: (860-)589-7820**

# S.E.N.I.O.R. NOVEMBER 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.

## Holiday Craft Fair

Saturday, November 5  
10:00 a.m.—3:00 p.m.

At the  
Plainville Senior  
Center

Crafts

Outside Vendors

Raffles

Bake Sale

Crafters Café

*Featuring Soup, Sandwiches and Salads*

*"Grandma's Cookie House"*

*Featuring a selection of fresh baked and homemade cookies.*

Free  
Admission



**New This Year! Dial-a-Ride will be available to provide rides to the fair. See page 6 for all the details.**

We are looking for people to bring in some home-made treats for our bake sale table. We would also appreciate some sugar-free items to sell. Please bring the items in on Friday, November 4, before 1:00 p.m. or on the Saturday morning of the Fair, between 9:00—10:00 a.m.

We are also looking for items for our food basket raffle. Please bring in non-perishable food items to the Front Desk at any time.

## Free Community Health Fair

Tuesday, November 15

1:00-3:30 p.m.

\*\*\* OPEN TO THE PUBLIC \*\*\*



### FREE SCREENINGS!!!

- \*MEMORY SCREENINGS
- BLOOD PRESSURE
- \*ORAL HEALTH
- \*REIKI SESSIONS
- \*BLOOD GLUCOSE
- \*CHOLESTEROL
- VISION
- \*BALANCE

(\* Call the Senior Center for an appointment in advance)

### At The Plainville Senior Center

- \* Free Food Samples
- \* Free Give-Aways
- \* Nutritional Counseling



### FREE DEMOS!!!

- LOW CAL THANKSGIVING COOKING DEMO
- YOGA DEMO
- 10,000 STEP DEMO
- STRENGTH TRAINING DEMO

Co-sponsored by Central CT Senior Health Services.

### THANKSGIVING DAY AT THE SENIOR CENTER

Thursday, November 24 at 11:30 a.m.

To attend, please call the Center by November 21.



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

***There is no charge for the dinner, but donations are greatly appreciated.***



# CLASSES SIGNING UP IN OCTOBER

Many classes have already begun signing up. Newly announced classes begin signing up on November 3, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following. Each class is noted of when sign up begins or if it has already begun.

**ADVANCED TAI CHI AND QIGONG**, Wednesdays, 9:15-10:15 a.m., ends November 16. New class will begin again in January. Information will be in the December newsletter.

**ZUMBA GOLD**, 6 weeks, Wednesdays, November 2—December 7, 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. Sign up has begun.

**STRENGTH TRAINING**, 6 weeks, Tuesdays, November 22-December 27, 2:15– 3:00 p.m. \$12.00 members; \$24.00 non-members. Instructor: Corinna Peters. Increase your strength and flexibility using weights, bands and stretching in seated and standing positions. Sign up begins on November 3.

**QUILTING**, Wednesdays, September 7-December 21, 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. If you are not a member of this class already, just call the Senior Center to be added to the class list.

**FARGO'S FUNCTIONAL FITNESS**, 3 weeks, Thursdays, December 1-December 15, 1:00—1:45 p.m. \$6.00 members; \$12.00 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. Sign up begins November 3.

**KNITTING & CROCHET**, 6 weeks Thursdays, November 10-December 22, 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!! Sign up begins on November 3.

**CERAMICS**, 7 weeks, Thursdays, October 27-December 15, 9:30—11:30 a.m. \$21.00 members, \$42.00 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. Sign up has begun.

**INTERMEDIATE / ADVANCED DRAWING & PAINTING**, 6 week afternoon session, Wednesdays, November 2-December 14 (no class November 23), 12:30-2:30 p.m., \$18.00 members or 5 week morning session, November 9-December 14, 10:00 a.m.—12:00 noon, \$15.00 members (no class November 23). 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. Sign up has begun.

**ARTHRITIS FOUNDATION EXERCISE CLASS**, 4 weeks, Mondays, November 28-December 19, 9:30-10:30 a.m. \$12.00 members, Instructor: Amy Gray, Designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility, range of motion and to help maintain muscle strength. Participants who previously enrolled in the program have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression. Sign up begins November 3.

**WORKOUT TO THE OLDIES**, 6-weeks, Mondays, November 7-December 12, 10:30-11:15 a.m. Free!!!! (Senior Center members only) Instructors: Ann Fargo and Robin Kauffman, This fun, low-impact aerobic class will focus on strengthening the heart and muscles. Each week the structured work-out will be done to a different decade of music, starting with the 1940's and going through to the 1990's. Bring a water bottle, and wear supportive sneakers and loose fitting clothes. This class is open to new students only. Sign up begins November 3. You can come in or call to register..

---

## HOW TO EXERCISE AND WHY YOU DON'T LOOK LIKE RAQUEL WELCH

Tuesday, November 8 at 10:00 a.m.

Join Miles Everett, RD, RN, CDE Coordinator Bristol Diabetes Center to learn the 3 ½ elements of exercise; effective exercise; working well, rather than hard; and the importance of good form. Call the Senior Center by November 3 to register for this free program.

---

## PLAINVILLE SENIOR CENTER USED JEWELRY SALE

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

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

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



# Outdoor Adventure Club

## TRAIL WALKING

### White Trail in Farmington Friday, November 18

\$6.00 per person includes leader and snack. **Hope for Good Weather!!!!** Meet at the Trail Head on Route 6, in Farmington, at 9:00 a.m. Join us for a 2-mile walk in the woods. The gentle forest trails wind through the shade swamp area. Wear good trail shoes or sneakers and proper clothing for the weather. Bring a water bottle and walking stick if you wish. **Sign up begins on Mega Sign-up Day, November 3, between 9:15 a.m.—4:00 p.m. or between 9:15 a.m.—10:15 a.m. on any day following.**



Put snow-shoes on your Christmas wish list, so we can play outside this winter!

### West Hartford Reservoir Wednesday, November 30

\$6.00 per person includes leader and snack. Meet at the main parking lot at 9:00 a.m. It is a perfect time of the year to enjoy a beautiful part of Connecticut. We will walk some pavement and some gentle trails for approximately one hour. Wear good trail shoes or sneakers and proper clothing for the weather. Bring a water bottle and walking stick if you wish. **Sign up begins on Mega Sign-up Day, November 3, between 9:15 a.m.—4:00 p.m. or between 9:15 a.m.—10:15 a.m. on any day following.**

---

### THE PEAK CENTER CHALLENGE TO HAVE A HAPPY, HEALTHY HOLIDAY

Even though the holidays are crazy, it is still important to stick with your exercise program. Regular exercise can help you maintain your weight, even as you attend all those holiday gatherings. Working out can also help keep your stress level down and keep you calm, as you prepare for the hustle and the bustle of the season.

Join our exercise through the holiday incentive program! When you register to stay active during the eight weeks of November through December, you will be assigned to one of three teams. Teams will be posted in the PEAK Center and attendance will be recorded each time you come in to exercise. Prizes will be awarded to all participants with a special prize going to the participants of the team that has the most exercise time logged. See the flyers in the PEAK Center for more information. **Call the Senior Center to register.**

---

### TALES FROM THE SEA,

*A Spellbinding Storytelling Event in Celebration of Tellebration!*

**Friday, November 18 at 10:00 a.m.**

Tellebration! Comes back to the Senior Center. Last year's event was a tremendous success, and you won't want to miss this year's program.

This year's theme is "Tales of the Sea" as told by Hank Savin. The oral tradition has sustained the World's people for centuries. In every generation, there are a few true storytellers: those who have inherited the rhythm and feel of a teller's soul.

Hank has enthralled audiences from five to ninety-five, as he tells his stories with reverence, grace and humor. Hank is one of those very fortunate few who has the ability to weave their words around us until we are carried into the heart of the story. His magic makes us all a part of the tale, so we feel the laughter and tears of the people he so easily brings to life.

Tellebration! is an international storytelling event with roots right here in Connecticut. It originated 23 years ago as an "evening of storytelling for adults" and has since become an event for all ages celebrated during the month of November. This program is free. Refreshments will be served. **Please call the Senior Center by November 10 to register.**

---

### COFFEE WITH THE TOWN MANAGER

**Tuesday, November 29 at 10:00 a.m.**

Join Plainville's Town Manager, Robert E. Lee, for a discussion about our Town. The Town Manager will talk about future directions, changes, budget ideas, facts about our Town Government and much more. Bring your questions and suggestions. Coffee and danish will be served. **Call the Senior Center to register.**




---

### BELL'S BELL COLLECTION ON DISPLAY

Come see Rachel Bell's bell collection, displayed in our showcase, during the month of November. Rachel started collecting bells because her surname is Bell. The bells come from different states and different countries. She also inherited some quite old bells from her mother-in-law's collection, after she passed away. Stop by the Senior Center and see her beautiful collection.

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

The Gluten free support group meets at the Plainville Senior Center on the 2nd Wednesday of each month to share information about the gluten free diet, products, shopping and cooking. **Call the Senior Center to register.**

-----  
**A SPECIAL SHOWING OF "HERE WE SIT"**  
**Monday, November 14 at 9:30 a.m.**

Join us at the Senior Center for a special DVD showing of the hilarious comedy, "Here We Sit" a play from the PCS Players. The PCS Players are a spin-off from the Plainville Choral Society and our very own Dial-A-Ride Driver, Christine Rodrigue, plays a lead roll in this production. You don't want to miss Christine as the very funny Bernice. If you want to laugh, until you cry, come see this comedy. **Call the Senior Center to register for this free event.**

-----  
**DENTAL CLINIC AT THE SENIOR CENTER**  
**Monday, November 21, by appointment**

Community Health Center, Inc. will provide a dental clinic at the Plainville Senior Center. A registered dental hygienist will provide a dental hygiene exam; dental cleaning; sealants, when appropriate; and x-rays, when appropriate. The program is intended for adults who have not received dental care in the last year and have difficulty accessing dental care in the community. Cost is \$30.00 for individuals without insurance. Help in paying for the dental clinic (scholarships) may be available for Plainville individuals over age 60, with a monthly income below \$1,429 (single) or \$1,925 (married). For scholarship information contact Stephanie or Ronda at the Senior Center. *Funding for scholarships is made possible, in part, by a grant through the Older Americans Act through the North Central Area Agency on Aging.* **Call the Senior Center to schedule an appointment.**

-----  
**55 ALIVE MATURE DRIVING CLASS**  
**Monday, December 5, 1:00—5:00 p.m.**



This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. The class will consist of films and discussions. A driver's manual will be provided. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. The cost to take the class is \$12.00 for AARP members, providing a membership number and \$14.00 for all other attendees. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

-----  
**COMMITTEE ON AGING CARD PARTY A SUCCESS**

The Committee on Aging Card Party was a huge success. Over \$450.00 was raised to support the Senior Center Dial-a-Ride program. Many thanks to those who donated door and raffle prizes and to the many people who attended the event. A special thank you to the Committee on Aging for hosting the card party.

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

The staff and members of the Plainville Senior Center are pleased to learn that the Center has been awarded the sum of \$1,000 through the 2011 Archbishop's Annual Appeal. The funds will help to support the much-needed Dial-a-Ride program. We are very grateful for the generosity of the Archbishop's Annual Appeal and thankful for the support.

-----  
**NEW OPPORTUNITY FOR CAREGIVERS AND THEIR LOVED ONES**

Are you or a loved one struggling with a diagnosis of Alzheimer's disease or a related dementia? It is time to get connected and fight back! CONNECT with innovative cognitive training programs designed to improve memory and cognitive function, reduce depression and isolation, and restore hope. The New England Cognitive Center (NECC) has developed an award winning cognitive fitness training program for older adults. These programs have been shown to bring about improvements in several cognitive areas, including short-term memory, new learning, visual-motor coordination, cognitive flexibility and attention. The CONNECTIONS PROJECT is funded by a grant from the Federal Administration on Aging through the State of Connecticut's Department of Social Services Aging Division. For more information on the Connections Project, call 1-800-994-9422 ex. 251 or call Bette at the Senior Center.

-----  
**WE ARE TAKING YARN DONATIONS!!!!**

The knitting and crochet group is working on a very special donation project, and they would happily accept any yarn you would like to donate towards their project. Thank you for thinking of us!!!!

# Computer Classes

## Free Beginners Workshop

2 Sessions

Monday, November 14 & 21

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 begins November 3. Call the Senior Center to register.**

## Computer Course I - Computer Fundamentals

3 Sessions

Wednesday, November 2, 9 & 16

9:30 a.m.—12:00 noon

Instructor: George Carden

Coaches: TBA.

**Sign up has begun**

**Or**

Mondays, November 28, December 5 & 12

1:00-3:30 p.m.

Instructor: Joan McBain

Coaches: TBA

**Sign up begins November 3**

\$15.00 for Senior Center members and \$22.00 for non-members.

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

## Computer Course II

3 Sessions

Wednesdays

November 30, December 7, 14 or January 11, 18, 25

9:30 a.m.—12:00 noon

Instructor: George Carden

Coaches: TBA

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

Learn the basics you will need for successful emails, internet use and computer functions of all types. This class follows class I and is recommended for those who are not computer savvy, but wish to take more advanced course. **Sign up begins November 3.**

**Take your Beginner and Intermediate Computer Courses now, so that you are ready for the Internet Course that we will be offering in February.**

---

## QUICK TRIPS, FRIDAY AND SATURDAY SHOPPING BUS

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

### Trip Guidelines

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

### Quick Trips

**Lunch at Goodwin Tech Culinary School Restaurant, New Britain  
Thursday, November 10**

\$3.00 payable at sign-up. Join us for a delicious lunch prepared by the students at Goodwin Tech's Culinary Dept. Restaurant. Complete lunches range from \$5.00—\$6.50. Home pick-ups, **for those who do not drive**, begin at 10:15 a.m. Bus leaves OLM parking lot at 10:30 a.m. Returns to Plainville at about 12:30 p.m. **Sign-up begins on Mega Sign-up Day, November 3, between 9:15 a.m. —4:00 p.m. or between 9:15 —10:15 a.m. on any day following. Deadline for sign-ups is Tuesday, November 8.**

**See Page 6 For More Quick Trips**

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

\$3.00, payable at sign up. Tickets for Seniors are \$10 each, payable at the door (\$7 each, if we get a group of 10 or more). The Farmington Valley Chapter of Sweet Adelines International will be holding a night of a cappella. In addition to the Sweet Adelines, the program will include the Trinity Pipes (a coed harmony group from Trinity College), the Lewis Mills High School Concert Choir and the 2011 Harmony Sweepstakes National Champions from Alexandria, VA, a da capo men's quartet. Home pick-ups, **for those who do not drive**, begin at 5:30 p.m. Bus leaves the Senior Center at 6:00 p.m. Returns to Plainville at about 9:30 p.m. **Sign-up begins on Mega Sign-up Day, November 3, between 9:15 a.m. —4:00 p.m. or between 9:15 —10:15 a.m. on any day following. Deadline for sign-ups is Tuesday, November 29.**

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

\$3.00 payable at sign up. Admission to the concert is free. Church of Christ Congregational in Newington will present *Christmas by Candlelight*, its annual Christmas concert. Our own Nurse Diana is a member of the choir. Admission to the concert is free. Home pick-ups, **for those who do not drive**, begin at 2:30 p.m. Bus leaves the Senior Center at 3:00 p.m. Returns to Plainville at about 6:30 p.m. **Sign-up begins on Mega Sign-up Day, November 3, between 9:15 a.m. —4:00 p.m. or between 9:15 —10:15 a.m. on any day following. Deadline for sign-ups is Wednesday, December 7.**

**Saturday Shopping Bus**

**Plainville Senior Center Craft Fair  
Saturday, November 5**

**Good News This Year!!!!** We are running Dial-a-Ride for those who do not drive, but would like to come to the Plainville Senior Center Craft Fair. Come to shop!!!! Come for Lunch!!!! Just come and start your holidays off right!!!! **Call Judy at Dial-a-Ride, (860)589-6968, by Friday, November 4 at 12:00 noon, and schedule your pick-up. See you at the Fair.**

**Home Goods/TJ Maxx and Lunch at Rein's Deli, Vernon  
Saturday, November 12**

Enjoy a morning shopping at the HomeGoods Store, TJMaxx, Staples, etc. in Vernon. Then we will go to the famous Rein's New York Style Deli/Restaurant. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m. Bus will then pick up at the Senior Center at 10:00 a.m. Returns to Plainville at about 3:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **Please call the Senior Center by November 9 to sign up.**

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

After you get your holiday decorations and goodies at the Christmas Tree Shop, enjoy lunch and shopping at Buckland Hills Mall. The cost of lunch and gratuity is on your own. Home pick-ups, **for those who do not drive**, will begin at 9:30 a.m. Leaves the Senior Center at about 10:00 a.m. Returns approximately 4:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **Please call the Senior Center by Nov. 30 to sign up.**

**\* \* SPECIAL \* \***

**Quick Trip and Saturday Shopping Bus  
Wadsworth Atheneum (Festival of Trees) and lunch at Hook & Ladder, Hartford  
Saturday, December 10**

Join us for a trip to the Wadsworth Atheneum to see the 37th annual *Festival of Trees*. This event celebrates artists, organizations and individuals who have designed creative and unique trees, wreaths, etc. Admission to the Wadsworth and to the *Festival of Trees* is free on the second Saturday of the month. Following the visit to the Atheneum, the group will enjoy lunch at the Hook and Ladder Restaurant, a reasonably-priced family restaurant in downtown Hartford that is a tribute to the men and women who serve the community and *face the fire*. Each person is responsible for the cost and gratuity of his/her own lunch. Home pick-ups, **for those who do not drive**, will begin at 9:00 a.m. Leaves the Senior Center at about 9:30 a.m. Returns approximately 4:00 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **Please call Senior Center by Dec. 7 to sign up.**

**Friday Shopping Bus**

- **November 4: ShopRite in Southington**
- **November 18: Stop and Shop Plaza in Bristol**

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

# TRIPS

## ►► Important Trip Information: ◀◀

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

### *Hairspray at the Warner Theater* Sunday, November 6

\$78.00 per person includes deluxe motorcoach transportation, show, brunch at Fairview Golf Club in Harwinton, and driver gratuity. Leaves at 10:15 a.m. from the Plainville Senior Center. Returns at approximately 5:45 p.m. You will have orchestra seats at The Warner Theatre in Torrington, for the matinee presentation of “HAIRSPRAY”. The buffet menu will include juice, selection of hot entrees and breakfast items, salads, pasta dish, pastries, dessert table, soda and coffee. **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.**

### *Spirit of America—Daniel Rodriguez, The Singing Policeman, Grand Oak Villa in Oakville, CT* Wednesday, November 9

\$77.00 per person includes transportation, lunch, show and gratuities. Leaves from OLM at 10:30 a.m. and returns at approximately 4:30 p.m. Join us for a very special day as we honor our armed forces and veterans with a Sparking Show. Enjoy crackers, cheese and pepperoni upon arrival at the Grand Oak Villa. The Family Style meal will include garden salad, pasta with homemade house sauce, chicken Marsala, sliced pork, potato, vegetable, dessert and wine. **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 Radio City Christmas Spectacular* *79th Anniversary—Brand New Show* Thursday, November 17

\$95.00 per person includes deluxe motorcoach and reserved orchestra / first mezzanine seating for the 2:00 p.m. show. Leaves from OLM at 8:15 a.m. and returns at approximately 6:30 p.m. **Trip is currently full. If interested, please sign the reserve list.**

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

\$48.00 per person includes transportation, Great Cedar Hotel Exhibition Hall timed entry, existing casino bonus, and driver gratuity. Leaves from the Plainville Senior Center at 8:15 a.m. and returns at approximately 6:00 p.m. Direct from the Althorp Estate in England, see more than 150 personal objects celebrating the life and work of Diana, Princess of Wales, including her royal wedding gown, 28 designer dresses, family heirlooms, personal mementos and rare home movies. **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.**

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

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

**4-Day Quebec City—A Grand Winter Carnival  
February 3-6, 2012**

\$699.00 per person double, \$649.00 per person triple, \$919.00 per person single. Get a complete itinerary at the Senior Center. Trip insurance is optional but highly recommended. The cost for trip insurance is \$39.00 per person for double or triple and \$49.00 for single. If you want the insurance, you must purchase it at the time of deposit. \$100.00 deposit due at sign-up. The remainder is due by January 3, 2012. **You will need a valid passport to go to Canada. Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

**Ultimate Alaska and Yukon Experience  
12 Days, May 12-23, 2012**

Price ranges from \$3,798—\$4,069 per person for double occupancy. Pricing does not include insurance, optional shore excursions, gratuities for your cruise concierge, driver's step on guide, or onboard ship gratuities. **Complete pricing information, agenda and optional tour information is available at the Senior Center.** Complete itineraries are available at the front desk. A passport is required for this trip. **Sign-up has begun.**

# ***New Trips***

**8-Day Mackinac Island  
June 8-15, 2012**

\$1,199.00 per person double, \$1099.00 per person triple, \$1599.00 per person single, includes deluxe motorcoach transportation by Peter Pan, 7-night hotel accommodations, 14 meals (7 breakfasts, 1 grand lunch and 6 dinners), Henry Ford Museum and Greenfield Village, a carriage tour on Mackinac Island, grand buffet lunch at the Grand Hotel, Rock & Roll Hall of Fame in Cleveland, Frankenmuth Bavarian Village, a Tours of Distinction Escort, tips for tour escort and bus driver. Any motorcoach surcharge would be extra. The optional, but recommended insurance is \$68.00 per person in double or triple rooms and \$86.00 for those who want a single room. Those who want the insurance must purchase it at tour sign-up. Because this tour travels into Canada, you must have a valid passport. \$100.00 deposit due at sign-up. The remainder is due by May 8, 2012. **A full itinerary is available at the Senior Center Front Desk. Sign up begins on Mega Sign-up Day, November 3, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

***Save the Date***

Upcoming Trips

***Save the Date***

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

**MEGA SIGN-UP DAY**

On **Thursday, November 3**, sign up begins for most new paid activities and trips. 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.

**COMPANION AND HANDY PERSON LISTING**

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



-----  
**STROKE SUPPORT GROUP**  
**Hospital for Special Care**  
**2150 Corbin Avenue, New Britain**

The Stroke Support Group meets the second Tuesday of every month from 3:00-4:30 p.m. in the lower level Conference Center. It is designed for stroke survivors, their caregivers and loved ones. Each meeting of the group begins with an educational presentation by a guest speaker and is followed by refreshments, confidential discussion and socialization. For more information about the group, please call Lucinda Soares, MS, CCC-SLP, 860-827-1958, ext. 5495.

## MEDICARE OPEN ENROLLMENT

October 15-December 7

Every year, people with Medicare get to explore new choices and pick the plans that work best for them. This year the Open Enrollment Period is starting early, on October 15, and ending sooner than in previous years, December 7. If you have any questions, please contact Bette or Stephanie at the Plainville Senior Center.

---

### CONSUMER LAW PROJECT FOR ELDERLY

The Consumer Law Project for Elders (CLPE) is a project of Connecticut Legal Services, a nonprofit law firm. Persons age 60 and older of any income and asset level can call the CLPE Hotline with a consumer problem. Younger persons can call the hotline on behalf of individuals who are at least 60 years of age. CLPE's staff of attorneys and paralegals help older adults resolve consumer issues that may include: questions about consumer rights, debt or collection problems, receipt of bills for items never purchased, identity theft, bankruptcy, dispute of goods or services purchased, and unfair and undisclosed loan terms. All information provided to the CLPE is confidential. CLPE may offer advice or provide options that help callers resolve their problem.

CLPE may represent persons in certain circumstances or it may refer them to lawyers who specialize in areas that address their problems. CLPE prioritizes available representation based on the type of problems and the financial needs of callers. All services provided by CLPE are free including educational materials; when court fees are charged, however, they are the responsibility of the person receiving assistance.

**Contact Information:** Consumer Law Project for Elders, Telephone: 800-296-1467, Monday – Friday, 9:00 am – 5:00 pm, Website: [www.ctelderlaw.org](http://www.ctelderlaw.org).

---

### AT RISK LIST

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

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

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

---

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

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

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

---

### HYMN TO THE FALLEN

Sunday, November 13 at 2:00 p.m.

At Central Connecticut State University, Welte Hall

Featuring the Plainville Wind Ensemble in concert, dedicated to our Veterans past & present, and in honor of the 150th Anniversary of the Civil War and the 50th Anniversary of the Vietnam War. Donations of a new, unwrapped toy will be accepted at the door for the U.S. Marines' Toys for Tots program.

**Call for photos!!!** The Plainville Wind Ensemble is helping the CT Department of Veterans' Affairs collect photos of Connecticut's fallen whose names are on the Vietnam Veterans Memorial in Washington, D.C. Please bring photos and remembrances to be added to the VVMF's Virtual Wall.

**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****September 15—October 17**

Anita and Roger Willequer, Audrey Lewis, Brenda Tella, Mary Trombley, Family of Mary Alvarez, Ellie Davey, Jim Rio, Maryanne Lanski, Madeline Drake, Margaret Riordan, Wendell Copeland, Jane Mack, Laurette Guimond, Theresa Smiarowski, Donna McCluster, Rosalie Sastre, Sally Cobrain, Patty Cancelli, Barbara Wallace, Audrey Bergenty, Rosaleen Peters, Soni Sperduti, Joanne Meisterling, Marlene Maglio, Evelyn Case, Carolyn Ingalls, Elaine Osipowicz, Rita Guerriero, Ceal DiFrancesco, Jeanette Schmidt, Family of Dorothy Lindquist, Pat Roper, Candace Hall, Helga Schramma

**Pool Table:** Thursday Pool Players**Parking Lot:** Higgins Brothers Vision**Dial-A-Ride:** Bill Miller, Truist, Helen Perniciaro, Barbara Martin, Hazel Decker, Rosaleen Peters**MEMORIAL DONATIONS****September 20—October 20**

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 Dorothy Lindquist:* Olga and Charley Stepney, Andy Cannarella

*In Memory of Walter Joseph Podolak:* Helen Marinelli

**CHEER REPORT****September 16—October 20**

**CHEER CARDS:** Donna Cook, Pat Roper, Helen Kisluk, Helga Schramma, Mike Bochan, Anne Boulaine, Joe Maksimczyk, Bill Dodez, Fred Kennedy, Gladys Perun

**SYMPATHY CARDS:** Joan Caron, Joan Pavano, Eunice Podolak, Emma Matthews, Joan Kelaita and Family, Holley Ostrander, Family of Madeline Amendola, Family of Dorothy Lindquist

**NEW MEMBERS****September 1-30**

Fred Arden, Phyllis Edelson, Jean Swanson, Jean Paul Oakes, Kathy Oakes, Maryanne Lonski, Juliette Michaud, Elizabeth Correia, Carol Davenport, Patricia Jarlett, Harold Colby, Jean Russell, Noreen Lotko, Donna Delpo

**Billiards Winners**

**September 22: #1** Jack Rosay & Carmel St. Pierre **#2** Joe Giannattasio & Doug Blankenship

**September 29: #1** Mitch Ziolkowski & Joe St. Pierre **#2** Curt Graves & Bob Hull

**October 6: #1** Curt Graves & Wilson Belanger **#2** Jack Rosay and Jim Norman

**October 13: #1** Joe Giannattasio & Joe St. Pierre **#2** Stan Funk & Carmel St. Pierre

**3rd:** Paul Martel & Doug Blankenship

**Setback Tournament Winners**

**September 19:** **1st:** Paul Martel & Joe Beaudin **2nd:** Walter Mackiewicz & Vera Pekrul  
**3rd:** Beatrice Dumont & Joan Oliveira

**September 26:** **1st:** Beatrice Dumont & Joan Oliveira **2nd:** Mary Ann and Bill Cunningham  
**3rd:** Mina Fusaro & Anne Stanford

**October 3:** **1st:** Roger Willequer & Joe Fortuna **2nd:** Beatrice Dumont & Joan Oliveira  
**3rd:** Carol Diana & Barbara Cichon

**October 17:** **1st:** Roger Willequer & Joe Fortuna **2nd:** Pearl Steele & Grace Lapila  
**3rd:** Roy Kaine & Richard Nordgren

**COFFEE WITH A SOCIAL WORKER**  
**Mondays, November 14 & 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 have an individual chat with Stephanie. No question is too small!

-----  
**FREE REIKI APPOINTMENTS**  
**Mondays, 9:15 a.m.—11:00 a.m., by appointment**

Reiki (pronounced ray-key) is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki treatments can decrease stress, improve energy and overall well-being and has many benefits for the mind, body and spirit. **Call the Senior Center and register for your free 1/2 hour Reiki session with Barbara Birth.** Barbara has been a Usui Reiki Practitioner since 2006 and became a Reiki Master Practitioner in 2008.

-----  
**GRANDPARENTS / RELATIVES RAISING GRANDCHILDREN SUPPORT GROUP**  
**Thursday, November 17 at 10:30 a.m.**  
**At the Senior Center**

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

-----  
**CAREGIVING CONNECTIONS**  
**Tuesday, November 15 at 10:00 a.m.**

Join us as Shazia Chaudhry, MSW, Director of Community and Family Relations from the Alzheimer's Resource Center, presents a one hour session entitled, "Keeping Your Brain Healthy". You will have fun and learn something in the process! The term "brain fitness" reflects a hypothesis that cognitive abilities can be maintained or improved by exercising the brain! You will also learn strategies that are designed to help improve your memory. Shazia is part of a team trained by the New England Cognitive Center (NECC) to become a master trainer in NECC's suite of Mind Aerobic Programs. Shazia continues to facilitate cognitive programs at all levels for residents at the Center as in response to requests made by the community. Shazia earned her master's Degree in Social Work from the University of Connecticut School of Social Work and serves on the School of Social Work Alumni Board of Directors as the secretary / treasurer. Please join us for the wonderful opportunity! Caregivers from any town and guests are welcome! If you have any questions, please call Bette at the Senior Center, (860) 747-5728.

---

# PEAK FITNESS CENTER

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

**Cardiovascular Equipment**

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

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

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

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

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

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

| INDEX                        |     |
|------------------------------|-----|
| At Risk List                 | 9   |
| Billiards Winners            | 10  |
| Card Party Results           | 4   |
| Caregiving Connections       | 11  |
| Cheer Report                 | 10  |
| Choral Group                 | 12  |
| Coffee with a Social Worker  | 11  |
| Coffee with the Town Manager | 3   |
| Companion List               | 8   |
| Computer Classes             | 5   |
| Congregate Meal Program      | 12  |
| Consignment Information      | 9   |
| Craft Classes                | 2   |
| Craft Fair                   | 1   |
| Daily Activities             | *BC |
| Dental Clinic                | 4   |
| Donations                    | 10  |
| Exercise Program             | 2   |
| 55 Alive                     | 4   |
| Fitness Classes              | 2   |
| Friends Helping Friends      | 12  |
| Friday Shopping Bus          | 6   |
| Gluten Free                  | 4   |
| Grandparents' Program        | 11  |
| Health Fair                  | 1   |
| <i>Here We Sit</i>           | 4   |
| New Members                  | 10  |
| Nurse Information            | *BC |
| Outdoor Adventure Club       | 3   |
| PEAK                         | 11  |
| PEAK Center Challenge        | 3   |
| Quick Trips                  | 5,6 |
| Reiki                        | 11  |
| Saturday Shopping Bus        | 6   |
| Setback Winners              | 10  |
| Tales From the Sea           | 3   |
| Thanksgiving Dinner          | 1   |
| Transportation               | *BC |
| Trips                        | 7,8 |
| Used Jewelry Sale            | 2   |
| Women's Breakfast            | 12  |
| Yoga                         | 2   |

\*BC = Back of Calendar



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

**Friends Helping Friends**  
**Friday, November 18**  
**11:30 a.m.**  
 D'Amico's Ristorante  
 2 Linden Street, Plainville  
 Call the Senior Center to Register

**Choral Group Rehearsal**  
 None in November



**Plainville Senior Center is Collecting Old Cell Phones**

Thank you for bringing in old cell phones. The checks we receive for sending the cell phones to Cellular Recycler go right towards the Dial-A-Ride program. If you would like to donate a cell phone, please bring it to the Plainville Senior Center.

**Congregate Meal Program: November**

Reservations for a meal must be made at least one day ahead by calling the kitchen, 860-747-5728, between 10:15 a.m. and 12:00 noon. The suggested donation is \$2.50.

| Monday                                    | Tuesday                                 | Wednesday                                      | Thursday  | Friday                            |
|---|---|--|---|-----------------------------------|
|   | 1. Homemade Meat-loaf w/ Mushroom Gravy | 2. Baked Macaroni and Cheese                   | 3. Un-breaded Veal Pattie w/ Gravy  | 4. Bag Lunch                      |
| 7. Boneless Dijon Chicken Breast          | 8. Baked Kielbasa                       | 9. Lasagna Roll-ups w/ Sauce                   | 10. Baked American Goulash w/ Ground Meat   | 11. <b>Closed</b>                 |
| 14. Beef Stew                             | 15. All Beef Frank                      | 16. Thanksgiving Special Roast Turkey w/ Gravy | 17. Low Salt Ham  | 18. Baked Manicotti w/ Meat Sauce |
| 21. Grilled Chicken Strips                | 22. Country Fried Steak w/ Gravy        | 23. Italia Sausage in Tomato Sauce             | 24. <b>No Lunch Thanksgiving Dinner 11:30 Call Senior Center for information.</b> | 25. <b>Closed</b>                 |
| 28. Baked Stuffed Clams w/ Cocktail Sauce | 29. Cheeseburger and Oven Fries         | 30. Pork Chops w/ Pork Gravy                   |   |                                   |

Non Profit Org.  
 U.S. POSTAGE  
 PAID  
 Plainville, CT  
 06062  
 Permit No. 24

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