April 2016

Plainville Senior Center , 200 East Street, Plainville CT 06062 Phone 860-747-5728

The Knitting Class is in need of Homespun yarn for Peaceful Shawls, which they will be making and donating to the Hospital for Special Care.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					1 9:00 Walking GR - (when possible) 9:00 Inter Yoga (Library) 9:15 Shopping Bus 9:45 Choral Group 10:30 Cardio Step & Abs GR 12:00 Pinochle (Library)	2
3	4 *9:00 Nurse 9:00 Walking GR- (when possible) 12:30 Bowling 1:00 Aerokick & Abs BR	5 *9:00 Nurse 9:00 Walking BR - (when possible) 10:00 Income Tax GR 12:30 Open Circle 1:00 Up-Right and Balanced BR NO LADIES BILLARDS	6 FREE SIGN-UP 9:00 Walk at West Harford Reservoir 9:00 Walking GR - (when possible) 1:00 IPad Basics GA 3:00 Power Burst (Paderewski Park) 4:00 Zumba Gold & Tone (Linden Street School)	7 MEGA SIGN-UP *9:00 Nurse 9:00 Walking GR - (when possible) 9:00 Begin Yoga (Library) 9:30 Ceramics CR 12:00 Pool Tournament	8 9:00 Walking GR - (when possible) 9:00 Inter Yoga (Library) 10:00 COA 12:00 Pinochle (Library)	9 9:30 Tanger Outlets
10	11 *9:00 Nurse 9:00 Walking GR- (when possible) 12:30 Bowling	12 CAFÉ CLOSED *9:00 Nurse 9:00 Walking BR - (when possible) 10:00 Income Tax GR 10:30 Caregiving Connections (Library) 12:30 Open Circle 1:00 Up-Right and Balanced BR NO LADIES BILLARDS	13 CAFÉ CLOSED 9:00 Walking GR - (when possible) 10:30 Quilting (Library) 10:30 Brighter Focus (Library) 1:00 IPad Basics GA 3:00 Power Burst (Paderewski Park) 4:00 Zumba Gold & Tone (Linden Street School)	14 9:00 Walking GR - (when possible) 9:00 Begin Yoga (Library) 9:30 Ceramics CR 12:00 Pool Tournament	15 9:00 Walking GR - (when possible) 9:00 Inter Yoga (Library) 9:15 Shopping Bus 10:30 Cardio Step & Abs (Library) 11:30 Friends Helping Friends 12:00 Croquet & Cookout 12:00 Pinochle (Library)	16 9:30 CT Historical Society
17	18 8:15 Newport Playhouse *9:00 Nurse 9:00 Walking GR- (when possible) 10:15 Current Events (Library) 10:30 Acrylic Painting (Library) 12:30 Bowling 12:30 Questions for the Social Worker 1:00 p.m. Bicycle Tune-Up Day 1:00 Aerokick & Abs (Library)	19 CAFÉ CLOSED *9:00 Nurse 9:00 Walking GR - (when possible) 10:00 Ladies Billards 10:00 Wii Bowling: Plainville vs. Middlewoods of Newington 10:15 Italian (Library) 12:30 Open Circle 1:00 Up-Right and Balanced BR	20 CAFÉ CLOSED 9:00 Walking GR - (when possible) 9:00 Walk at White Trail, Farmington 10:30 Quilting (Library) 2:30 p.m. Keeping Your Memory Strong and Brain Healthy (Library) 3:00 Power Burst (Norton Park) 4:00 Zumba Gold & Tone (Linden Street School)	21 *9:00 Nurse 9:00 Walking GR - (when possible) 9:00 Begin Yoga (Library) 9:30 Ceramics CR 10:00 Snappy Seniors (Library) 10:30 Beg. Fargo Fit (Library) 11:30 Int. Fargo Fit (Library) 12:00 Pool Tournament 1:00 Knit & Crochet (Library)	22 9:00 Walking GR - (when possible) 9:00 Inter Yoga (Library) 10:30 Cardio Step & Abs (Library) 12:00 Pinochle (Library) 	23 9:30 Simsbury Commons
24	25 *9:00 Nurse 9:00 Walking GR- (when possible) 10:15 Current Events (Library) 10:30 Acrylic Painting (Library) 12:30 Bowling 12:30 Questions for the Social Worker 1:00 Aerokick & Abs (Library)	26 CAFÉ CLOSED *9:00 Nurse 9:00 Walking GR - (when possible) 10:00 Ladies Billards 10:15 Italian (Library) 12:30 Open Circle 1:00 Up-Right and Balanced BR	27 CAFÉ CLOSED 9:00 Walking GR - (when possible) 9:00 Picnic on the Pinnacle 10:30 Quilting (Library) 2:30 p.m. Keeping Your Memory Strong and Brain Healthy (Library) 3:00 Power Burst (Norton Park) 4:00 Zumba Gold & Tone (Linden Street School)	28 9:00 Walking GR - (when possible) 9:00 Begin Yoga (Library) 9:30 CT Triad Conference (Bristol Senior Center) 9:30 Ceramics CR 10:30 Beg. Fargo Fit (Library) 11:30 Int. Fargo Fit (Library) 12:00 Pool Tournament 1:00 Knit & Crochet (Library)	29 9:00 Walking GR - (when possible) 9:00 Inter Yoga (Library) 9:15 Shopping Bus 10:30 Cardio Step & Abs (Library) 12:00 Pinochle (Library)	30

CALENDAR KEY:

GR: Green Room, **BR:** Blue Room, **GA:** Game Room, **CR:** Craft Room, **C:** Café, **CL**: Computer Lab, **OS:** Old Store, **L:** Library, ***:** By Appointment

DROP-IN ACTIVITIES

Once the parking lot construction begins at the Senior Center, drop-in activities such as **(Bridge, MahJong, Scrabble, Charlemagne, Mexican Train, Coloring, Pinochle and Cribbage)** will be held at the Plainville Public Library. Please refer to the days and times below. Card tables will be available for your use at the Library. In addition, please see the blue page for information about these activities held at the Bristol Senior Center while we are under construction.

Monday

3:00 p.m. - 5:00 p.m. - Auditorium - The room is available every Monday from April 18, until the construction ends. The room is NOT available April 4, and April 11.

Wednesday

12:30 p.m. - 2:00 p.m. - Auditorium - The room is available every Wednesday from April 13, until June 8. The room is NOT available April 6.

Friday

1:00 p.m. - 3:00 p.m. - Auditorium - The room is available every Monday from April 15, until June 3. The room is NOT available April 1, and April 8.

Nursing Services

During construction, Foot Care, Cholesterol Testing and Ear Wax Removal appointments will be at the Plainville Senior Center

Foot Care

Regular Foot Care and Diabetic Foot Care

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is $15.00 and must be paid with exact change or by check only (made out to the Plainville Senior Center) neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Foot care is for Senior Center members only.**

Blood Pressure Clinic

Walk-in Blood Pressure Clinics (no appointment needed) will be held on the 2nd Thursday of each month from 1:00 - 2:00 p.m. This service is provided by Hartford Healthcare Senior Services. Blood Pressure Clinics will also be offered monthly by The Summit in Plantsville one Wednesday per month from 11:00 a.m. - 12:00 noon. Additional Blood Pressure Clinics may be offered monthly. Check the Newsletter. There will be no nurse appointments for blood pressure this month. Blood Pressure Clinics are for Senior Center members only.

There are no Clinics in April.

Cholesterol Testing

With a ten-minute appointment and a few drops of blood from a fingertip, you can know your numbers for total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose. This form of testing does not require fasting. These numbers, along with a few other risk factors, can help your provider determine your personal cardiovascular risk. The cost is $10.00, payable at the appointment. **Call the Senior Center to make an appointment to have your cholesterol tested.**

Ear Wax Removal

Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and at the same time, pick up the paperwork that must be filled out and brought in at the time of your appointment.

At least five days prior to your appointment, you will need to purchase Debrox wax remover or hydrogen peroxide. You will need to lie on your side with your ear up, place 5-10 drops of Debrox wax remover, or fill ear with hydrogen peroxide, and let sit for five minutes. After five minutes, allow to drain out and repeat with other ear. This must be done daily for the five days before your appointment. (Do not count the day of your appointment. So if your appointment is on Wednesday, start with the ear wax prep on Friday.) **Do not poke ears with Q-tips!** Call the Senior Center for more information.

Recycle Your Old Cell Phones!

Do you have old cellular phones that you don't know how to properly dispose of? Keep them out of landfills by donating them to The Plainville Senior Center. The NCOA (National Council on Aging) has partnered with Cellular Recycler to help raise money for Senior Centers all around the USA. Every old, pre-used or even broken cellphone you recycle will be appraised and refurbished. The Donation will go directly to benefit our Dial-A-Ride program here at the Senior Center. The donation box is located in the hallway between the main office and billiards room on the table. Please drop **ONLY** cellular phones in the box! We cannot take phone chargers or any other type of electronic device. **Thank you to all who have donated. The money received from these cellular phones goes to support Dial-a-Ride! Every phone helps, tell your friends and family! Please see Dawn with any questions.**

S.E.N.I.O.R. April 2016

Plainville Senior Center

*Dynamic Past * Vibrant Future*

Shawn Cohen, Director
Ronda Guberman, Assistant Director
200 East Street, Plainville CT 06062
Phone 860-747-5728
Email newsletter inquiries to plainvilleseniorctr@yahoo.com
Hours: Monday 9:00 - 6:00 p.m., Tuesday-Thursday 9:00 – 5:00 p.m., Friday 9:00 - 1:00 p.m.

LEGAL NOTICE
TOWN OF PLAINVILLE
BUDGET TOWN MEETING
APRIL 26, 2016

THE LEGAL VOTERS OF THE TOWN OF PLAINVILLE and such owners of property as are permitted by law to vote at the Town Meeting are hereby duly warned and given notice that the annual Town Meeting will be held on Tuesday April 26, 2016 between 6:00 a.m. and 8:00 p.m. at the Plainville Fire House, 77 West Main Street, solely for the purpose of voting on the General Government Budget and the Board of Education Budget for Fiscal Year 2017 as proposed by the Town Council and published in a legal notice on April 14, 2016.

In accordance with the Charter of the Town of Plainville, should the Town Meeting fail to adopt either budgets at the first so called on the Last Tuesday in April, the Town Meeting shall be adjourned to the Second Tuesday in May and subsequently adopted, in accordance with the provisions of Chapter VII Section 6 of said Charter.

Dated at Plainville, Connecticut this 14th day of April, 2016.

Carol A. Skultety, Town Clerk
& Clerk of the Town Council

Dental Clinic

July 11, 2016 - July 15, 2016 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, and sealants and x-rays when appropriate. The 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 $1,928 (married). For scholarship information contact Stephanie or Ronda at the Senior Center. **For appointments and information please call Melissa at Community Health Center, 860-983-2990.**

Funding for scholarships is made possible in part by a grant through the Older Americans Act through the North Central Area Agency on Aging.

"How to Fight Fraud and Identity Thefts"
Presented by The Connecticut Masters' Games and AARP Fraud Watch Network

Sunday, May 15 at 3:00 p.m., the Connecticut Masters' Games and the AARP Fraud Watch Network are providing a free seminar about how to protect yourself and your family from ID theft, scams and fraud. Non-members and members alike can stay up-to-date on con artists' latest tricks and find out what to do if they or someone they know is being victimized. The seminar will be held at the New Britain High School Lecture Hall in New Britain, CT.

This interactive seminar takes a look at the psychology behind ID theft, fraud, and scams. Through actual footage of scammers as well as insights and advice, you will walk away armed with the expertise you need to keep you and your family protected.

If you would like to sign-up for this free seminar, please contact Ryan West, Director of Operations, Connecticut Sport Management Group, at (860) 788-7041

UP-RIGHT AND BALANCED

NEW CLASS June 14 - August 2!! Check the class schedule for more details.

Community Awareness Program - The Plainville Coalition for Positive Youth Development
April 19 and April 26, 5:00 p.m. - 8:00 p.m. (attendance at both sessions is required)

The Plainville Coalition for Positive Youth Development is holding a free community awareness program where you can learn how to support youth with issues including substance abuse, gambling, mental health and more. This comprehensive training provides excellent information and resources for community leaders, parents, teachers, coaches, faith based groups and anyone who works with youth! The information and training are free, the lessons learned can save a life and last a lifetime. Attendance at both sessions is required. A complimentary light dinner will begin at 4:45 p.m. The program will take place in the Auditorium of the Plainville Public Library, 56 East Main Street, Plainville. Those who complete both training sessions will be awarded 6 CEO credits. Participants will receive certification for QPR/ Suicide Prevention training. Registration is mandatory. Please call (203) 303-3391 to register, no later than April 15, 2016.

This training program is brought to you by CMHA's Substance Abuse Action Council and the State Department of Mental Health and Addiction Services Problem Gambling Unit.

Early 2016 Senior Center Special Events

AARP Smart Driver Course

Tuesday, May 3, 1:00 p.m. - 5:00 p.m. at the Plainville Library

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. 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 $15.00 for AARP members providing a membership number and $20.00 for all other attendees. Please bring a bag lunch if you wish. This class will be held at the Plainville Library. Sign-up has begun.**

"Ador-a-Bowl" Basket Making Class

Friday, June 10, 9:00 a.m.

Debbie, the daughter of one of our members, Bonnie Carilli, will be teaching a small basketry class. Learn to make an "Ador-a-Bowl" Basket in one day! If you've ever wanted to try your hand at basket making, this is the class for you! **The bowl is made with a 5" wood base, using a basic over under weave technique, it is perfect for beginners! The class is limited to 10 people, and the cost is $25.00 per person and it includes all supplies. Sign-up begins April 7.**

Debbie has had an interest in basketry for over 30 years. She has discovered that you don't just make a basket, you have to create a basket. She opened her ETSY shop in May 2013. She has sold her baskets at the Norfolk Artisans Guild, New Hartford Junction, and Farmers Markets. In 2016 she will be participating in two large shows: CT Made at Polo Grounds Farmington and Thames River Art and Craft Show. She is living her dream, and loves sharing it with people.

Income Tax Assistance at the Senior Center

AARP Tax-Aide, a free program, provides income tax preparation assistance for low to middle-income taxpayers of all ages, with special attention to those 60 and older. If married, both husband and wife should be present during an income tax counseling session. Taxpayers must bring all information and documents that apply to their 2015 income taxes to their appointment.

The appointments will be held on Tuesdays through April 12 from 10:00 a.m. - 2:00 p.m. To schedule an appointment with a certified Tax-Aide counselor or for more information, call the Senior Center, 860-747-5728. You can pick up a completed list of items to bring to your appointment at the Senior Center front desk. Sign-up has begun.

"Casino Night" Dinner Dance

There will be a "Casino Night" Dinner Dance at the Plainville High School, 47 Robert Holcomb Way, on April 28, 2016 from 5:30 p.m. - 8:30 p.m. The Dinner Dance costs $8.00 and is open to seniors. Stop by and enjoy a Live DJ, 3-course meal, photo booth, raffles and more! Tickets are available at the Senior Center or at the Plainville High School.

Weekly Tournament Winners

Billiards Winners

February 11: **1st:** Joe Beaudin & Don Carlson
2nd: Stan Funk & Rich Nordgren

February 18: **1st:** Stan Funk & Edward Zareck
2nd: Joe Beaudin & Ellen Couture

February 25: **1st:** Tony Lusitani & Stan Funk
2nd: Joe St. Pierre & Al Berube

March 3: **1st:** Stan Funk & Ellen Couture
2nd: Joe St. Pierre & Wilson Belanger

March 10: **1st:** Stan Funk & Rich Nordgren
2nd: Mitch Ziolkowski & Bob Ryer

March 17: **1st:** Mitch Ziolkowski & Tony Lusitani
2nd: Don Carlson & Rich Vantrisco

Setback Tournament Winners

February 22: **1st Place Tie:** Harold Bissonette & Marla Ludwig; Lee Mills & Sandy Tyminski

February 28: **1st:** John Sisson & Roger Soucie
2nd: Elaine Chartier & Joan Oliveira
3rd: Lorraine Stachelek & Ida Pedrolini

March 7: **1st:** Ed Marcinczyk & Sandy Stoutenberg
2nd: Fran Bolduc & Tony Lusitani
3rd: Sally Miller & Gemma Croteau

March 14: **1st:** Bernard Grabeck & John Daversa
2nd: Verna Pekrul & Eunice Pancoch
3rd Place Tie: Helen Locks & Rose Dunlop and Jean Raducha & Terry Pedrolini

March 21: **1st Place Tie:** Tony Lusitani & Fran Bolduc; Alyce Lembo & Joe Fortuna
2nd: Olga & Charlie Stepney

Wii Bowling Winners

Wii I AM

February 2: **1st:** RoseMarie Machowski
2nd: Evelyn Case **3rd:** Lynne Krakauske

February 9: **No Wii AM Bowling**

February 16: **No Wii AM Bowling**

February 23: **1st:** Marilyn Paczkowski
2nd: Evelyn Case **3rd:** Georgia Jewell

March 1: **1st:** Lynne Krakauske **2nd:** Georgia Jewell
3rd: Evelyn Case

March 8: **1st:** RoseMarie Machowski
2nd: Evelyn Case **3rd:** Lynne Krakauske

Peaches and the Pit

February 16: **1st:** Anne Theriault **2nd:** Bev Heslin
3rd: Jack Cassidy

February 23: **1st:** Donna Lundy **2nd:** Roseanna Garcia
3rd: Sally Miller

March 1: **1st:** Roseanna Garcia **2nd:** Donna Lundy
3rd: Barb Cichon

March 8: **1st:** Roseanna Garcia **2nd:** Barb Cichon
3rd: Marie Cassidy

Craft & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

- **Members may sign-up for new classes beginning on Mega Sign-up Day, April 7, between 9:15 a.m. - 4:00 p.m. or between 9:15 a.m. - 12:00 p.m. on any day following. You may also sign-up on Mondays, between 5:00-5:30 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins.**
- **The Drop-in rate for any of the classes (that allow drop-ins) is $5.00 for Senior Center members and $8.00 for non-members.**
- **Financial assistance is available to Plainville Residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda for details.**

Mondays:

ACRYLIC PAINTING (BEGINNER & INTERMEDIATE): Current session ends April 25. When construction begins, classes will be held in the Library Auditorium from 10:30 – 12:30 (no classes April 4 or April 11), please note time change. You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas' and drawing pads. Scholarships are also available through the generosity of the Plainville Amateur Art Group, call Ronda for information. Instructor: Abbe Wade. **Next session: 8-weeks, May 2 – June 27 (no class May 30), $24.00 members; $48 non-members. Sign-up has begun.**

AEROKICK & ABS: Current session ends April 4. When construction begins, classes will be held in the Library Auditorium from 1:00 -2:00 p.m. Kick up your workout with a fusion of low impact aerobics and circuit stations with basic kickboxing moves. 3 minutes of low impact aerobics followed by 2 minutes of kick box. All levels of fitness welcomed. Includes 15 minutes of abdominal exercise at the end of each class. You can do the abdominal exercise sitting, standing or on a mat! Instructor: Eileen Cyr. **Next session: 6-weeks, April 18 – May 23, $18.00 members only. Sign-up has begun.**

Tuesdays:

ITALIAN: Current session ends June 7. When construction begins, classes will be held in the Library from 10:15 – 11:15 in the small conference room, please note time change. Instructors Angela Civitillo & Juliana Rudolph will build upon what they taught last year and turn simple words into phrases, sentences and conversations. Open to students who have previously taken the beginner's Italian class last year. **No fee. Limited to 12 people, members only. The class is full, please sign the waiting list.**

UP-RIGHT AND BALANCED: Current session ends April 26, 1:00 - 2:00 p.m. We are planning on holding all the classes at the Senior Center, unless we notify participants of a change. Class is full, please sign the waiting list. *This class is ideal for individuals who want to improve strength, balance, coordination and agility!* If you've had a joint replacement, have arthritis, fear of falling, dizziness, or are unsteady, then this class is perfect for you! Each class participant will receive a pre and post balance screening to determine your level of balance. **NEW SESSION: 7-Weeks, June 14 - August 2 (no class 7/5). No fee, limited to 12 students. Sign-up begins April 6.**

Wednesdays:

QUILTING: When construction begins, classes will be held in the Library Auditorium from 10:30 – 12:30, please note time change. (No classes April 6 or April 13) Beginners are always welcome to the class. Beginners will learn proper rotary cutting and sewing techniques. Class participants also work on the annual Senior Center quilt that is raffled during the Holiday Fair, if they wish, or they may work on their own projects. **Classes are on-going, $2.00 per class when attendees are not working on the quilt. Instructor: Karen Kebinger. Sign up has begun.**

ZUMBA GOLD & TONE: When construction begins, classes will be held in the gymnasium of Linden Street School. Use the back parking lot and back entrance. The gym is to the right of the door. Class will be held from 4:00 – 5:00 p.m., (note the time change). The Zumba Gold Class and the Zumba Tone Class will be combined for this session. This is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA and adjust it to accommodate participants of all ages and fitness levels. The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. Instructor: Amy Gray. **Until the parking lot construction is over, classes will be $3.00 per class, payable at class. Please bring exact change.**

POWER BURST: Classes will be held at the Senior Center, based on parking availability and at various surprise locations throughout Plainville (think OUTDOORS!) from 3:00 - 4:00 p.m. This circuit training exercise program, made up of 6-10 "stations", is a great way to improve mobility, strength and stamina. At each station a special exercise is done for 1-2 minutes, followed by 2 minutes of walking or marching in place. Instructor: Ann Fargo. **8-weeks, March 30 – May 18, $16.00 members only. Sign-up has begun.**

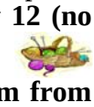
Thursdays:

CERAMICS: Ceramic classes will be held only (9:30—11:30) when parking is available at the Senior Center. Students will pay the instructor when class is in session ($4.00 per class). Please call the Senior Center to check on whether the class will be held or not. Members only. Instructor: Gloria Cerniglia. Learn how to choose a piece of green ware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own green ware, brushes and specialty supplies. Class fee includes instruction, glazes and firing.

BEGINNER'S YOGA FOR EVERY BODY: This class is held at the Plainville Public Library at 9:00 a.m. and is designed for individuals who are new to yoga. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. Tim Molnar, our certified yoga instructor, has practiced yoga since 2003 and has shared his passion for yoga since 2011. **8 -Weeks, March 17 - May 5. $24.00 members only. Sign-up has begun.**

BEGINNERS FARGO'S FUNCTIONAL FITNESS: When construction begins, classes will be held in the Library Auditorium from 10:30 – 11:15 a.m. (note the time change). Instructor Ann Fargo teaches this popular exercise class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **6-Weeks, March 17 - May 12 (no class April 7 & April 14). $12.00 members only. Sign-up has begun.**

INTERMEDIATE FARGO'S FUNCTIONAL FITNESS: When construction begins, classes will be held in the Library Auditorium from 11:30 – 12:15. (note the time change). Instructor Ann Fargo teaches this popular exercise class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **6-Weeks, March 17 - May 12 (no class April 7 & April 14). $12.00 members only. Sign-up has begun.**



KNITTING & CROCHET: When construction begins, classes will be held in the Library Auditorium from 1:00 – 3:00. Instructor Evelyn Morin. Finish an old project that's been hanging around in your closet or start something new! **6-Weeks, March 17 - May 19 (no class April 7, April 14, May 5, May 12). $12.00 members, $24.00 non-members. Sign-up has begun.**

Fridays:

INTERMEDIATE YOGA FOR EVERY BODY: This class is held at the Plainville Public Library at 9:00 a.m. and is designed for individuals who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. Tim Molnar, our certified yoga instructor, has practiced yoga since 2003 and has shared his passion for yoga since 2011. **8-Weeks, April 1 - May 20. $24.00 members only. Sign-up has begun.**

CARDIO STEP & ABS: Current session ends April 1. When construction begins, classes will be held in the Library Auditorium from 10:30 - 11:30 a.m. Instructor: Eileen Cyr. Step up your work-out with a 45 minute step/ low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). **NEW SESSION: 8-Weeks, April 15 - June 3. $16.00 members, $32.00 non-members. Sign-up has begun**

Computer Class

iPad Basics

Wednesdays, 1:00 p.m. - 3:00 p.m.

Instructor: Evelyn Morin. Learn all the basics of your new IPad in this fun and informative class. Learn its main components including the keyboard, internet, camera and basic apps and its intermediate functions such as sending e-mails, music and using social media sites like Facebook. **Limited to 8 participants.** You must own or borrow an IPad and bring it to class with you. **Current Session ends April 13. NEW SESSION: 5-Weeks, May 18 - June 15, cost is $25.00 for members and non-members, plus the cost of a textbook. Sign-up begins April 7.**

Plainville Adult Education

Plainville Adult Education offers the National External Diploma Program (NEDP) federally funded by a grant in partnership with Bristol Adult Education designed for adults who have gained skills through life experiences and have demonstrated competence in a particular job, talent, or academic area. This self-paced program does not require classes. Alternatively, it provides a self-paced, one-on-one experience with a trained NEDP Assessor/Advisor, providing flexible meetings by appointment, to demonstrate complete mastery of skills. Program completion can vary, but averages six months to a year.

If you know someone who would benefit from cost-free National External Diploma Program or ABE, please ask them to call Plainville Adult Education today (860) 793-3209.

"Keeping Your Child Healthy & Safe" - The Plainville Coalition for Positive Youth Development
April 7, 6:15 p.m. - 8:00 p.m.

The Plainville Coalition for Positive Youth Development is holding a forum featuring experts who will address issues impacting youth including: stress, anxiety, depression and their connection to social media / internet / substance abuse and risky behaviors. Feel free to email your questions ahead of time when you RSVP, or questions will be collected anonymously prior to the start of the program. The forum will be held in the Middle School Ventrelli Auditorium, 150 Northwest Drive. Babysitting will be provided by Plainville High School students. Light refreshments will be served. There is no charge for the program, registration is preferred. **To register for the program, please contact Tina Gryguc at the Plainville Board of Education, (860) 793-3210, ext. 206 or via email at gryguct@plainvilleschools.org, no later than April 5, 2016.** Please provide the names of the adults who will be attending the program, as well as the names and ages of children who will need childcare.

OUTDOOR ADVENTURE CLUB

Please Note: It is very important that all participants of <u>any Outdoor Adventure</u> activity register in advance (by calling or stopping by the Center) even if payment is not due until the day of the event. Programs may get cancelled if we do not have enough participants registered in advance. We also need to give an accurate roster to the group leader.

WEDNESDAY WALKS IN THE WOODS

- **Wednesday, April 6, 9:00 a.m., West Hartford Reservoir, West Hartford, CT**

Walk for 1 - 1 1/2 hours over moderate forest trails and some small hills

Cost is $3.00 due to Ann on the day of the trip. Sign-up begins April 1

- **Wednesday, April 20, 9:00 a.m., White Trail, Farmington, CT**

Easy to moderate 1 hour walk, for active people who want to get away from the gym

- **Wednesday, April 27, 10:00 a.m. Picnic on the Pinnacle, Plainville, CT**

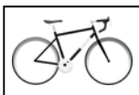
Meet at 12 Mohawk Road, Plainville and explore the mountain top of Pinnacle Rock, on this 1 1/2 hour moderate walk, some hills and rocky trails. Bring your back pack and brown bag lunch to enjoy.

Instructor: Ann Fargo: Please dress for the weather - in layers. Good walking shoes are required, walking sticks are recommended. Bring a bottle of water to keep yourself hydrated. We go early so that you can have time to do all your other important things. Meet at the designated parking areas for each location at 9:00 a.m. Directions can be picked up at registration. **Cost is $3.00 per walk due to Ann on the day of the trip. Sign-up begins April 6.**

OUT AND ABOUT IN NORTON PARK

Croquet & Cookout at Norton Park in Plainville
Friday, April 15, 12:00 p.m., Noon

Instructor: Ann Fargo. Enjoy grilled chicken salad buffet at Noon, followed by croquet playing in the park at 1:00 p.m. All levels welcome with non-competitive fun. Bring chairs if you have a hard time standing for long times. Great way to start the weekend! **Fee of $5.00 is due at registration. Meet at the BBQ area of Norton at the far end of the park (closest to Southington.)** Directions and park map can be picked up at registration! **Sign-up begins April 7.**



Bicycle Tune-Up Day
Monday, April 18, 1:00 p.m., Norton Park Pavilion, Plainville

Tune up your bicycle so Spring and Summer riding is enjoyable. Wash chain, lube moving parts, check brakes, and pump tires! Review how to change tires. After the tune-up, we will ride a little and enjoy refreshments. Bring your bike, all supplies will be provided. **Fee of $5.00 is due at registration. Meet at the Pavilion near the playground. Sign-up begins April 7.**

AARP Trips

AARP Casino Trips

Tuesday, April 5 at Foxwoods

Up-Coming AARP 2016 Trips

<u>Wednesday, July 6, 2016</u> - Coins and Claws - Depart OLM to Abbott's Lobster in the Rough, Noank, CT. Your entrée options include steamed lobster or herb roasted chicken. After lunch, depart for Mohegan Sun Casino. Upon arrival, you will receive a casino package, including a food credit. Cost is $63.00.

<u>Wednesday, August 10, 2016 - Friday, August 12, 2016</u> - Saratoga & Lake George Getaway. Stay at a resort on Lake George. Reserved tickets at the Saratoga Race Track. Enjoy a cruise and lunch buffet on Lake George. Cruise the Hudson and much more.

Prices for the 2016 up-coming trips will be determined at a later date, unless already stated. **<u>PLEASE NOTE:</u> AARP Trips are <u>NOT</u> sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. You must call Sally to sign-up at 860-747-1732.**

QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents 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 our Dial-A-Ride Bus or school buses that can be handicapped accessible with wheelchair lifts, but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

Trip Guidelines

1. After signing up, if you cancel please be aware that 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. The bus will not wait for late comers.
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.)**

Tanger Outlets, Westbrook
Lunch at Lenny & Joe's, Madison
Saturday, April 9, 2016
9:30 a.m.—3:30 p.m.

Shop for all the buys at more than 50 stores at Tanger Outlets, then enjoy a delicious lunch at Lenny & Joe's. Senior Center pick-up **first** at 9:30 a.m., then home pick-ups **for those who do not drive.** Returns to Plainville by 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 sign up beginning April 6.**

Beatrice Fox Auerbach: The Woman, Her World and Her Wardrobe
Connecticut Historical Society, Hartford
Saturday, April 16, 2016
9:30 a.m.—2:30 p.m.

View the special traveling exhibition of more than 100 garments, shoes and personal accessories of Beatrice Fox Auerbach (1887-1968), a legend in Connecticut history. The exhibit was organized by the University of Connecticut Historical Costume and Textile Collection and will be at the CT Historical Society until April 30th. The admission to the Historical Society is $6 for Seniors, payable at the door. Following the visit to the Historical Society, the group will go to the Pond House Café in Elizabeth Park for lunch, which is on your own. Senior Center pick-up **first** at 9:30 a.m., then home pick-ups **for those who do not drive.** Return to Plainville by 2:30 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 sign up beginning April 6.**

Simsbury Commons
HomeGoods, Bed Bath & Beyond and more
Saturday, April 23, 2016
9:30 a.m.—3:00 p.m.

It's time for Spring shopping and lunch at the variety of stores, restaurants, etc. at Simsbury Commons. $5.00 for transportation should be given to Jean Kelly the day of the trip. Bus will pick up **first** at the Senior Center at 9:30 a.m., followed by home pick-ups **for those who do not drive.** Return to Plainville at about 3:00 p.m. **Call the Senior Center to sign up beginning April 6.**

FRIDAY SHOPPING BUS

In order to ride the Friday Shopping Bus you must be a member of the Plainville Senior Center or a Plainville resident over 60 or a Plainville resident of any age who is disabled.

• **April 1**	**Price Chopper/Job Lot, Southington**	**9:15 a.m.—12:15 p.m.**
• **April 15**	**Stop & Shop Plaza, Bristol**	**9:15 a.m.—12:15 p.m.**
• **April 29**	**ShopRite, Southington**	**9:15 a.m.—12:15 p.m.**

Sign-up begins on April 6. Call the Senior Center **before 11:00 a.m. on the Wednesday before** the Shopping Bus date to add your name to the pick-up list.

►►Important Trip Information:◄◄

- Sign-up: Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer Mega Sign-up Day. This month it is April 7, and we will accept sign-ups all day between 9:15 a.m.—4:00 p.m. Payment is due at the 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 member sign-up unless otherwise stated.
- Cancellations: Call the Senior Center immediately so we can try and 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 (860) 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 she 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 number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed 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 participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.
- Before boarding the bus, get your seat assignment from the bus captain.

*****Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus. We will not wait for late comers.*****

Leaving on a Trip this month?!

Current Trips

Make sure to check your departure time and location below!

Newport Playhouse "One Slight Hitch", *Monday, April 18, 2016, 8:15 a.m.*

The Newport Playhouse & Cabaret Restaurant is a unique dinner theatre and a favorite for locals & visitors since 1983. Enjoy a great buffet with a wide variety of salads, hot & cold entrees, and desserts. Depart from OLM at 8:15 a.m., and return at approximately 6:00 p.m. **The cost is $84.00 per person. The trip is full, please sign the waiting list.**

SAMSON At the Sight & Sound Theater, Sands Casino, Chalk Talk, Longwood Gardens - Pennsylvania
May 23 - 25, 2016

Reserved Orchestra Tickets at Sight & Sound and enjoy an afternoon at Sands Casino. Enjoy tours of Barnyard Art Studio and Gallery; Kitchen Kettle Shopping Village; and an exclusive wine & cheese reception with a chalk talk by an old order Mennonite artist. Final deposit is due April 18, 2016. Cost is $467.00/pp Double, $558.00/pp Single, $433.00/pp Triple. **There are still a few more seats available. Sign-up has begun and is open to the public.**

Scandinavian Splendor Cruise, *June 1-11, 2016*

Once in a lifetime 11-day trip of famous Baltic Capitals such as Copenhagen, Denmark; Warnemunde, Berlin; Tallinn, Estonia; Helsinki, Finland; Stockholm, Sweden; as well as St. Petersburg, Russia. **The trip is full, please sign the waiting list.**

Vermont Rail & Sail Adventure, *June 14 - 16, 2016, 7:30 a.m.*

Depart OLM at 7:30 a.m. for a quick trip to Albany, New York. Ride the Amtrak rails through the scenic Adirondack Mountains. Meet "Mr. Vermont" and tour Stowe. "Set sail" for an evening dinner cruise on the waters of Lake Champlain. Return to Plainville at approximately 7:00 p.m. Space is limited to 25 people. Cost per person is $529.00 double, $509.00 triple, and $599.00 single. **$50.00 deposit is due at registration**. **Sign-up has begun and is open to the public.**

American Ballet Theatre - "Swan Lake" at the Lincoln Center, *Saturday, June 18, 2016, 8:15 a.m.*
Depart the Plainville Senior Center at 8:15 a.m., return approximately 8:30 p.m. Cost is $150.00 per person. Final payment is due April 15, 2016. Space is limited to 25 people. **The trip is full, please sign the waiting list.**

Stageloft Theater Sturbridge, MA Presents "Spamalot" ~ *Sunday, June 26, 2016, 9:00 a.m.*

Enjoy a Sunday Matinee! Lovingly ripped off from the classic film comedy MONTY PYTHON AND THE HOLY GRAIL, SPAMALOT retells the legend of King Arthur and his Knights of the Round Table, and features beautiful show girls, not to mention cows, killer rabbits and French people. Enjoy a delicious lunch at the Salem Cross Inn with your choice of Old-Fashion Chicken Pot Pie or Fresh Baked Boston Scrod. Depart the Plainville Senior Center at 9:00 a.m., and return at approximately 6:30 p.m. **Space is limited to 25 people. The cost is $80.00 per person.** Please include your meal selection at registration. **Sign-up has begun and is open to the public.**

There are Still Seats Available !!!

Nova Scotia & Prince Edward Island – July 3 – 9, 2016

Enjoy a beautiful scenic, fully escorted tour of Nova Scotia & Prince Edward Island! Included in the trip is a 1-Night Private Cabin, as well as 5-Nights Hotel Accommodations. **At the time of printing, there were still two seats available. Cost is $1,667.00 double, $2,292.00 single, $1,617.00 triple. Insurance is available. Itineraries are available. Please call Tours of Distinction for availability, 860-627-0199.**

Montreal and Quebec, August 28—31, 2016, 6:30 a.m.

Depart at 6:30 a.m. for a four-day, three-night journey through the St. Lawrence River Valley and the cities of Montreal & Quebec City, Canada. One-night stay in the historic Montreal, Old Port District and a shuttle available to the Casino on Isle St. Helene. Tour of the historic Old City and Notre Dame Basilica. View the Quebec Citadel and stroll the Boardwalk by the Chateau Frontenac. Visit to St. Anne de Beaupre, outdoor bread ovens and Montmorency Falls. Return to Plainville at approximately 8:00 p.m. Cost per person is $789.00 double, $739.00 triple, and $1,039.00 single. Trip insurance is available. **Each person going to Canada must have a valid Passport**. **The trip is full, please sign the waiting list.**

FYI: <u>Reserve Lists</u> for all trips including Quick Trips.
When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we will always **sign-up members from the reserve list first!** Members who sign the reserve list and want to bring a non-member friend should be aware that since we will always sign-up members first, we will skip over the non-members until all members have been contacted**.**

Current Trips Continued

Rhine River Cruise - *September 10-20, 2016*

There is no better way to experience the Romantic Rhine and Mosel Rivers than cruising through the heart of central Europe! The trip includes 23 meals, all transfers, a two-night stay in Lucerne, Switzerland; all fully escorted from Plainville. Narrated cruising through the UNESCO World Heritage Region. The last stop is Amsterdam, Holland, the "Venice of the North". **Cost is $4,899—$5,799 /pp Double depending on deck; for Single <u>add</u> $1,899—$2,349/pp depending on deck. Sign-up has begun and is open to the public.**

Long Island & The Hamptons - ***September 15 - 16, 2016***

Depart from Our Lady of Mercy (OLM) at 7:15 a.m. for a beautiful two-day, one-night motor-coach trip to 'The Hamptons'! Tour Old Westbury Gardens to visit the former home of John S. Phipps and his family, which is still furnished with English antiques and decorative art from the 50 years of residence. Enjoy some free time in the fishing village of Greenport, followed by dinner on the water over-looking Long Island Sound. Following breakfast the next morning, make sure to have your cameras ready as we meet our local historian. He will share history, stories, sights and gossip of 'The Hamptons'. The trip wouldn't be complete without a visit to the eastern end of Long Island, Montauk Point. Return at approximately 8:30 p.m. **The cost is $349.00 double, $469.00 single, and $315.00 triple. A $50.00 deposit is due at registration. Space is limited to 12 people. Sign-up has begun.**

New Trips

All You Can Eat Lobster and Entertaining Show
Tuesday, July 12, 10:15 a.m.

Depart from Our Lady of Mercy (OLM) at 10:15 a.m. for The Delaney House, Holyoke, MA, great lobster and good fun!! Enjoy a wonderful buffet of lobster, salads, pasta, hot entrees and yummy dessert! Cheese & vegetable platter, shrimp cocktail and bread will be served at the table. Following lunch, be entertained by Michael McGeehan. He recently headlined at Resorts in Atlantic City, his beautiful tenor voice and fun personality will complete a delightful afternoon. Return at approximately 4:30 p.m. **The cost is $94.00 per person, space is limited to 25 people. Sign-up begins April 7.**

Myrtle Beach, S.C., Charleston
October 16 - 22, 2016

Enjoy a fun-filled seven days, and six nights on the South Carolina Shore!! Depart OLM at 7:00 a.m. for the Holiday Inn of Fredericksburg, Virginia. Depart early the next morning, following a continental breakfast, for world famous Myrtle Beach, S.C.! Relax during a four-night stay at The Sea Watch Resort. During your stay in Myrtle Beach, you will enjoy six hearty breakfasts as well as four delicious dinners. Dinners will be at: Dolly Parton's Pirate Dinner Theatre; Benjamin's Calabash Restaurant before "The One" show at the famous Alabama Theatre; Bubba Gump's Shrimp House; and Thoroughbred's Restaurant before an evening of musical entertainment at the acclaimed Carolina Opry. Take a special history tour, a horticultural walking tour, or a Creek Cruise on a Pontoon Boat in beautiful Brookgreen Sculpture Gardens. If you wish to stay behind and play at one of the many championship golf courses, you can make arrangements at the Sea Watch Golf Desk. A guided tour will include The Battery, as well as Marion Square, the College of the Citadel and many Ante Bellum homes. Check out the shopping at Barefoot Landing before heading to Calabash. Calabash has unusual shops, and seafood restaurants. On the sixth day you make your way back to Fredericksburg for the night. After a continental breakfast and a pause for lunch (on your own) at popular Mastoris Restaurant in New Jersey you will return home at approximately 7:00 p.m. **The cost is $1,115.00 double, $1,415.00 single, and $1,045.00 triple. Insurance is available. A $100.00 deposit is due at registration. Space is limited to 25 people. Sign-up begins April 7.**

<u>2017 Big Trips Survey</u>

Where do you want to go???? We have a few ideas, but we want to hear from you! Here are some trip ideas that are popular: Italy (Southern Italy, Amalfi Coast, Capri, Rome & Florence); Cuba Cruise (from Jamaica); Amsterdam, Belgium, Paris, Southampton & Hamburg Cruise; Canadian Rockies by Train and Bus; Fjords & Waterfalls Norway Cruise.

Please fill out the tan colored survey at the front desk and let us know where you would like to go!

Upcoming Trips

<u>July 17:</u> "Billy Elliot" Thomaston Opera House
<u>August 14:</u> Long Island Sound Lighthouse Cruise
<u>August 20:</u> Lake George Cruise
<u>September 13:</u> Beatles Tribute Show, Aqua Turf
<u>September 29:</u> Green Mountain Flyer Railroad
<u>November 12:</u> Intrepid
<u>November 16:</u> Saturday Night Fever - Westchester
<u>December 4:</u> Holiday Sparkle in the Big Apple

MEGA SIGN-UP DAY

On Mega Sign-up Day, April 7, you can sign up for paid trips, classes and activities from 9:15 a.m.- 4:00 p.m. On all other days, paid sign-ups take place from 9:15 a.m.-12:00 noon and Monday evenings, 5:00-5:30 p.m. Please make arrangements to be here during the hours that we offer sign-ups. **We will not take money any other time.** If you cannot be here yourself, you may send money in with someone else. If you have any questions about our policy, please feel free to ask.

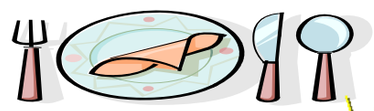
Senior Center Announcements

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.

Meals on Wheels Volunteers Needed!

Call the Senior Center, 860-747-5728 if you are interested in volunteering.



SENIOR CENTER DISPLAY CASE

Stop by and check out the beautiful displays this month! Jeanne Raducha will be displaying her rag dolls !!

Do you have a collection, hobby or artwork you would like to put on display for all Senior Center members to see, for example; teapots, figurines. If so, make a reservation for our display case. Stop by the front desk to sign up or see Evelyn or Ronda with any questions you may have.

The Senior Center Needs Greeting Cards

If you have any unused greeting cards, we could use them! We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating cards, please bring them to the Senior Center's front desk. We would really appreciate it. A special thank you to Carol Perry who is in charge of this program. If you know someone who needs a card, please let us know! Thank you for helping bring sunshine to someone in need!

Calling All Athletes

The Masters' Games are Connecticut's largest Olympic-style sporting event for amateur athletes ages 30-90+. More than 1,500 athletes, 300 volunteers and 2,500 spectators will take part in the 2016 Connecticut Master Games.

The Connecticut Masters' Games will give master and senior athletes an opportunity to compete in a variety of athletic events and activities throughout the spring and early summer. Events will kick off in April and continue through June with: Racquetball, Table Tennis, Bowling, Volleyball, Tennis, Track & Field, Men's 3-on-3 Basketball, Cycling, Swimming, Women's 3-on-3 Basketball, Women's Softball, Shooting, Pickleball, Softball, and Archery. For more information on the 14 individual and team sport offerings and to register for the 2016 games, please visit the website: www.CTMastersGames.org.

Volunteers Needed to Fight Scammers ~ April 28, 10:00 a.m.

The Senior Medicare Patrol (SMP) Program trains volunteers to fight against fraud. The dedicated corps of SMP volunteers make a difference. This Foundation training will provide volunteers with a foundation of knowledge about the SMP program, Medicare, and Medicare fraud and abuse. The SMP "Foundation" training will be on April 28, from 10:00 a.m. - 3:00 p.m. at North Central Area Agency on Aging (NCAAA), 151 New Park Ave., Hartford. Participants for this training must complete a personal interview by April 12 in order to attend the training. If you are interested in attending the training and becoming a SMP Volunteer, please contact Carol Walsh, SMP Volunteer Coordinator at (860) -724-6443, ext. 271 or by email carol.walsh@ncaaact.org.

PEAK FITNESS CENTER

Are you a member? Did you receive your new PEAK Center Scan Card? If not, please check at Front Desk or see Ronda.

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: $9.00 for 1 month, $40.00 for 6 months and $60.00 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.

DONATIONS

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: February 17 - March 8

Ronni Bonura, Circle Group, Evelyn Case, Jack & Marie Cassidy, Leosina Celli, JoAnn Cephas, Rosemary Ciquera, Angela Civitillo, Ellen Couture, Eileen Cyr, Jackie D'Addese, Florence Doughty, Judie Duperry, Sam & Maria Guzzo, Carol Kaine, John Kirch, Kathy Knox, Lee Korus, Ann Krupinski, Fran Lainey, Pat Lebeau, Jan Lonski, Betty Maccario, Jane Mack, Sally Miller, Charles & Karen Orvis, Rosaleen Peters, Diane Roth, Lois Schmidt, Victoria Scott, Sharon Simpson, Deb Starnes, Rita Szymanoski, Deanna Tino, Beverly Toews, Veronica Wnek, Several Anonymous Donations.

MEMORIAL DONATIONS:

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 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 Antoinette Santucci: *Lucy Pestillo*
In Memory of William J. Furlong, III: *Pina & Joe Fortuna*

Dial-A-Ride: Hazel Decker, Rosaleen Peters, Barbara Wallace, Maria Wynkoop

Cheer Report

DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to **Carol Perry** for handling our cheer report.

CHEER REPORT: February 11 - March 10

CHEER CARDS: Robert & Jennie Asensio, Reggie Cyr, Ceal DiFrancesco, Beatrice & Roland Dumont, Helene Fabian, Betty Kirch, John Mangan, Carol Ralston, Joan St. Pierre, Barbara Wallace, Anita Willequer, Johanna Zielinski

SYMPATHY CARDS: Family of Rose Adams, Catherine Badolato, Robert & Diane Barganier, Family of Henrietta Berrberian, Rita Bonola, Family of James Cascio, Family of Adelbert Caswell, Family of Barbara Harkins, Family of Ella Helm, Family of Edmond Thibeault, Family of Eleanor Fors , Evelyn Kuziak, Family of Colleen Lister, Family of Marlene Nepomuceno, Sebastian Pandolfo, Family of Leon Peavy, Family of Edna Rogers, Corinne Trepanier, Family of Karen Tricka-Plasky, Family of Jacqueline Zink

NEW MEMBERS: February 1 - February 29

Jeff Briggs, Dennis Corsino, Catherine Fitzgerald, Linda Kazmierski, Jayshree Patel, Narendra Patel

EQUIPMENT EXCHANGE

Hospital for Special Care Foundation (house next to the Hospital for Special Care)
2120 Corbin Ave., New Britain, (860) 612-6302

Do you have medical equipment that you would like to donate? Are you or a family member in need of medical equipment but do not know where to look? Managed and staffed entirely by volunteers, the Special Care Equipment Exchange accepts donations of used durable medical equipment and supplies: canes, walkers, tub and shower chairs, manual wheelchairs, commodes, and raised toilet seats. This expensive equipment, not always covered by insurance, is made available free-of-charge to community members in need of these items. Equipment donations may be brought to the Equipment Exchange during weekday business hours. To request equipment, please call the Equipment Exchange. Once notified that the item is available, it can be picked up during weekday business hours.

Care & Support

We are here to help!

CAREGIVING CONNECTIONS
Tuesday, April 12th, 10:30 a.m.

"It is hard to see the future with tears in your eyes".
~ Cherokee saying

Caring for another is hard work mentally, physically and emotionally.
Join us as we spring forward to support one another in our efforts to care for ourselves while caring for another!

IMPORTANT:
We will meet downstairs in the Library Conference Room at 10:30 a.m. Please note the location and time.
Call Bette at the Center with any questions or concerns.

QUESTIONS FOR THE SOCIAL WORKER
Mondays, April 18 & April 25
12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer's help in the community, Caregiving, Homecare, etc. Just stop by Stephanie's office to have an individual chat with her. Please note: this program is for Plainville residents only. **No pre-registration necessary. No question is too small!**

SNAPPY SENIORS
Third Thursday of the month at 10:00 a.m.

For the remainder of the year (February through June), the Snappy Seniors Camera Club will meet at the Plainville Public Library on the third Thursday of the month at 10:00 AM. The club is for members of the Plainville Senior Center who are interested in photography. Club activities include short trips to take photos at various locations; occasional photo displays at the Senior Center, Library, or other locations; and an ongoing half hour session on CD to improve picture-taking skills. This is a fun group and anyone who has a camera may join. If you are interested in joining the Snappy Seniors, you are invited to attend one of our meetings. We collect yearly dues to help purchase supplies for our displays. If you want more information, leave a message for Judy Humphrey at the Senior Center.

PLAINVILLE VETERANS' COMMISSION

The Plainville Veterans' Commission invites all veterans to visit its facilities at the Plainville Town Hall, to determine eligibility for assistance. The Commission meets every Monday evening in the employees' lounge, third floor of the Municipal Center for one hour beginning at 6:30 p.m. Please bring your discharge (DD 214) or active duty documents, that will enable the commission to determine eligibility.

All information is maintained in strict confidentiality. For additional information or questions, please call David Dudek, 860-747-8947.

Grieving Forward, A Support Group for GLBTQ Folks Who are Grieving the Death of a Loved One!

Women's Center for Psychotherapy is starting a monthly support group that is open to past and present widows, widowers, partners and longtime significant others of the deceased. This group meets the 2nd Wednesday of each month from 7:00 – 8:15 p.m. at the Women's Center for Psychotherapy at 784 Farmington Ave, West Hartford. Call 860-523-4450 for more information.

BRIGHTER FOCUS
Wednesday, April 13, 10:30 a.m.

"Each of us feels alone in our pain, only to discover, when forced open, that we are part of the same fragile family on Earth." ~ Mark Nepo

Join your friends as we continue to follow our thread on the stream of our life!

IMPORTANT:
We will meet downstairs in the Library Conference Room at 10:30 a.m. Please note the location and time.
Call Bette at the Center with any questions or concerns.

FRIENDS HELPING FRIENDS
Third Friday of Every Month at 11:30 a.m.

Friday, April 15, El Pulpo
1217 Queen Street, Southington

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. **Sign-up at the front desk begins April 6.**

Grandparents/ Relatives Raising Grandchildren
Due to the parking lot construction, there will be no meeting in April 2016.

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households, where the grandparents and relatives are responsible for the needs of children. Share resources, ideas, struggles, joys and more with others who are raising their grandchildren. *Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging.*

Even More Support

Living with Cancer Support Group
Every 3rd Wednesday of the Month
5:30—7:00 p.m.

Sponsored by the Hospital of Central Connecticut at New Britain General. This support group is a free service open to anyone living with cancer and their loved ones and friends. The Living with Cancer Support Group is facilitated by Sarah Beham and Reverend William Baumgartner (a member of our Committee on Aging for many years). The meeting is held at the New Cancer Center on 183 North Mountain Rd in New Britain, just past the Department of Motor Vehicles. **For more information please call Sarah Beham at 860-696-4891.**

Community Announcements

Reading Partners Program

The Reading Partners Program matches a volunteer with a 2nd or 3rd grade student, from the Plainville Community including Wheeler Elementary School. The goals of Reading Partners are to inspire a child's love of reading, and to encourage a child to spend free time reading.

Reading Partners meet every Thursday during the child's lunch; 2nd Grade is from 11:00 a.m. - 11:30 a.m. and 3rd Grade is from 12:10 p.m. - 12:40 p.m. Partners choose a book, read it together and share conversation. The program begins at the end of October and ends near Memorial Day. If you are interested or would like more information, contact Sue Bradley, Volunteer Coordinator, at 860-793-3210 ext. 212 or email at bradleys@plainvilleschools.org.

Coloring Club

Come join in the latest craze: coloring books for adults! Remember the excitement of opening a new box of crayons and getting lost in a coloring book? Now you can experience it all over again! It's the newest trend, and it's all the rage these days! This is the perfect way to unwind and de-stress in a completely Zen environment. No art experience necessary, all are welcome! Coloring books for adults stimulate the brain to focus, allow for creativity, and promote self-expression. Plus you will be able to socialize with others! The Coloring Club has started and is held every **Wednesday at 3:00 p.m.** It is free to sign-up; coloring books, colored pencils and crayons will be provided. The open painting members will lead the group. C**all the front desk to reserve your space.**

Moveable Senior Center
LGBT (Lesbian, Gay, Bi-Sexual, Transgender)

Bloomfield Senior Center
300 Park Avenue, Bloomfield, CT 06002
Wednesday, April 20, 10:00 - 3:00 p.m.

Enjoy a continental breakfast and lunch during this free informative day! Beth Hugh is back by popular demand! She will show you how to "recharge" with movement and meditation. Roy Moeckel, will discuss "CT Prime Timers: Social Connection for mature gay and bisexual men. Ellen Mayer of the West Hartford Bloomfield Health District will present "What do you really need to know about emergency preparedness?". Following the speakers, there will be a social hour with coloring or the opportunity to play Bingo ($1 per card).

Transportation can be provided by the Plainville Senior Center. Call 860-747-5728 to reserve a ride.

The LGBT Moveable Senior Center is a pilot partnership among five Senior Centers in the Greater Hartford area– Avon, Bloomfield, Canton, Newington and Simsbury.

LGBT Moveable Senior Center & www.Meetup.com

Have you heard about meet-ups? Meet-up groups are for individuals with similar likes and interests who "meet-up". The LGBT Moveable Senior Center now has a meet-up group. If you are interested in joining, the link for the group is below:

www.meetup.com/LGBT-Moveable-Senior-Center/

New 2016 Income Limits for Medicare Savings Program (MSP)

The new income limits for the Medicare Savings Program have been announced.

• QMB (Q01)	Single $2,088.90/mo.	Couples $2,816.85/mo.
• SLMB (Q03)	Single $2,286.90/mo.	Couples $3,083.85/mo.
• ALMB (Q04)	Single $2,435.40/mo.	Couples $3,284.10/mo.

There is no asset limit. There is no charge for any of the benefits provided by this program. You may also qualify for additional benefits under this program. Income includes Social Security, pensions, disability benefits, wages, alimony, rental income, and interest and dividends.

Call Stephanie or Bette for an appointment to discuss your eligibility.

CT Triad Presents: Piecing Together Your Overall Health
Thursday, April 28, 9:30 a.m.

The CT Triad which serves the Bristol, Burlington, Plymouth, and Plainville area is having their Spring Conference on Thursday, April 28, 2016 at the Bristol Senior Center. This free conference will include lectures by Miles Everett from the Bristol Hospital Diabetes Center and Stephanie Shivers from the Alzheimer's Research Center, lunch and physical demonstrations of Chair Yoga, Tai Chi, Osteotap. We will provide a bus from the Plainville Senior Center. Please call the Bristol Senior Center at 860-584-7895 to register for this free event.

White House Greeting Requests

Is there a 50th (or greater) wedding anniversary coming up? A special 80th (or greater) birthday around the corner? A veteran celebrating their 70th (or greater) birthday? What about a Wedding? Retiring after 20 years or more of service? How amazing would it be to receive a greeting from the President of The United States! The White House Greetings Office, receives and processes all U.S. Citizen requests. Whenever possible, all greetings will be mailed from the White House approximately 14 days prior to the event. Keep in mind, requests should be received at least six weeks in advance of the date. In the case of a wedding, please submit using maiden names. It's quick and easy to do and doesn't cost a thing! To request a greeting go to the website below and fill out a short request form:

www.whitehouse.gov/contact/presidential-greetings-request

Center Cafe

April Schedule

The Café will be open Tuesdays and Wednesdays from 11:00 a.m. - 1:00 p.m. when the Center is open, based on the parking lot construction.

It is anticipated that the parking lot construction will take 3 - 6 weeks, depending on weather, etc.

Transportation

DIAL-A-RIDE, (860) 589-6968

Monday	**Tuesday-Thursday**	**Friday**
9:00 a.m.-5:30 p.m.	9:00 a.m.-4:30 p.m.	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 nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and 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 at their destination. In addition, the drivers cannot help with groceries or packages or help you walk. However, the bus is wheelchair equipped.

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.*

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere for any reason to Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks.

Plainville hours, except for major holidays, **Monday-Friday, 5:45 a.m. -midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just $3* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the Center. An application can be sent to you by calling **860-247-5329 x3086 or x3100.** The same number can be called to get an updated ID number if you are already an ADA Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-247-5329 ext. 3086 or ext. 3100 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 9.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m.

So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride.

If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext 3043).

Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.

INDEX

2017 Big Trips Survey	8
AARP Fraud Watch	1
AARP Smart Driver	2
AARP Trips	5
ADA Transportation	13
Ador-A-Bowl Basket Making	2
Billiards Winners/Tournaments	2
Bi-Lingual Volunteers	14
Blood Pressure	*BC
Bowling League	14
Brighter Focus	11
Budget Town Meeting	14
Calling All Athletes	9
Caregiving Connections	11
Casino Night Dinner Dance	2
Center Café	13
Cheer Report	10
Cholesterol	*BC
Choral Group	14
Coloring Club	12
Community Awareness	1
Computer Classes	4
Congregate Meal Program	14
Craft Classes	3, 4
CT Masters Games	1
CT Triad Spring Conference	12
Dial-A-Ride	13
Dental Clinic	1
Donations	10
Drop-In Activities	BC
Ear Wax Removal	*BC
Equipment Exchange	10
Fitness Classes	3, 4
Foot Care	*BC
Friday Shopping Bus	6
Friends Helping Friends	11
General Volunteer Meeting	14
Grandparents' Meeting	11
Greeting Cards Needed	9
Grieving Forward	11
Income Tax Appointments	2
Italian Class	3
Keeping Your Child Healthy	4
Legal Notice: Town Meeting	1
LGBT Event	12
Living with Cancer Support	11
Meals on Wheels Volunteers	9
Medicare Savings Program	12
Mega Sign-Up Day	9
New Members	10
Nurse Information	*BC
Outdoor Adventure	5
PEAK Fitness Center	9
Plainville Adult Education	4
Plainville Veterans' Comm.	11
Questions for the Social Worker	11
Quick Trips	6
Reading Partners Program	12
Recycle Cell Phones	*BC
Reserve Lists	8
Saturday Shopping Bus	6
Senior Center Display Case	9
Setback Winners	2
Snappy Seniors	11
Suggestion Box	9
Transportation	13
Trips	7, 8
Upcoming Trips	8
Volunteers for NCAAA	9
White House Greetings	12
Wii Tournament/Winners	2

*BC = Back of Calendar.

Choral Group

Please note the Choral Group's next rehearsal dates are **April 1, 2016 and May 6, 2016 at 9:45 a.m.**

READY, SET, BOWL! THE SENIOR BOWLING LEAGUE

The Plainville Seniors' Bowling League is still welcoming new bowlers! The league meets weekly at Laurel Lanes, **Mondays at 12:30 p.m**. Adult Bowlers age 55 and above are welcome to join. C**ontact Frank Robinson, Bowling League President at 860-747-2918.**

Volunteer, Volunteer, Volunteer!

General Volunteer Meeting

Due to the parking lot construction, there will not be a meeting in April.

Volunteers Needed!! Contact Toni, Volunteer Coordinator, if interested.

- **Café:** Looking for someone to run the dish washer for the Center Café or to be a café volunteer floater.
- **Foreign Language Instructor and/or Interpreter:** Are you fluent in French, Polish or Spanish etc?? If so, please let us know if you could help teach a class or with interpreting.

Plainville Library News ~ April 2016

- **Adult Coloring:** Drop-in at 6:30 p.m. on Thursdays March 31, April 21, May 19 and June 16. Colored pencils, markers and coloring pages will be provided. Coloring will be held in the Peter F. Chase Auditorium.
- **April Movies:** The Oscar nominated film about the Boston Globe investigation into the scandal in the Catholic Church will be shown on April 14, 1:00 p.m. and April 30, 1:30 p.m. The movie is rated R and is 2 hours and 9 minutes long. The movie will be shown in the Peter F. Chase Auditorium.
- **April Library Book Sale:** April 8 from 6:00 p.m. - 8:00 p.m. and April 9 from 10:00 a.m. - 3:00 p.m. Prices range from $0.50 - $1.00.

CONGREGATE MEAL PROGRAM: April 2016

During our parking lot construction, the congregate lunch program will not be held in Plainville. The daily lunch program will be offered at the Bristol Senior Center. Please call the Bristol Senior Center at 860-583-2562 between 10:00 a.m. - 12:00 p.m. to reserve your lunch. You must call at least 24 hours in advance to make a reservation. Calendars are available. We will provide a shuttle bus for anyone needing a ride to Bristol. Please call the Plainville Senior Center at 860-747-5728 for a ride. Suggested donation for both meal sites is $2.50.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cheese Lasagna
4 Chicken Strips	5 Meatloaf	6 Cheese Ravioli	7 Meatball Stuffed Cabbage	8 Tuna Fish Salad
11 Garlic Baked Chicken	12 Open Faced Roast Beef Sandwich	13 Stuffed Shells	14 Sliced Pork Sandwich	15 Baked Fish
18 Pepper Steak Au Jus	19 Crab Cakes	20 Rigatoni with Meat Sauce	21 Roast Turkey	22 Bruschetta Grilled Chicken
25 Teriyaki Chicken Strips	26 Spaghetti & Meatballs	27 Sliced Ham	28 BBQ Rib-B-Que	29 Chicken Ala King