


October 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Cafe L: Library * By Appointment						1. Sat. Shop- ping Bus
2.	3. 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Bowling 1:00 Setback GR 3:00 Mahjong	4. 7:30 Foxwoods 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:00 Bridge GR 2:15 Strength Training BR	5. 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 10:00 Paint / Drawing 10:30 Zumba Gold GR 11-12 Blood Pressure 12:30 Drawing / Painting 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR	6. 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 Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR Mega Sign-up Day	7. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 10:00 Choral Group 10:30 French 11:00 Dance Group 1:00 Pinochle L Albuquerque Balloon Fiesta Trip Leaves	8.
9.	10. Closed Columbus Day	11. 8:30 QT Naug. Railroad 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:00 Bridge GR 1:00 Bird's Eye View 2:15 Strength Training BR	12. 8:00 Women's' Breakfast 8:30 Wed. Walkers 9:00 Walking GR *9:15 Nurse 9:15 Tai Chi 9:30 Quilting CR 10:00 Paint / Drawing 10:30 Zumba Gold GR 11-12 Blood Pressure 12:30 Drawing / Painting 1:00 Charlemagne BR 1:00 Bingo GR 1:00 Gluten Free 3:30 Yoga BR	13. 7:45 Southern Vermont 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Sedona Document Party 11:00 Quebec City Event 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:00 10,000 Steps 2:00 QT Library Movie 2:30 Band BR	14. 9:00 Walking GR 9:00 Trail Walking 9:30 Mahjong GA 10:00 Diabetes Program 10:30 French 1:00 Pinochle L	15. Sat. Shop- ping Bus
16. 11:30 QT Gluten Free Fair Card Party 1-4	17 9:00 Walking GR *9:15 Reiki Appt. 9:30 Arthritis Exercise Class 10:00 Current Events GA 12:30 Coffee with a Social Worker 12:30 Bowling 1:00 Setback GR 1:30 Workout to the Oldies 3:00 Mahjong	18. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Caregiver Conn. 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	19. 8:30 Wed. Walkers 9:00 Walking GR *9:15 Nurse 9:15 Tai Chi 9:30 Quilting CR 10:00 Paint / Drawing 10:30 Zumba Gold GR 11-12 Blood Pressure 12:30 Drawing / Painting 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR	20. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Creative Writing 10:00 Social Security Presentation 10:30 Grandparents Program 11-12 Blood Pressure 12:30 Pool Tournament. 1:00 Jersey Boys 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:00 10,000 Steps 2:30 Band BR	21. 9:00 Walking GR 9:00 Shopping Bus 9:00 Trail Walking 9:30 Mahjong GA 10:00 Volunteer Meeting 10:30 French 11:30 Friends Helping Friends 1:00 Pinochle L	22.
23.	24. 9:00 Walking GR 9:30 Arthritis Exercise Class *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Coffee with a Social Worker 12:30 Bowling 1:00 Setback GR 1:30 Workout to the Oldies 3:00 Mahjong	25. 9:00 Walking GR *9:15 Nurse 9:30 PICASA 9:30 Wii Bowling BR 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	26. 8:30 Wed. Walkers 9:00 Walking GR *9:15 Nurse 9:15 Tai Chi 9:30 Quilting CR 10:00 Paint / Drawing 10:30 Zumba Gold GR 11-12 Blood Pressure 12:30 Drawing / Painting 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga	27. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Creative Writing 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:00 10,000 Steps 2:30 Band BR	28. 9:00 Walking GR 9:30 Mahjong GA 10:00 Sharpen Your Brain 10:00 Choral Group 10:30 French 11:00 Dance Group 12:00 Jack O'Lantern Blaze 1:00 Pinochle	29. Sat. Shop- ping Bus
30.	31. 9:00 Walking GR *9:15 Reiki Appt. 9:30 Arthritis Exercise Class 10:00 Current Events GA 12:30 Bowling 1:00 Setback GR 1:30 Workout to the Oldies 3:00 Mahjong	 <p>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 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.</p>				

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

3:00 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 (3rd Friday of the month): Group of single, widowed, divorced or never married individuals meet monthly for lunch excursions at various restaurants in the area. Call the Senior Center to register.

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

DIAL-A-RIDE (860)589-6968

Available Monday

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

Tuesday-Thursday

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

Friday

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

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

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

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

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

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

SATURDAY TRANSPORTATION PROGRAM

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

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

OTHER TRANSPORTATION PROGRAMS

Call the program for more information

Red Cross Transportation: (860)229-1631

ADA Transportation: (860-)589-7820

S.E.N.I.O.R. OCTOBER 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.



Door Prizes

Fun

CARD PARTY

TO BENEFIT DIAL-A-RIDE

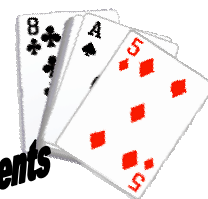
Sunday, October 16 from 1:00-4:00 p.m.

\$4.00 per person

Tickets are available at the front desk or at the door

Sponsored by the Committee on Aging

Raffles



Refreshments

DOOR PRIZES NEEDED

Do you have gifts that you received that you never opened and probably never will? Do you shop when you see things on sale and now have a “gift closet” full of new items that you will probably never use? Consider donating them to the Senior Center where we will use them as door prizes for our card parties or one of our many other functions. Please bring any donations to the Senior Center Front Desk. Thank You!

CURRENT AND PROSPECTIVE VOLUNTEER MEETING

Friday, October 21 at 10:00 a.m.

Join us at the Senior Center for a casual meeting to learn about volunteer opportunities at the Senior Center, to provide suggestions on how to make volunteerism at the Senior Center more effective and to share what makes a good volunteer experience. Continental breakfast and coffee will be served. **Sign up for the meeting by October 17.**

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

At the
Plainville Senior
Center

Holiday Craft Fair

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



SHAWN WINS LEADERSHIP AWARD

Shawn was a recipient of this year’s *YWCA New Britain Women in Leadership Award* and was recognized at the YWCA of New Britain’s 14th Biennial Women in Leadership Luncheon that was held on September 13 at the Aqua Turf Club in Plantsville. Shawn’s accomplishments have added her to the list of more than 400 women that have been celebrated for their outstanding contributions to businesses, nonprofits, education and government organizations, and the community since 1985.

The Women in Leadership Award is given to extraordinary female leaders that promote the YWCA mission of eliminating racism and empowering women by increasing awareness and / or action on issues of concern, such as dignity and respect for others, equal pay for equal work, and family-friendly working environments. Award recipients demonstrate exceptional and superior abilities and accomplishments as pioneers, innovators, leaders and / or role models within corporations, educational institutions, government agencies or organizations.

Shawn Cohen, the first and only Director of the Plainville Senior Center, has devoted more than 36 years to the elderly in the Plainville community. Under Shawn’s strong leadership, the Plainville Senior Center has a reputation of being the finest senior center in the region, if not Connecticut. In many ways, Shawn has been a pioneer and leader in the field of aging services. Her vision and commitment to the older population is exceptional. Through the years, Shawn has also been an active volunteer in the Plainville community and has served on numerous advisory boards and committees for organizations serving the elderly and low-income individuals.
Congratulations Shawn!

CLASSES SIGNING UP IN OCTOBER

Many classes have already begun signing up. Newly announced classes begin signing up on October 6, 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, 6 weeks, Wednesdays, October 12—November 16, 9:15-10:15 a.m. \$18.00 members; \$36.00 non-members. Instructor: Meghan Mitchell. Advanced Tai Chi will take students beyond Qigong and into flow. More in-depth work with balance, fitness components and breath work. Sign up has begun.

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 begins October 6.

STRENGTH TRAINING, 6 weeks, Tuesdays, October 4- November 8, 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 positions. Sign up has begun.

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.

YOGA, 6 weeks, Wednesdays, September 28-November 2, 3:30-4:30 p.m. \$18.00 members; \$36.00 non-members. Instructor: Kate Keefe. This is a mat based yoga class which involves learning to get up and down from the floor while promoting safe spinal alignment. This class is appropriate for persons who are interested in a gentle yoga class and / or individuals who are at risk or living with Osteopenia, Osteoporosis, and other chronic pain conditions. Sign up has begun.

FARGO'S FUNCTIONAL FITNESS, 6 weeks, Thursdays, October 13-November 17, 1:00—1:45 p.m. \$12.00 members; \$24.00 non-members. Instructor: Ann Fargo. Improve your balance, strength and range of motion using weights, wands and bands. Exercises target muscle groups used in everyday functions, such as lifting laundry, bending to tie shoes, carrying groceries, etc. Sign up begins October 6.

KNITTING & CROCHET, 6 weeks Thursdays, September 15– November 3 (no class September 22 and 29), 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 has begun.

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 begins October 6.

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, 10:0 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 begins October 6.

ARTHRITIS FOUNDATION EXERCISE CLASS, 6 weeks, Mondays, October 17-November 21, 9:30-10:30 a.m. \$18.00 members, Instructor: Amy Gray, Designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility, range of motion and to help maintain muscle strength. Participants who previously enrolled in the program have experienced such benefits as increased functional ability, increased self-care behaviors, decreased pain and decreased depression. Sign up has begun.

New Class

WORKOUT TO THE OLDIES, 6-weeks, Mondays, October 17-November 21, 1:30-2:30 p.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. Class size is limited to 20. Sign up begins October 6. You can either come in or call to register..

VOLUNTEERS NEEDED TO SELL QUILT RAFFLE TICKETS

We are looking for volunteers to go to Gnazzos and local banks to sell quilt raffle tickets. We always send people in groups of two. If you have a friend that would like to go with you, that is great. If not, we can find someone for you. Please call Ronda if you would like to volunteer.

Outdoor Adventure Club

TRAIL WALKING

White Trail in Farmington Friday, October 14

\$6.00 per person includes leader and snack. Meet at the Trail Head on Route 6 in Farmington at 9:00 a.m. Join us for a 2-mile walk in 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 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.**

Dinosaur State Park Friday, October 21

\$6.00 per person includes leader and snack. Meet in the parking lot of Dinosaur State Park at 9:00 a.m. Walk through Connecticut's Jurassic Park. Wander along gentle forest trails, boardwalks and through old orchards for about 2.5 miles. Wear good walking shoes, dress for the weather, and bring a water bottle. If you would like, you can explore the inside museum at the end of the walk. **Sign up begins on Mega Sign-up Day, Thursday, October 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

WEDNESDAY WALKERS

6-weeks, October 12-November 16, 8:30-9:30 a.m.

Enjoy the beautiful fall season with morning walks at Norton Park. Commit to your health goals while exercising with friends at your pace. Group warm-ups and stretching, followed by a 45 minute walk and group cool-down stretches make for a great session. Health and Fitness topics will be discussed each week. Meet at the swimming pool parking lot. Dress for the weather and bring a water bottle. Bring an umbrella if it is raining. If it is pouring rain, the walk will be canceled. The cost is \$6.00 for the program. **Sign up begins on Mega Sign-up Day, Thursday, October 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

MEET ROBIN, OUR NEW FITNESS INTERN AT THE SENIOR CENTER

"My name is Robin Kauffman, and I am a student from CCSU in my senior year, studying exercise and health promotion. I am very excited and honored to be able to do my internship here at the Senior Center. I will be spending most of my time under the supervision of Ann Fargo, in the PEAK Fitness Center. My goal is to graduate and find a career working specifically with older adults and passing my love for health and fitness on to them. My motto is, 'You are only as old as you feel. If you feel healthy and take care of yourself, then age is nothing but a number.' Please feel free to come up to me and ask any questions you may have. If I don't have an answer, I will research and try to find one for you. I will be spending most of my afternoons here, and I am very excited to meet each and every one of you."

DIABETES AND THE ATTACK OF THE EVIL CARBOHYDRATE

Friday, October 14 at 10:00 a.m.

Join Miles Everett, RD, RN CDE, Coordinator Bristol Hospital Diabetes Center, at this informative presentation. Miles will discuss diabetes basics, portion size, identifying carbs and what they are for, good (healthy) vs bad (unhealthy) carbs and how they can affect your diabetes or risk of diabetes. He will also address the Atkins diet. **Call the Senior Center by October 7 to register for this free program.**



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.**

TEN THOUSAND STEP CLUB October, 13, 20, & 27, 2:00-3:00 p.m.



Health experts recommend that individuals should take 10,000 steps a day. How many steps do you take a day? Have you ever wondered what your step count is? Take a guess. Now join our Ten Thousand Step Club, wear one of the Senior Center pedometers and get your daily step count. We will measure your stride and set up the pedometer for you. Everyone will receive a stepping log to record their daily steps and will receive tips on how to add extra steps in their day. Pedometers will be returned to the Senior Center after the program. **There is no cost to participate, but you must pre-register by calling the Senior Center.** The program is limited to five people.

**Save the Date! Health Fair at the Plainville Senior Center
Tuesday, November 15**

A BIRD'S EYE VIEW
Tuesday, October 11, 1:00 p.m.



Join Robert Tougias, local author and columnist for the New London Day Newspaper, as he shares his slide presentation of almost 100 colorful photos of birds found in Connecticut. He will discuss their natural history, conservation and where and how to see them. He will also talk about what to feed birds to attract them to your own backyard.

Robert Tougias is the author of "Birding Western Massachusetts" and columnist for the "Bird's Eye View" column for the "New London Day" newspaper. His articles on wildlife have appeared in many magazines including *Appalachian Trailways* and *Fur-Fish-Game*. Robert began birding at the age of seven. His favorite bird is the Wood Thrush. **Call the Senior Center by October 6, to register for this free program.**

SOCIAL SECURITY INFORMATIONAL PRESENTATION AT THE SENIOR CENTER

Thursday, October 20, 10:00 a.m.

Robert Rodriguez from the New Britain Social Security Office will present an overview of Social Security and answer any questions you may have. This timely presentation coincides with the "Open Enrollment" period for Medicare Part D and with the annual review of health insurance options available in CT. Plan to attend as you review your health care options for 2012. This program is open to all interested persons. **Call the Senior Center to register for this free program.**



CREATIVE WRITING CLASS

5-Weeks, Thursdays, October 20—November 17, 10:00—11:30 a.m.

Are you interested in Creative Writing, but are not sure of where or how to start? Have you written previously but have been away from it or have never taken a writing class before? This creative writing class, taught by Susan Omilian, will guide you surely and safely into the writing life and give you tips on the craft as well as the gift of writing. We will explore both fiction and non-fiction (memoir), spark new ideas for you to write about and build your skills, so you can confidently move forward with your stories and complete them for your children and grandchildren. The cost is \$15.00. **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.**



SHARPEN YOUR BRAIN

Friday, October 28 at 10:00 a.m.

Have fun while increasing your brain power! You will be challenged with a variety of word games and trivia that will stimulate and challenge your brain cells. The program is led by Donna Valente from Arbor Rose. **Please call the Senior Center by October 24 to register for this free program.**

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.**

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 for members begins on Mega Sign-up Day, October 6, 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 October 20.**

Computer Classes

PICASA for Seniors Photo Organizing and Editing

4 Sessions
Tuesdays, October 25, November 1, 8, 15
9:30 a.m.—12:00 noon
Instructor: Scott Minor
Coaches TBA

\$40.00 for Senior Center members and \$60.00 for non-members, includes manuals and CDs that the students get to keep. **Sign up begins on October 6 for Senior Center members, October 13 for non-members.**

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

Course I - Computer Fundamentals

2 Sessions
Wednesday, November 2 & 9
9:30 a.m.—12:00 noon
Instructor: George Carden
Coaches: TBA

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

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

PLAINVILLE FLU CLINIC

Tuesday, October 18, 2:00-5:00 p.m.

Our Lady of Mercy (O.L.M.) Parish Gymnasium, 19 South Canal Street

This flu clinic is open to any Plainville resident 6 months of age and older. If you want to fill out your flu shot consent form in advance, you may pick one up at the Senior Center. Bring your Medicare Part B Card to the Clinic, if you have one.

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.**

BE “IN THE KNOW”, NOT THE LAST TO KNOW

If you would like to be put on the newsletter pick-up or email list, just let us know. Call the Senior Center or email us your information 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.

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

WHEN EXITING OUR NEW PARKING LOT, YOU MUST TAKE A LEFT



Our new parking lot is open. Many thanks to the Town of Plainville and the many individuals who donated towards the funding of the new parking lot. We are so grateful.

For everyone’s safety, please be aware that when exiting the new parking lot, there is no right turn. You must turn left only!

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.

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

Naugatuck Railroad Fall Foliage Train Ride, Thomaston Tuesday, October 11

\$5.00 per person for transportation, payable at sign-up. Enjoy the beautiful fall foliage in the Litchfield Hills on a one and one-half hour train ride. \$12.00 for the train ride payable at the train station. There is a limit of 12 people for this trip. Home pick-ups for those who do not drive will begin at 8:30 a.m. Leaves OLM parking lot at 9:00 a.m. and returns to Plainville at approximately 12:30 p.m. **Sign up by October 6. Sign up has begun, between 9:15-10:15 a.m.**

Plainville Public Library Movie: *Conspirator* Thursday, October 13

The Plainville Senior Center is offering free transportation, for those who do not drive, to the Plainville Public Library to see the newly released thriller about the aftermath of Lincoln's assassination. The story centers around seven men and one woman arrested and charged with conspiring to kill the President, Vice President and Secretary of State. Admission is free. Home pick-ups begin at 2:00 p.m., the movie will run from 2:30-approximately 4:30 p.m. **Call the Senior Center by October 10 to register.**

2nd Annual Octoberfest and Gluten Free Vendors Fair Elmwood Community Center, West Hartford Sunday, October 16

Join our Nurse Diana and the Gluten-free Living Group at the fair. There will be 20 vendors who will provide samples and information. This Fair is hosted by the Central Connecticut Celiac Support Group. Free transportation will be provided by the Plainville Senior Center. There is a \$6.00 general admission fee, payable at the door. Home pick-ups for those who do not drive, begin at 11:30 a.m. The bus leaves the Senior Center parking lot at 12:00 p.m. Returns to Plainville at approximately 3:00 p.m. **Call the Senior Center by October 12 to register.**

Saturday Shopping Bus

Brass Mill Center and Commons, Waterbury Saturday, October 15

Spend the day shopping, eating and relaxing at the more than 100 shops at Brass Mill Center and Commons. Home pick-ups for those who do not drive will begin at 9:30 a.m. Bus will then pick up at the Senior Center parking lot at 10:00 a.m. Returns to Plainville at approximately 3:30 p.m. To help defray the cost of transportation, a donation of \$3.00 should be given to Jean Kelly the day of the trip. **Please call the Senior Center to sign up by October 12 to register.**

Christmas Tree Shop, Manchester Saturday, October 29

Get all your holiday decorations and goodies at the Christmas Tree Shop, then enjoy lunch at a restaurant of the group's choice. Home pick-ups for those who do not drive will begin at 9:30 a.m. Leaves the Senior Center at 10:00 a.m. Returns approximately 3:30 p.m. To help defray the cost of transportation, a donation of \$5.00 should be given to Jean Kelly the day of the trip. **Please call the Senior Center to register by October 26 to register.**

Friday Shopping Bus

- **October 7: Wal-Mart, Bristol**
- **October 21: ShopRite in Southington**

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.

Foxwoods Tuesday, October 4

Leaves at 7:30 a.m. from OLM, leaves the casino at 4:30 p.m., returns approximately 6:00 p.m. **Trip is full. If interested, please sign the reserve list.**

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

Trip is full. If interested, please sign the reserve list.

Wine, Cheese & Autumn in Southern Vermont Polish American Cuisine, Honora Winery & Vineyards, and Grafton Cheese Village Thursday, October 13

\$72.00 per person includes deluxe motorcoach, sightseeing, lunch, attractions and driver gratuity. Leaves from OLM at 7:45 a.m. and returns at approximately 6:30 p.m. **We just got five more seats!** At Grafton Village Cheese in Brattleboro, we will have a chance to view the cheese making process along with sampling of several cheeses. The large retail store has quite a selection of artisan cheeses, specialty foods, breads and Vermont products. Lunch will be at the Matterhorn Inn in West Dover, featuring hearty Polish American cuisine. The buffet menu will include soup, salad, hot entrees, vegetable, potato, pierogi, stuffed cabbage, kielbasa, dessert and beverage. Honora Vineyards in West Hallifax will be the site of our tasting with its mountain views, warm wood interior and soaring 4-sided stone fireplace. Everyone will receive a memento wine glass. **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.**

Jersey Boys, *The Story of Frank Valli and the Four Seasons* At the Bushnell Theatre Thursday, October 20 (date change)

\$121.00 per person includes transportation, buffet lunch at the Chowder Pot, orchestra tickets to the 1:00 p.m. matinee and gratuities. Leaves from OLM at 10:30 a.m. and returns at approximately 4:30 p.m. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Sedona Great Trains and Grand Canyon October 23-28

\$2,265.00 per person double, \$2,855 per person single. **Trip is full. If interested, please sign the reserve list.**

The Great Jack O'Lantern Blaze at Van Cortlandt Manor in Croton-on-Hudson, New York Friday, October 28

\$94.00 per person includes transportation, Sunnyside Tour, dinner and Great Jack O'Lantern Blaze. Leaves from OLM at 12:00 noon and returns at approximately 9:00 p.m. We will visit Sunnyside, the small Dutch farmhouse that Washington Irving, the author of "The Legend of Sleepy Hollow", purchased in 1835 and transformed into the one-of-a-kind house he called his "snuggery". An early dinner is included at the El Dorado, located in Elmsford, NY. The menu includes your choice of roast chicken, roast sirloin beef, broiled scrod, **or** chicken Parmigiana with spaghetti. This evening enjoy the Great Jack O'Lantern Blaze, a mix of art, Halloween fun and surprising spectacle. The Blaze features over 4,000 awe-inspiring, hand-carved illuminated pumpkins displayed on Van Cortlandt Manor's 18th century riverside landscape. **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.**

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—The Singing Policeman—at the 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. Daniel, a New York City Police Officer, gained national recognition, shortly after 9/11, for his inspiring rendition of *God Bless America*. He has appeared on Oprah and Jay Leno. To mark the 10th Anniversary of 9/11, Daniel is scheduled to appear with Barbara Streisand and Bette Midler on CBS. 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.**

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. A guided tour of this gorgeous mansion features Christmas with the Vanderbilts during the Gilded Age. No expense is spared with fabulous decorations, elegant art, and sumptuous displays. Cornelius Vanderbilt was the tenth wealthiest person in America in the 1800's. Then, take a guided tour of FDR's elegant home, built in 1826, it remains as it was when he lived there. The Roosevelt tradition was to decorate their dining room and living rooms with all the gifts and decorations made for family members. The lunch will be at the elegant Shadows on the Hudson. This fine dining restaurant welcomes us to a delicious holiday meal. The menu will include a special Shadows Salad, bread basket, chicken Marsala, filet of sole Francaise or spinach lasagna, vegetable, chef's special holiday dessert, and beverage. **Sign up has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m.**

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

Come to the Senior Center on Thursday, October 13 at 11:00 a.m. and learn all about this trip. Call the Senior Center to register for the trip meeting. \$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.** The trip includes 8 of the 12 days on land, seeing the sights by train, motorcoach, catamaran and even a sternwheeler. Complete itineraries are available at the front desk. A passport is required for this trip. **Sign-up has begun.**

MEGA SIGN-UP DAY

On Thursday, October 6, 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.

New Trips

Foxowoods Casinos 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. Rarely is an exhibition as remarkable as the life which lies behind it. Direct from the Althorp Estate in England comes 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 for members begins on Mega Sign-up Day, October 6, 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 October 13.**



Quebec City Trip Event
Thursday, October 13 at 11:00 a.m.



Join us for a presentation about the fantastic upcoming trip to Quebec City's Winter Carnival, February 3-6, 2012. What an exiting time to explore the beautiful city of Quebec as it is all abuzz with all the amazing events of the Carnival. You will see snow sculptures, dogsled races and even a canoe race through the ice! In your free time you can stop by the Hotel Frontenac for their famous High Tea. French pastry will be served as you sit back and enjoy the presentation of this great city. **See page 8 for more details on this trip. Call the Senior Center to register for this free presentation.**

Save the Date

Upcoming Trips

8-Day Mackinac Island Michigan Tour (By Bus)
June 8-15, 2012

Save the Date

Charleston, Savannah, Jekyll Island, 36th Annual Charleston Home and Garden Tour (Fly into Charleston)
October 17-22, 2012

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.



BEREAVEMENT SUPPORT GROUP SERIES
Southington Care Center, 45 Meriden Avenue, Southington
Wednesdays, October 19-December 7
Time to be determined based on response needs

The Visiting Nurse Association of Central CT, Inc., in collaboration with Southington Care Center, will facilitate a Bereavement Support Group Series. The purpose of the group is to provide a safe and supportive environment in which individuals will have the opportunity to learn about the grief process and explore grief reactions. Please contact Alison Vandergrift, MSW, 860-793-3011 or Donna Malicki-Gornicz, 860-378-1253 to register.

AARP TAG SALE
Saturday, October 1, 8:30 a.m.—2:30 p.m.
At the PARC Building (Yellow Building), 28 East Maple Street, Plainville, CT 06062

VOLUNTEER OPPORTUNITIES WITH AARP TAX-AIDE

Volunteer for the nation's largest FREE tax preparation and assistance service. There are many kinds of volunteer opportunities—from Tax-Aide counselors, to greeters, as well as communications and technology coordinators. For information about all the opportunities, please visit www.aarp.org/taxaide. *AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with IRS.*

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**August 19-September 15**

Anita and Roger Willequer, Open Circle, Sandy Tyminski, Helen Webb, Jo D'Addese, Audrey Lewis, Brenda Tella, Jim Norman, Claire Girard, William Senk, Jane Mack, Ron and Lois Jablonski, Jim Rio, Family of Nelson Granger, Simone Dallaire, Wendell Copeland, Helen Perschy, Evelyn Kuziak, Donna McCluster, Barbara Wallace, Rosaleen Peters

Pool Table: Thursday Pool Players**Parking Lot:** Jan Lonski**Dial-A-Ride:** Bill Miller, Hazel Decker, Rosaleen Peters**MEMORIAL DONATIONS****August 22-September 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 Charles Marinelli: Debra Cawley

In Memory of Edith Seifel: Margaret Riordan

CHEER REPORT**August 18-September 16**

CHEER CARDS: Lee Miller, Betty Hill, Charles Moore, Judy Silvia, Edie Nelson, Kathy Gustavson

SYMPATHY CARDS: Family of Edith Seifel, Family of Fabian Griffiths, Family of Mary Rund, Family of Charles Navickas, Grace Lapila, Carol Rose, Joyce Cannon, Robert Albrecht

NEW MEMBERS**August 1-31**

Donna Ierardi, Jeannette Varkal, Dennis Plante, Wilfredo Santos, Ellen Cronin, Maria Talotta, Eileen Buys, Roxann Richards, Gemma Croteau, Thomas Garcia, Frank Cavaliere, Carol Webster, Therese Farr, Leo Ouellette, Will Rogers, Karen Jones, Randy Ripley, Judie Duperry

**Billiards Winners**

August 18: #1 Curt Graves & Wilson Belanger #2 Joe Troy & Joe St. Pierre

August 25: #1 Mitch Ziolkowski & Wilson Belanger #2 Doug Blankenship & Joe Troy

September 1: #1 Curt Graves & Joe Troy #2 Doug Blankenship & Carmel St. Pierre

September 8: #1 Paul Martel & Bob Hull #2: Curt Graves & Carmel St. Pierre

September 15: #1 Mitch Ziolkowski & Joe Troy #2 Joe Palumbo & Wilson Belanger

Setback Tournament Winners

August 22: 1st: Madeline Drake & Flo Connelly 2nd: Walter Mackiewicz & Verna Pekrul

3rd: Paul Martel and Joe Beaudin

August 29: 1st: Madeline Drake & Grace Lapila 2nd: Bernard Grabeck & Edward Cisz

3rd: Paul Martel & Joe Beaudin

September 12: 1st: Barbara Cichon & Carol Diana 2nd:(3- way tie) Flo Connelly & Madeline Drake and Bernard Grabeck & John Daversa and Mina Fusaro & Ida Pedrolini

COFFEE WITH A SOCIAL WORKER
Mondays, October 17 & 24, 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.—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, 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, October 20 at 10:30 a.m.
At the Plainville Library

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, October 18 at 10:00 a.m.

New members always welcome! Join us for friendship and support as we care for our loved ones without neglecting ourselves. Good self-care is an important component of care-giving. We will share strategies for maintaining our health and sense of humor. Caregivers from any town are welcome to attend. **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.

LIVE HAPPY AND HEALTHY GLUTEN-FREE LIVES
Wednesday, October 12 at 1:00 p.m.

See Page 6 for a quick trip that the Gluten Free Group is going on. Other Senior Center members are invited. 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.**

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	
Billiards Winners	10
Bird's Eye View	4
Café	1
Card Party	1
Caregiving Connections	11
Cheer Report	10
Choral Group	12
Coffee with a Social Worker	11
Computer Classes	5
Congregate Meal Program	12
Companion List	9
Craft Classes	2
Craft Fair	1
Creative Writing	4
Daily Activities	*BC
Dental Clinic	5
Diabetes Program	3
Donations	10
Exercise Program	3
55 Alive	4
Fitness Classes	2
Flu Clinic	5
Friends Helping Friends	12
Friday Shopping Bus	6
Gluten Free	6,11
Grandparents' Program	11
Medicare 2012	5
New Members	10
Nurse Information	*BC
Outdoor Adventure Club	3
Quick Trips	6
Reiki	11
Saturday Shopping Bus	6
Setback Winners	10
Sharpen Your Brain	4
Social Security Presentation	4
10,000 Step Club	3
Tales From the Sea	4
Transportation	*BC
Trips	7,8,9
Volunteer Meeting	1
Wednesday Walkers	3
Women's Breakfast	12
Yoga	2
*BC = Back of Calendar	

Women's Breakfast
Wednesday, October 12, 8:00 a.m. at Oasis Restaurant
 Call the Senior Center for more information or to register.

Friends Helping Friends
Friday, September 21
11:30 a.m.
Pagliari's Restaurant

Choral Group Rehearsal
Friday, October 7
Friday, October 28
10:00 a.m.: Choral Group
11:00 a.m.: Dance Group

Help us Find Our Missing Pillow

We are missing one of our pillows for our lounge area. It is an exact match to another one out there and it cannot be replaced. It is a teal color, with brown leaves, and has beads hanging off of it. If you borrowed this pillow, we are asking for its return, no questions asked. Thank you for your help.

Garage Available for Rent????

If you have a garage available for rent, to store a car in, please call Shawn, 860-324-4287.

Monday	Tuesday	Wednesday	Thursday	Friday
3. Stuffed Cabbage Roll w/ Marinara Sauce	4. Baked Boneless Pork Chop w/ Apple Gravy	5. Honey Mustard Baked Boneless Chicken Breast	6. Filet of White Fish w/ Stuffing and Dill Sauce	7. Sliced Roast Beef
10. Penne Pasta w/ Tomato Sauce and Meatballs	11. Lemon Pepper Fish w/ Dill Sauce	12. Pot Roast of Beef w/ Gingersnap Gravy	13. Un-breaded Veal Patty	14. Turkey Pot Pie
17. Low Salt Ham w/ Pineapple Gravy	18. Baked Chicken Leg and Thigh w/ Chicken Gravy	19. Rolled Lasagna w/ Meat Sauce	20. Homemade Beef Stew	21. Baked Stuffed Clams w/ Cocktail Sauce
24. Homemade Meatloaf w/ Mushroom Gravy	25. Braised Liver & Sautéed Onion w/ Bacon Bits	26. Baked American Goulash w/ Elbows, Ground Turkey & Sauce	27. Thin Sliced Open Faced Turkey Sandwich w/ Gravy	28. Salmon Filet w/ Lemon Wedge
31. Sliced Pork w/ Apple Pork Gravy	Congregate Meal Program: October 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.			

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