

# September 2011

Su	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 10:00 Photography 10:00 Automated Trash Program 12:00 COA 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	2. 9:00 Walking GR 9:30 Mahjong GA 1:00 Pinochle L	3.  Sat. Shop- ping Bus
4.	<b>Senior Center Closed</b>	6. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 9:45 Tai Chi 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:30 Open Circle 1:00 5-K Meeting 1:00 Wii Bowling GR 1:00 Pinochle GA 1:00 Bridge GR 1:00 Walk a 5-K Meeting 2:15 Strength Training BR <b>Mega / Class Sign up day</b>	7. 8:15 Walk a 5-K 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 10:00 Living with Arthritis 10:30 Zumba Gold GR 11-12 Blood Pressure 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga BR  <b>Ogunquit Trip Leaves</b>	8. 8:30 Photography 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 9:30 QT Carousel 9:45 Tai Chi 10:00 Modern Jazz 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness 1:00 Knit / Crochet GR 1:00 Pinochle GA 1:00 Scrabble CA 2:30 Band BR	9. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 10:00 Choral Group 11:00 Dance Group 1:00 Pinochle L	10.
11.	12. 9:00 Walking GR *9:15 Dental Clinic 10:00 Current Events GA 12:30 Coffee with a Social Worker 12:30 Bowling 1:00 Setback GR 1:45 Choral Touchpoints 3:00 Mahjong 4:00 Alaska Presentation	13.. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 9:45 Tai Chi 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure 12:00 Picnic in the Park 12:30 Open Circle 1:00 Wii Bowling GR 1:00 Pinochle GA 1:00 Bridge GR 1:00 Fraud Prevention 2:15 Strength Training BR	14. 8:00 Women's' Breakfast 8:15 Walk a 5-K 9:00 Walking GR *9:15 Nurse 9:30 Quilting CR 10:00 Norman Rockwell 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	15. 8:30 Photography 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 9:45 Tai Chi 10:00 Modern Jazz 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 Step Club 2:30 Band BR	16.. 9:00 Walking GR 9:30 Mahjong GA 10:00 Sharpen Your Brain 11:30 Friends Helping Friends 1:00 Pinochle L	17.  Sat. Shop- ping Bus
18.	19 9:00 Walking GR *9:15 Reiki Appt. 10:00 Current Events GA 12:30 Bowling 3:00 Mahjong 1:00 Setback GR 1:00 55 Alive 1:15 Choral St. Lucians 3:00 Mahjong	20. 9:00 Walking GR *9:15 Nurse 9:30 QT Christmas Tree Shop 9:30 Wii Bowling BR 9:45 Tai Chi 10:00 Cribbage GR 10:00 Ladies Billiards 10:00 Caregiving Connections 11-12 Blood Pressure <b>No Open Circle</b> 12:00 Lions Club Picnic 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	21. 8:15 Walk a 5-K 9:00 Walking GR *9:15 Nurse 9:30 Free Computer Class 9:30 Quilting CR 10:00 Medicare Program 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	22. 8:30 Photography 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 9:45 Tai Chi 10:00 Modern Jazz 10:30 Grandparent Program L 11-12 Blood Pressure 12:30 Pool Tournament. 1:00 Fargo Fitness <b>No Knit / Crochet</b> 1:00 Pinochle GA 1:00 Scrabble CA 2:00 10,000 Step Club 2:30 Band BR	23. 9:00 Walking GR 9:00 Shopping Bus 9:30 Mahjong GA 1:00 Pinochle L	24.  Eating 'Troo" Brooklyn  8:00 a.m.
25.	26. 9:00 Walking GR *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 Choral Father B 3:00 Mahjong 3:00 Mahjong	27. 9:00 Walking GR *9:15 Nurse 9:30 Wii Bowling BR 9:45 Tai Chi 10:00 Cribbage GA 10:00 Ladies Billiards 11-12 Blood Pressure <b>No Open Circle</b> 1:00 Pinochle GA 1:00 Wii Bowling GR 1:00 Bridge GR 2:15 Strength Training BR	28. 8:15 Walk a 5-K 9:00 Walking GR *9:15 Nurse 9:30 Free Computer Class 9:30 Quilting CR 10:30 Zumba Gold GR 11-12 Blood Pressure 12:30 Drawing / Painting 1:00 Charlemagne BR 1:00 Bingo GR 3:30 Yoga	29. 9:00 Walking GR *9:15 Nurse 9:30 Ceramics CR 9:30 QT Lyman Orchards 9:45 Tai Chi 10:00 Modern Jazz 10:00 Snappy Seniors 11-12 Blood Pressure 12:30 Pool Tournament 1:00 Fargo Fitness <b>No Knit / Crochet</b> 1:00 Pinochle GA 1:00 Scrabble CA 2:00 10,000 Step Club 2:30 Band BR	30. 9:00 Walking GR 9:00 Trail Walking 9:30 Mahjong GA 10:00 Choral Group 10:30 French 11:00 Dance Group 1:00 Pinochle	

# Nurse's Wellness Clinic

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

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

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

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

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

## Continuous Daily Activities

### Monday

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

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

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

**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

No pre-registration necessary

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

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

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

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

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

### Friday

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

**11:30 Friends Helping Friends (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 in a nursing home in Plainville, Bristol, New Britain, Southington, Farmington, and to the Newington VA Hospital. It will also take you to any destination in Plainville

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

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

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

### **SATURDAY TRANSPORTATION PROGRAM**

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

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

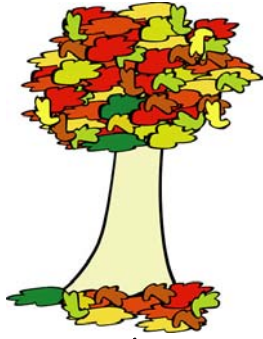
### **OTHER TRANSPORTATION PROGRAMS**

*Call the program for more information*

**Red Cross Transportation: (860)229-1631**

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

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

---

## LEARN ABOUT THE NEW AUTOMATED TRASH AND RECYCLING PROGRAM Held At the Senior Center on Thursday, September 1 at 10:00 a.m.

Dan Grasso, with the Town of Plainville, will review the new automated trash and single stream recycling program that will go into effect beginning September 12. You will learn about the new trash carts, how to position your carts, what can go into the single stream recycling carts and more. Dan will answer any questions or concerns you may have. **Call the Senior Center by August 31 to register for this program.**

---

## THE LIFE AND WORK OF NORMAN ROCKWELL Wednesday, September 14 at 10:00 a.m.

This program is presented by Phyllis and Dr Don Stoltz, Ronda's cousins. They are traveling all the way from Philadelphia just to share this program with us.

Norman Rockwell is a name that evokes thoughts of childhood joys, teenage fun, holidays, sports, patriotism and the American Way of Life. His classic, realistic style of art, as it appeared in millions of magazines, on posters, calendars and in many, many books, appeals to almost everyone from children to centenarians.

In this presentation Phyllis and Dr. Don Stoltz discuss Norman Rockwell's art, his life, his family and their fond remembrances of their many meetings with the famous artist.



Dr. Donald and Phyllis Stoltz with Norman Rockwell

In 1976, Dr. Donald Stoltz, author and Rockwell scholar, co-founded the now famous Curtis Center Museum of Norman Rockwell Art. Since that time, the museum has gained international acclaim, and thousands of visitors have admired Mr. Rockwell's art and enjoyed lectures given by the Stoltz family. You won't want to miss this outstanding, stimulating and humorous program! Everyone will also enjoy a piece of All American Apple Pie. The program is free. **Call the Senior Center by September 9 to register**. The public is invited, so bring your friends.

---

## PICNIC

### ANNUAL POTLUCK PICNIC



At the Senior Center. Co-sponsored by the Plainville Lions Club  
Tuesday, September 20 at 12:00 noon

Hot dogs, Hamburgers, Potato Salad, Macaroni Salad, Baked Beans, Garden Salad, Dessert and Soda will be provided. We will also have entertainment!

The cost is \$5.00 for members; \$7.00 for non-members. Payment is due when you sign up. **Sign up by September 15. Sign-up between 9:15-10:15 a.m. or between 9:15 a.m.—4:00 p.m. on Mega Sign-up Day.**

Volunteers are needed to help with setup, cleanup, etc. Call Ronda if you can help.

---

## ★ Senior Center Cafe ★

Come down to the Senior Center on Tuesdays and Wednesdays, between 11:00 a.m.—1:00 p.m. to have a delicious lunch. For lunch we have a selection of sandwiches, panini and salads, all freshly made. We also have a weekly specials. Stop by the Senior Center for a menu or go to the Town of Plainville website, Senior Center tab, and view it there. Check out our "Early Fall" menu coming out when we open again on September 6.

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

# **CLASSES SIGNING UP IN SEPTEMBER**

Many classes have already begun signing up. Newly announced classes begin signing up on Mega Sign-up Day, September 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**, 12 sessions, Tuesdays and Thursdays, September 6—October 13, 9:45-10:15 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, September 14-October 19, 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, 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 begins on September 6.**

**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, \$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 begins on September 6.**

**FARGO'S FUNCTIONAL FITNESS**, 6 weeks, Thursdays, September 1-October 6, 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 has begun.**

**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**, 6 weeks, Thursdays, September 15-October 20, 9:30—11:30 a.m. \$18.00 members, \$36.00 non-members. Instructor: Gloria Cerniglia. Learn how to choose a piece of green wear, clean it, paint it and glaze it. Beginners welcome! Students are responsible for materials and supplies. **Sign up has begun.**

**INTERMEDIATE / ADVANCED DRAWING & PAINTING**, 6 weeks, Wednesdays, September 14-October 19, 12:30-2:30 p.m. \$18.00 members. Instructor: Pat Mottola. Art students at intermediate or advance levels will explore a variety of subject matter and styles through the use of familiar mediums — pencil, charcoal, pen & ink, pastel and acrylic paint. Emphasis on elements of design and composition. Students are responsible for materials and supplies. **Sign up has begun.**

**MODERN JAZZ, An Introduction to Jazz History**, 6 Weeks, Thursdays, September 8– October 13, 10:00-11:30 a.m. \$12.00 members, Instructor: Bob Paskowitz, professional musician in the greater Hartford area for more than 40 years. He has an extensive knowledge of modern jazz artists and recordings. This course is for everyone and anyone with little or no background in jazz history. The course will cover early jazz, jazz icons including Charlie Parker, John Coltrane and Miles Davis, some jazz vocalists including Billie Holiday and Diana Krall. Special guests, demonstrations and a performance by the instructor will be included! **Sign up has begun.**

**ARTHRITIS FOUNDATION EXERCISE CLASS**, Six 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 begins on September 6.**

# Outdoor Adventure Club

## TRAIL WALKING

### Will Warrens Den in Farmington

Friday, September 30

\$6.00 per person, includes leader and snack. Meet at the trail head on Route 6 at 9:00 a.m. Come explore this historic trail in Farmington. We will enter the trail from Route 6 and hike up to the TV towers and the den. Wear good trail shoes or sneakers and proper clothing for the weather. Bring a water bottle and walking stick if you wish. \*\*\*This hike is a gradual uphill climb on a well marked trail. There are rocks and other obstacles. A very enjoyable hike, but not appropriate for people not familiar with forest walks. **Sign up begins on Mega Sign-up Day, September 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

## TRAIL WALKING

### White Trail in Farmington

Friday, October 16

\$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 begins on Mega Sign-up Day, September 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**




---

## YES, YOU CAN WALK A 5-K (3.1 miles)

**Kick-Off Meeting at the Senior Center on, Tuesday, September 6 at 1:00 p.m.**

**Training on Wednesdays, September 7-September 28, 8:15-9:15 a.m. Meet at Norton Park**

Did you ever want to walk in a 5-K, but you not sure how to get ready for it? Do you want to start a walking routine, but need a little direction and encouragement? Join us at Norton Park on Wednesday mornings at 8:15 a.m., beginning September 7. If you do not want to walk in a 5-K, that is OK. Join us anyway, and enjoy these morning walks with friends or train for your own personal goal. The training will include group warm-ups and stretch, 30-45 minutes of walking, and a group cool down and stretch. This will all be done with a coach who will help with individual goals, walking technique, proper footwear, and improved distance and duration. Each participant will walk at his or her own pace, with the ultimate goal of completing a 5-K, such as the Walk to End Alzheimer's at Bushnell Park, in Hartford, on Sunday, October 2. (Transportation will be provided.) Walkers should wear comfortable walking shoes, bring water to drink and a light snack for after the walk. Whether your ultimate goal is to participate in the Walk to End Alzheimer's, another 5-K, or just to walk with friends, meet us at the Norton Park Pool Parking lot and begin your journey to better fitness. The cost to participate in the training is \$18.00, which includes a stylish t-shirt. Join us at the Senior Center Tuesday, September 6 and get all the information about this program, receive a log sheet and receive information on how we will handle weather related cancellations. **You can register and pay for the training at the informational meeting, or register and pay for the training at the Senior Center between 9:15-10:15 a.m. Call the Senior Center to register for the informational meeting.**

---

## TEN THOUSAND STEP CLUB

**Thursdays, September 15, 22 and 29, 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 the calling the Senior Center.** The program is limited to five people.

---

## LIVING WITH ARTHRITIS AND OTHER RHEUMATOLOGICAL DISEASES

**Wednesday, September 7, 10:00-11:00 a.m.**

Dr. Nicholas Formica, a board certified arthritis doctor, will discuss various types of arthritis, bursitis, tendinitis and other associated rheumatological diseases. Bring your questions! The program is free. **Please call the Senior Center to register.**

---

## FRAUD PREVENTION SEMINAR

**Tuesday, September 13 at 1:00 p.m.**



If it is too good to be true, then it probably is. Don't get caught in a scam. Come to the Senior Center and learn about identity theft prevention, fraud prevention tips, scams (phone, mail, contractors, family and check scams), elderly exploitations and laws to protect the elderly. This free program is hosted by Liberty Bank and the Plainville Police Department. Light refreshments will be served. **Call the Senior Center to register.**



## DENTAL CLINIC AT THE SENIOR CENTER

### Monday, September 12, by appointment

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

## SHARPEN YOUR BRAIN

### Friday, September 16 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 \_\_\_\_\_ from Arbor Rose. **Please call the Senior Center by September 14, to register for this free program.**

## FRIENDS HELPING FRIENDS

The Plainville Senior Center has the perfect solution for those who like to eat out at a restaurant, but do not like to eat alone. The Friends Helping Friends group is made up of single, divorced and widowed seniors. They meet for lunch at a local restaurant on the third Friday of each month at 11:30 a.m. **The next luncheon will be held at Aqua Terra in Plainville, on September 16.** Call the Senior Center for more information or to register for the lunch.

## 55 ALIVE MATURE DRIVING CLASS

### Monday, September 19, 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.**



## SNAPPY SENIORS

Calling all amateur photographers. You are invited to join a loosely formed "club" named the Snappy Seniors. We get together about once a month and travel to various places, such as Magic Wings in Massachusetts or Hartford's Elizabeth Park Rose Garden, just to have fun taking pictures. Anyone interested may join. **We will have an informal planning meeting on September 29 at 10:00 a.m. to decide on photo trips for fall and winter seasons.** Call the Senior Center to register.



## CONVERSATIONAL FRENCH LESSONS

Parlez-vous francais?

Beginning September 30, Fridays, 10:30 a.m.—12:00 noon

Join Bea Dumont, Senior Center member and volunteer, and receive an introduction to some basic French phrases and learn a little about French culture. Bring your questions and suggestions. This class will meet on-going, every Friday. This is a free class. **Call the Senior Center to register.**

## 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 confidentially move forward with your stories and complete them for your children and grandchildren. The cost is \$15.00. **Sign up begins on Mega Sign-up Day, September 6, between 9:15 a.m.—4:00 p.m. or between 9:15-10:15 a.m. on any day following.**

# Computer Classes

## Free Beginners Workshop

2 Sessions

Wednesdays, September 21 & 28

9:30 a.m.—12:00 noon

Instructor: George Carden

Coaches: Rachel Bell and Joan McBain

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 on September 1.**

## Course I - Computer Fundamentals

2 Sessions

Wednesday, October 5 & 12

9:30 a.m.—12:00 noon

Instructor: George Carden

Coaches: Rachel Bell and Joan McBain

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

In Course I you will learn more about computers, Windows, editing documents and how to save and use documents on your hard drive or flash drive. See how technology is changing. **Sign up begins on September 1.**

---

## CALL FOR WRITING SUBMISSIONS

The Downtown and West Oakland Centers Creative Writing programs, in Oakland California, have announced the upcoming publications of *Tapestries*, a professionally published anthology containing the creative writings of seniors (seasoned adults). The anthology is scheduled to be released in December 2011. They want to provide senior writers, whose voices are not normally heard, a chance to express their ideas through their poetry, short stories or essays. They are currently seeking submissions from creative writing seniors (age 50 and over) in the following categories: poetry, short stories and essays. Submissions must be received no later than Friday, October 7, 2011. There is a \$15.00 free per entry to assist in the editing and printing costs. Pick up the application at the Senior Center Front Desk.

---

## MEDICARE 2012

**At the Senior Center on Wednesday, September 21 at 10:00 a.m.**

Ken Weissman, from the CHOICES Program, will do a presentation on Medicare. Ken will give us an overview of Medicare, to refresh our overall understanding of Medicare and the coverage it provides. Ken will focus on Medicare Part D 2012, and go over the options and changes that will be available to us. This year the “open enrollment period” for Medicare Part D is October 15—December 7. Ken’s presentation will provide timely information that will be useful in choosing the most advantageous option available for you. He will also answer any questions you may have. **Call the senior Center to register for this informative opportunity.**

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](mailto: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](http://www.plainvillect.com), under the Senior Center Tab and get the current month’s newsletter, along with all the newsletters from the past year.

---

## MEMBERS OF DRAWING AND PAINTING CLASS ENTERED INTO ART SHOW

**Congratulations to members of our Drawing and Painting Class!** Some of the students have had artwork accepted in the 2011 Connecticut Senior Juried Art Show at Pomperaug Woods in Southbury. The judging took place on August 22, and all winners will be notified by September 2. The exhibit will be open to the public on September 24 and 25, from 11:00 a.m.—4:00 p.m.

---

## Friday Shopping Bus

- **September 9:**            **ShopRite Plaza in Southington**
- **September 23:**        **Stop & 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.

## 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

#### **Bushnell Park—Picnic and Carousel Ride, Hartford Thursday, September 8 (Rain Date: Thursday, September 15)**

\$3.00 payable at sign-up. Bring along a picnic lunch to enjoy at the first park in the country purchased by taxpayers for public use and chock full of history. Then take a ride on the vintage 1914 carousel for \$1.00. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m. Bus leaves OLM parking lot at 10:00 a.m. Returns to Plainville at about 1:30 p.m. **Sign-up begins on September 1 between 9:15 —10:15 a.m.**

#### **Christmas Tree Shop and HomeTown Buffet, Manchester Tuesday, September 20**

\$5.00 payable at registration. Enjoy the morning shopping for all the bargains at the Christmas Tree Shop, then join your friends for lunch at the HomeTown Buffet. Lunch is on your own. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m. Leaves OLM parking lot at 10:00 a.m. Returns to Plainville by 1:30 p.m. **Sign-up begins on Mega Sign-up Day, September 6, between 9:15 a.m. —4:00 p.m. or between 9:15 —10:15 a.m. on any day following.**

#### **Lyman Orchards, Middlefield Thursday, September 29 (Rain Date: Thursday, October 6)**

\$5.00 payable at registration. Take an early fall trip to enjoy picking your own or shopping for fresh fruits, pies, etc. in the Apple Barrel. Lunch is available in the Eatery or (weather permitting) on the deck. Home pick-ups, **for those who do not drive**, will begin at 9:30 a.m. Leaves OLM parking lot at 10:00 a.m. Return to Plainville by 1:30 p.m. **Sign-up begins on Mega Sign-up Day, September 6, between 9:15 a.m. and 4:00 p.m. or between 9:15 –10:15 on any day following.**

### Saturday Shopping Bus

#### **Consignment Shopping, East Hampton Saturday, September 3**

Join us for a day of shopping for great bargains at three consignment shops; XChange for Change, Anything Goes and Red Door Boutique. Each shop carries a variety of consignment items; clothing, jewelry, accessories, home decorations, furniture, glassware, etc. We will stop for lunch at Governor's Tavern. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m. Leaves the Senior Center at 10:00 a.m. Returns to Plainville at approximately 4:00 p.m. To help defray the cost of transportation, a donation of \$3.00 should be given to Jean Kelly the day of the trip. **As we need a count of participants as soon as possible, please call the Senior Center to sign up by Thursday, September 1.** Limit of 12.

#### **St. Lucian's Tag Sale, etc., New Britain Saturday, September 17**

It's time to take advantage of all the bargains at St. Lucian's Tag Sale, then enjoy lunch at a restaurant of the group's choice. Home pick-ups **for those who do not drive** will begin at 9:00 a.m. Bus will then pick up at Senior Center parking lot at 9:30 a.m. Return to Plainville at about 3:00 p.m. To help defray the cost of transportation, a donation of \$3.00 should be given to Jean Kelly the day of the trip. **As we need a count of participants as soon as possible, please call the Senior Center to sign up by Wednesday, September 14th.** Limit of 12.

#### **Plainville AARP Tag Sale, etc. Saturday, October 1**

We are planning a shopping bus trip to the AARP Tag Sale at PARC in Plainville. More information will be available and sign-up will begin after September 19.

## ***Friday Shopping Bus On Page 5***

# TRIPS

## ►► Important Trip Information: ◀◀

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

### Eating Your Way “Troo” Brooklyn Saturday, September 24

\$57.00 per person includes transportation, sightseeing and attractions, local step-on-guide and gratuities. **Important: Cost includes deluxe motorcoach and local guide. The local Tour Guide will share tips and suggestions in each neighborhood. Food cost is NOT include. Each person pays for their own purchases.** There is a moderate amount of walking on this trip. Leaves at 8:00 a.m. from the Plainville Senior Center and returns at approximately 6:30 p.m. Your 5-hour tour with the local expert will include stops in Fort Greene, DUMBO, Clinton Hill, Brooklyn Heights and Park Slope. We will have a chance to explore Sahadi's on Atlantic Avenue, a Middle Eastern gourmet food market with a huge olive bar, spinach and meat pie pastries, cheeses, fruits and olive oils. We'll stop at a local Italian Deli and French Bakery, and conclude our day in DUMBO for wonderful ice-cream and desserts. Enjoy Jacques Torres' famous French chocolate shop and Fulton Ferry for homemade ice-cream. **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.**

### 1/2 Price Foxwoods Trip Tuesday, October 4

\$10.00 per person includes transportation, casino bonuses and driver's gratuity. Leaves at 7:30 a.m. from OLM, leaves the casino at 4:30 p.m., returns approximately 6:00 p.m. **Surprise!** The Plainville Senior Center has won the 1st Foxwoods Give-Away, to be used in part by our Center and in part for Fundraising. For the October 4 Foxwoods Trip, the cost will be 1/2 price, only \$10.00. The remainder of the fundraiser will go to fund our Dial-a-Ride Program. Anyone who has previously signed up and paid \$20.00 will receive a \$10.00 refund check. Space is limited to one bus only. **Sign up for members has begun. Sign up between 9:15-10:15 a.m. or between 9:15 a.m. and 4:00 p.m. on Mega Sign-up Day. Non-members may begin signing up on September 8.**

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

\$2,125 per person double, \$2,095 per person triple, \$2,795 per person single. Trip insurance is optional, but recommended, and costs \$113 double or triple, \$131 single. **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. **Trip is full. If interested, please sign the reserve list.**

### 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. As of printing, we have one seat available. **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. This afternoon 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 home 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.**

**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.**

**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 and also will be provided at the Trip Presentations scheduled for Monday, September 12 at 4:00 p.m.** Our trip includes 8 of the 12 days on land, seeing the sights by train, motorcoach, catamaran and even a sternwheeler. The highlights include: 26 glaciers; whales; and tons of wildlife in Prince Williams Sound, aboard the most luxurious catamaran in Alaska, narrated by a U.S. Forest Service Ranger. Travel by the largest domed railcars to Denali National Park, with an overnight stay in the park, a 5-hour Denali History Tour and a ride through moose habitat. Visit the Gold Dredge No 8, the famous museum of the North; Tetlin Wildlife Refuge, Wrangell Mountains, St. Elias Mountains and Kluane National Park. You will meet the famous sled dogs of Uncommon Journeys, Ride the 1850's White Pass and Yukon Railroad through breathtaking terrain, and enjoy 4-days on Holland America's Cruise Ship to Vancouver, British Columbia. Our trip will visit Anchorage, Fairbanks, Tok, Beaver Creek, Whitehorse, Fraser, Skagway, Ketchikan and others. Additionally, a tour guide will be with us the entire trip from your pick-up in Plainville until you return to Plainville. Complete itineraries are available at the front desk. A passport is required for this trip. **Call to register for the trip meeting. Sign-up has begun.**

**MEGA SIGN-UP DAY**

On **September 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

**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 for members begins on Mega Sign-up Day, September 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 September 13.**

**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 holiday lunch will be at the elegant Shadows on the Hudson. This fine dining restaurant welcomes us to a delicious holiday lunch. 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 for members begins on Mega Sign-up Day, September 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 September 13.**

---

## Upcoming Trips

**Save the Date**

**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**

---

## PICNIC IN THE PARK



Join us on **Tuesday, September 13** for a Picnic in the Park. Kristy, from the kitchen, and her staff will be serving lunch at Norton Park. Lunch will be served at noon and will include chef salad. Transportation, for those who do not drive, will be provided. The cost is a suggested donation of \$2.50. **For more information or to register, call Kristy in the kitchen.**

---

**GLUTEN FREE FAIR  
Sunday, October 16  
Elmwood Senior Center**

We will provide free bus transportation for any Senior Center member interested in attending. More information will be available from our Nurse Diana after the Gluten Free Meeting in September.

---

## 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](http://www.aarp.org/taxaide). *AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with IRS.*

---

**Help Wanted:** G4S Secure Solutions (USA) Inc, has immediate openings in the Bristol, CT area for Crossing Guards, \$9.50 per hour. Call 860-424-0028 for more information.

**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****July 18-August 19**

Paul Bernier, Open Circle, Jim Rio, Anonymous, Middlewoods of Farmington, Margaret Riordan, Rosaleen Peters, Robert Sanford, Bob Hull, Frank Robinson, Jane Mack, Larry Kendall, Norma DeFelice, Bev Heslin, Barry Mallett

**Pool Table:** Thursday Pool Players**Dial-A-Ride:** Anonymous, United Way, Truist, Laura LaCombe, Rosaleen Peters**MEMORIAL DONATIONS****July 18-August 22**

The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Citizens Center. The deceased person's name will be listed in the Memorial Book displayed in our lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

*In Memory of Annemarie Berarducci:* Anna Smedick

**CHEER REPORT****July 20-August 18**

**CHEER CARDS:** Irene Wygonoski, Helen Bergenty, Lena Capodice, Claire Tanguay, Shawn Cohen, Geraldine Wells

**SYMPATHY CARDS:** Family of Viola Guimond, Family of Edith Seifel, Family of Rose Lucco, Family of Mary Alger, Robert Wassil, Claire Camp, Eva Schilling, Thomas and Phyllis Rustico

**NEW MEMBERS****July 1-30**

Marion Pearson, Donna Parratt, Helen Folscheid, "Dru" cilla Tucker, Robert Poverman, Jean Stasonis, David Cassile, Susan Cassile, Paul Bernier, Kenneth Provost, Maryann Provost, Brenda Berardy, Michael Hall

**Billiards Winners****July 21: #1** Ray Boucher & Mitch Ziolkowski **#2** Curt Graves & Jack Rosay**July 28: #1** Jack Rosay & Paul Martel **#2** Joe Micale & Mike Hermanowski**August 4: #1** Wilson Belanger & Joe Palumbo **#2** Douglas Blankenship & Mitch Ziolkowski**August 11:#1** Joe Troy & Joe Giannattasio **#2:** Jack Rosay and Doug Blankenship**Setback Tournament Winners****July 25: 1st:** Ida Pedrolini and Mina Fusaro **2nd:** Verna Pekrul and Walter Mackiewicz  
**3rd:** Bernard Grabeck and Ed Cisz**August 1: 1st:** Paul Martel and Bob Hull **2nd:** Roger Willequer and Joe Fortuna  
**3rd:** Carol Diana and Barbara Cichon**August 8: 1st:** George Reinwald and Charlie Stepney **2nd:** Pat Roper and Sally Miller  
**3rd:** Agnes Ogonowski and Irene Wygonoski**August 15: 1st:** Roy Kaine and Richard Nordgren **2nd:** Bob Raymond and Marcel Boilard  
**3rd:** Bernard Grabeck and Joan Caron

**COFFEE WITH A SOCIAL WORKER**  
**Monday, September 12 and 26, 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 and improve energy and overall well-being and has many benefits for the mind, body and spirit. **Call the Senior Center and register for your free 1/2 hour Reiki session with Barbara Birth.** Barbara has been a Usui Reiki Practitioner since 2006 and became a Reiki Master Practitioner in 2008.

-----  
**GRANDPARENTS / RELATIVES RAISING GRANDCHILDREN SUPPORT GROUP**

**Thursday, September 22 at 10:30 a.m.**

**At the Plainville Library**

Welcome Back!!!! Join us for our Grandparents Raising Grandchildren Informational and Support Meeting. We will share the memories that were made this summer, and we will start getting organized for the year ahead. We want your input for future meetings, so bring your ideas. Refreshments will be provided.

This support group is intended for individuals raising their grandchildren and are looking for information, support and an opportunity to meet other grandparents with similar needs. 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, September 20 at 10:00 a.m.**

New members always welcome! Join us as we resume our Caregiving Connections Support Group. In this group we share friendship and support with others, who understand the challenges of caring for loved ones while maintaining one's own health and sense of humor. Take time out to share your experiences and to learn from the experiences of others.

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, September 14 at 1:00 p.m.**

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

-----  
**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	
Arthritis Program	3
Automated Trash Prg.	1
Billiards Winners	10
Café	1
Caregiving Connections	11
Cheer Report	10
Choral Group	12
Coffee with a Social Worker	11
Computer Classes	5
Congregate Meal Program	12
Craft Classes	2
Creative Writing	
Daily Activities	*BC
Dental Clinic	4
Donations	10
55 Alive	4
Fitness Classes	2
Fraud Prevention	3
French	4
Friends Helping Friends	4,12
Friday Shopping Bus	5
Gluten Free	9,11
Grandparents Program	11
Medicare 2012	8
New Members	10
Norman Rockwell	1
Nurse Information	*BC
Outdoor Adventure Club	3
PEAK Center	11
Photography	3
Picnic in the Park	9
Pot Luck Picnic	1
Quick Trips	6
Reiki	11
Saturday Shopping Bus	6
Setback Winners	10
Sharpen Your Brain	4
Snappy Seniors	4
10,000 Step Club	3
Transportation	*BC
Trips	7,8,9
Walk a 5-K	3
Women's Breakfast	12
Yoga	2
<b>*BC = Back of Calendar</b>	

**Women's Breakfast**  
**Wednesday, September 14, 8:00 a.m.** at Oasis Restaurant  
 Call the Senior Center for more information or to register.

**Friends Helping Friends**  
**Friday, September 16**  
**11:30 a.m.**  
 Aqua Terra  
 See page 4 for more information

**Choral Group Rehearsal**  
**Friday, September 9**  
**Friday, September 30**  
**10:00 a.m.:** Choral Group  
**11:00 a.m.:** Dance Group

**Alzheimer's Support Group:** Mulberry Gardens of Southington, Second Tuesday of Every Month at 6:30 p.m. Call Marie Terzak, 860-276-1020 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Congregate Meal Program: September</b>			1. Stuffed Green Pepper	2. C.W. Cheese Burger
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.				
5. Labor Day Closed	6. Sole Florentine	7. Chicken Tenders	8. Homemade Meatloaf	9. Roast Pork w/ Apple Gravy
12. Pot Roast	13. Picnic in the Park See Page 9 Chef Salad	14. Knockwurst	15. Ziti w/ Italian Sauce and Meatballs	16. Ham w/ Pineapple Sauce
19. Baked Manicotti	20. No CW Lunch Sign up for the Lion's Picnic. See Page 1	21. Salisbury Steak	22. Seafood Salad over Bed of Greens	23. Roast Turkey w/ Turkey Gravy
26. Foot long Hot Dog w/ Sauerkraut	27. Veal Parmesan	28. Latino Pork Stew w/ Fresh Vegetables	29. Swedish Meatballs w/ Seasoned Brown Gravy	30. Baked Chicken Leg and Thigh

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