



S.E.N.I.O.R. JUNE 2017

Plainville Senior Center

Dynamic Past * Vibrant Future



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Free Sign-Up Day is JUNE 1. Mega Sign-Up Day is JUNE 6 9:15 a.m.-4:45 p.m. REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday 9:15 a.m.-5:45 p.m.; Tuesday through Thursday 9:15 a.m.-4:45 p.m.; Friday 9:15 a.m.-12:45 p.m. We accept cash and checks made out to Plainville Senior Center **only**.

SCAVENGER HUNT

THURS, JUNE 15
8:30 a.m.
Westfarms Mall



Grab a partner and join the Plainville Senior Center as we take on our friends from the West Hartford Senior Center! Teams of 2 will receive a sheet of 20 clues. Answer the clues, report to the location of the clue and complete a fitness challenge! Once your team completes the clues, race back to Center Court.

Enjoy refreshments in the Center Court as prizes are awarded to teams with the most correct answers and fastest times! We will need to know your T-shirt size when you register. **Must register by June 1 to receive a T-Shirt in your preferred size.** Form your own team or we can match you with a partner. \$8.00 per member, \$10 per non-member. Includes a commemorative T-shirt, breakfast and the most fun you'll have all month! **Sign-up has begun.** SPONSORED BY: West Farms Mall, Hartford HealthCare Senior Services, Plainville & West Hartford Senior Centers.

THE CHANGING BRAIN, A CAREGIVING AFFAIR

May 31 & June 7 6:00 pm to 8:30 pm
Plainville Public Library, 56 East Street
Light dinner will be served. Call the Senior Center to register for either session.



May 31-SOMETHING IS JUST NOT RIGHT: 1+1 DOES NOT = 2: Understanding memory loss, how and who to see for a diagnosis, different types of dementia and hallmark symptoms of each.

June 7- THE HEALTHY CAREGIVER, ACCEPTING HELP: Discussion on finding and paying for resources, daily challenges, long distance caregiving, coping strategies. Presented by Dementia Specialists Michelle Wyman, LSW, CDP and Patty O'Brian, CDP of the Hartford HealthCare Center for Healthy Aging.

Program is co-sponsored by Hartford HealthCare Center for Healthy Aging, Plainville Senior Center and Plainville Public Library. Funding is made possible in part by the Older Americans Act through the North Central Area Agency on Aging.

MENTAL HEALTH 101

THURSDAY, JUNE 1, 6:30 P.M.-8:30 P.M. at the Plainville Public Library, 56 E. Main St.
(6:30 p.m. light dinner served, 7:00 p.m.-8:30 p.m. Program Presentation)

Mental Health challenges are a growing concern for many families. This program, presented by Laurel Regan, APRN, Director of Behavioral Health Hartford HealthCare at Home, will provide information on relevant mental health issues including, but not limited to: opioid/heroin epidemic, depression/anxiety, bipolar disorders, schizophrenia, dementia and hoarding. The evening will also include information on local resources available to assist residents of New Britain, Southington and Plainville. Open to the public. Sponsored by Hartford HealthCare at Home, Plainville Senior Center and Plainville Public Library. Please call the Plainville Senior Center, 860-747-5728 to register for dinner and the program. **Sign up has begun.**



SENIOR CENTER ANNUAL SUMMER PICNIC

TUESDAY, JUNE 20, 12:00 NOON

Come and join us at the Senior Center for a fun filled summer picnic. Enjoy a Brazilian Carnivale with Jose Paulo. Jose's voice will mesmerize you and his personality will charm you. He sings all styles of music in English, Portuguese, Spanish, Italian and French. Jose Paulo is a native of Rio de Janeiro, Brazil. Picnic food includes: Hot Dogs, Hamburgers, Baked Beans, Macaroni and Potato Salads, Coleslaw, and Dessert! Get ready to have some fun! Co-Sponsored by the Plainville Lions' Club. **COST: \$5.00 members, \$10.00 non-members. Sign-up has begun.**



ART OF EXPERIENCE—10TH ANNUAL SENIOR JURIED ART SHOW

Pomperaug Woods, Southbury

All seniors ages 70+ are invited to participate in the 10th annual Connecticut Senior Juried Art Show in September. This annual exhibit has hosted artists and their work from 64 towns across Connecticut and the average number of pieces chosen is around 200. Categories include: **Painting, Drawing, Photography and Sculpture.** 1st, 2nd, 3rd place & honorable mention awards will be given in each category. The winning artwork will be on exhibit at the Mattatuck Museum, in Waterbury. To enter, artists may submit up to 2 pieces. All entries must be submitted by **Friday, June 23.** All artists will have at least one entry accepted in the show and acceptance letters will be mailed out on **July 21.** Entry forms are available on the front desk.

Senior Center Special Events

VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

TUESDAY, June 6 10:30 A.M.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center to register.**



HELP FOR SENIORS IN THE COMMUNITY

THURSDAY, JUNE 8th 10:00 A.M. – 11:00 A.M.

Most people prefer to remain in their homes rather than move to a nursing home if their health declines. Attorney Denny from Greater Hartford Legal Aid will be discussing the Connecticut Home Care Program for Elders, Money Follows the Person and the Personal Care Assistant programs that are available in Connecticut. Come and listen to this wonderful presentation that could be very helpful to you. **Program is free. Sign up has begun.**

HOME CARE RESOURCES

FRIDAY, JUNE 9 10:00 A.M.

Nick Morella, Manager of Community Relations, Hartford HealthCare Independence at Home will provide education on what private duty home care is and when to consider bringing in additional help. Learn about these additional resources and how to access them. Sponsored by Hartford HealthCare Senior Services. **Call the Senior Center to register for this free program. Open to the public. Sign up has begun.**

CREATIVE CULINARY COOKING

SHOPPING TOUR OF INDIAN MARKET

Friday, June 16 10:00 a.m. Meet at India Bazaar Market: 151-B Queen St. Southington

Join Rajee Ramaswamy for a tour of India Bazaar Market in Southington. Discover fresh vegetables, spices, pastes and specialty items to create delicious and flavorful Indian dishes at home! **Call the Senior Center beginning June 1 to register.**



ALL ABOUT SPINACH

Thursday, June 22 1:30p.m.

Cooking with Spinach the Indian way with Spices, Moong Dal, Coconut, and Yogurt. Three different ways, three different tastes. Come and join the excitement and tickle your taste buds. Call the Senior Center beginning June 1 to register. The class is free but participants are asked to contribute a non-perishable food item which will be donated to the Plainville Community Food Pantry. **Call the Senior Center beginning June 1 to register. Space is limited to 10.**

AARP SMART DRIVER COURSE

TUESDAY, June 13, 9:30 A.M. - 1:30 P.M.

CLASS IS FULL. Please sign reserve list if interested.

BOOKS & BAGELS BOOK CLUB

This book discussion group is led by Senior Center member Kathy Marsan. For your greater enjoyment, please read the book prior to attending the book club meeting. **Free! Space Limited!**



Wednesday, June 21, 9:30 a.m.

The Curious Charms of Arthur Pepper by Phaedra Patrick. On the one-year anniversary of his wife's death, 69 year old Arthur decides it was time to sort through the items in her closet. He discovers an exquisite gold charm bracelet that he has never seen. His curiosity on the meaning of the charms becomes so strong, it sent him on a quest to find out the truth about his wife's secret life before they met. This book is perfect for both genders to enjoy and will be sure to inspire a lively discussion! Part mystery, part comedy, this book is full of hopefulness, love, self-discovery and the celebration of life. Bring your charm bracelet (new or old) to the Book Club. (Gentlemen, you are also welcome to bring your wife's or female friend's bracelet) and if you would like, share the meaning of your charms! Pre-registration is required. **Sign up has begun. A copy of the book may be obtained at the Plainville Public Library.**



YOUR HOME AND TITLE 19

THURSDAY, JUNE 22nd 10:00 A.M. – 11:00 A.M.

Many seniors are worried about what will happen to their homes if they or their spouse have to enter a nursing home. Attorney Denny from Greater Hartford Legal Aid will explain how much income the spouse living at home can keep and whether the home can be transferred to a family member. Attorney Denny will also be able to answer other questions you may have. **Program is free. Sign up has begun.**

REMEMBERING CUBA

FRIDAY, JUNE 23 10:00 A.M.



Learn what it is like to have a bucket list item come true! In March, a group of members took a cruise and a tour of Cuba. Join us to hear about their phenomenal trip and what they learned about the history and beauty of the island. Travelers will share stories, pictures, and videos so that you can feel as if you are traveling with them. Hear about: taxi rides that the group took in 1950's style cars, Hemmingway's house and signature cocktail, and shopping. The group also experienced open air markets, the colorful architecture of the region, and the friendly people who live there. **Open to the public.**

THE BEAR REALITY

FRIDAY JULY 7 10:00 A.M.

Felicia Ortiner, a Connecticut Master Wildlife Conservationist (MWC) and a bear enthusiast, will provide education and facts about bears and help dispel myths and common misunderstandings. You will gain a better understanding about the life and behavior of bears and learn how we can coexist with them. Felicia has been studying about bears for over 30 years. **Program is free and open to the public. Call the Senior Center to register beginning June 1.**



CRAFT, FITNESS & TECHNOLOGY 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, June 6 between 9:15 a.m. - 4:45 p.m.
REMINDER: After Mega Sign-Up Day, sign-ups for new classes take place Monday 9:15 a.m.—5:45 p.m.; Tuesday through Thursday 9:15 a.m.—4:45 p.m.; Friday 9:15 a.m.—12:45 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.

Class	Time	Current Session
MONDAY		
Zumba Tone	9:30 – 10:30	June 5-July 24 (8 weeks) \$24.00 Members, \$48.00 Non-Members
Power Burst	1:30-2:30	June 5—July 24 (8 Weeks) \$16.00 Members Only *Please note time change 1:30-2:30 during this session
Acrylic Painting Class	10:00-12:00	April 24—June 19 (8 weeks) \$24.00 Members, \$48.00 Non-Members (no class May 29)
TUESDAY		
Arthritis Foundation Exercise Program	2:00-3:00	April 25-June 13 (8 weeks) \$24.00 Next Session June 13-Aug 15 (8 Weeks) \$24 Members Only. SIGN UP BEGINS JUNE 6.
French Class	3:00-4:00	May 16-July 25 FREE. Members only.
WEDNESDAY		
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt
Zumba Gold	10:30 – 11:30	May 24—July 19 (8 weeks) \$24.00 Members. \$48.00 Non-Members. No class May 31
Photo Editing on iPad	1:00—3:00	May 10—June 21 (7 Weeks) \$25.00 Members Only
THURSDAY		
Ceramics	9:30 – 11:30	May 25—July 13 (8 weeks) \$32.00 Members Only
Beginners Yoga-Class meets at Plainville Library. Arrive at 8:45, doors lock at 9:00	9:00 – 9:45	June 1—June 29 (5 Weeks) \$15.00 Members Only. SIGN UP BEGINS MAY 30.
Functional Fitness	1:30 –2:30	June 1—July 20 (8 Weeks) \$16.00 Members Only
Knitting & Crochet	1:00 – 3:00	May 25-July 13 (8 weeks) \$16.00 Members Only
FRIDAY		
Intermediate Yoga--Class meets at Plainville Library. Arrive at 8:30, doors lock at 8:45	8:45 – 9:30	June 2-June 30 (5 Weeks) \$15.00 Members Only. SIGN UP BEGINS MAY 30.
Cardio Step & Abs	10:30 – 11:30	June 2-July 21 (8 Weeks) \$24.00 members, \$48.00 non-members

TENNIS LESSONS AT PLAINVILLE HIGH SCHOOL

TUESDAYS JUNE 20 —AUGUST 1, 8 a.m. —8:45 a.m.

NO CLASS JULY 4

Do you want to learn tennis basics? Join Matt Wayton, Senior Center Office Assistant, for 6 weeks of tennis technique and skill building. Matt has been heavily involved with the sport for over a decade with training experience of people of all ages and skill levels. He is also the founder of his own yearly tennis tournament in Southington. Six people total for a class. Please bring a tennis racket.

COST: \$12.00 Sign up beings June 6.

LEARN TO USE YOUR ANDRIOD—BASED CELL PHONE

TUESDAY, JULY 11

10:00 a.m. —11:00 a.m.




Instructor: Patti Anne Cook—Senior Center Member and Volunteer

Bring your Android-based phone to learn the basic functions; take and store photos; learn to use Apps properly and manage your data plan. There will be time for questions and answers after class. **Class is free. Call the Senior Center beginning June 1 to register. Space is limited to 10.**

EXERCISE AND ARTHRITIS

FRIDAY, JULY 21 10AM

Exercise is crucial for individuals with arthritis. It increases strength and flexibility, reduces joint pain and helps combat fatigue. Please join exercise physiologist Mark Colello as he discusses what you can do to help ease your pain and manage your symptoms. Sponsored by Southington Care Center, GoodLife Fitness Program. Presented by Mark Colello, Exercise Physiologist GLF. **Call the Senior Center beginning June 1. Class is free.**



FOCUSED AWARENESS MEDITATION

THURSDAY, AUGUST 10, 10AM

Focused Awareness Meditation is a simple, five-step technique. Come learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Participants are asked to bring a large towel or a small blanket with them for proper positioning in their chair. Your instructor Ann Minor, is a holistic nurse and Meditation Specialist. **Program is free. Please call the Senior Center beginning June 1 to register.**



CRAFT AND FITNESS CLASS DESCRIPTIONS

ACRYLIC PAINTING

Each week students will complete a 5”X7” painting, using a variety of acrylic techniques. A new technique will be demonstrated every week. A supply list will be available at registration. **Instructor: Abbe Wade.**

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Scientific studies have shown that physical activity can reduce pain, improve function, mood and quality of life for adults with arthritis. The class covers a variety of range-of-motion and endurance-building activities, relaxation techniques and health education topics. All of the exercises can be modified to meet participants’ needs. **Instructor: Amy Gray.**

BEGINNER’S YOGA FOR EVERYBODY

Designed for individuals who are new to yoga. Improve health and cultivate inner peace. **Instructor: Tim Molnar**
Class is held at Plainville Public Library.

CARDIO STEP & ABS:

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). **Instructor: Eileen Cyr.**

CERAMICS

Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia.**

FRENCH CLASS

You will learn conversational French as well as have opportunities to attend French cultural events, field trips and more! **Instructor: Rachel St. Onge.**

FUNCTIONAL FITNESS

This popular exercise class is 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. **Instructor: Kristin Champagne.**

INTERMEDIATE YOGA FOR EVERYBODY

Designed for those 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. **Instructor: Tim Molnar.**
Class held at the Plainville Public Library.

KNITTING & CROCHET

Finish an old project that’s been hanging around in your closet or start something new! **Instructor: Evelyn Morin.**

PHOTO EDITING ON IPAD

You will learn how to crop, rotate and straighten photos, adjust exposure and contrast, add effects, text and other objects and how to share the photos. **Instructor: Evelyn Morin.**

POWER BURST

This class combines intervals of movement including; walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. **Instructor: Kristin Champagne**

QUILTING

Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. **Instructor: Karen Kebinger.**

ZUMBA GOLD


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. **Instructor: Amy Gray**

ZUMBA TONE

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**

Greetings Plainville Senior Center Members!

My name is Matt Wayton and I am the new office assistant at the Senior Center. I will be working on the monthly newsletter, so if you have anything to put in please come and see me. A little bit about myself, I am an avid tennis player and have run my own tennis tournament every summer for the last 10 years in Southington called The Wayton Open. I also give lessons and will be running a class for the Senior Center starting June 20. When I am not playing tennis or working I like to spend time with my dog, Peaches an English Bulldog, and take her on walks. I also pet sit other dogs so my house is always full of furry friends. My favorite foods are sushi & tacos. Some of my other hobbies include: going to the beach, reading Stephen King books, watching Netflix, and cooking. I look forward to meeting everybody!





OUTDOOR ADVENTURE CLUB

CELEBRATE NATIONAL TRAIL DAY AT SUNSET ROCK PARK & METACOMET TRAIL, PLAINVILLE

SATURDAY, JUNE 3, 9:00 A.M.



Join the fun on National Trail Day and take a local hike with the Plainville Conservation Commission to Sunset Rock. Natalie Carpenter will join our group of folks. The 4 mile round-trip hike starts on the Metacomet Trail. The group will take a side trail to Bradley Mountain for some nice views of Crescent Lake, Meriden Mountain. If the weather is clear enough you might see Sleeping Giant. The hike continues through Sunset Rock State Park to Ledge Road in Plainville. This is a moderate hike with some steep grades. The ground will be uneven in many places. There should be a good amount of shade since the hike is in a wooded area. Take tick precautions. Directions for parking will be provided at sign up. **The event is free. Call the Senior Center to register.**

Summer Hike at Ragged Mountain, Southington

Friday, June 16th, 12pm-4pm

Leader: Jared Scoville



Come to Ragged Mountain for a moderate intensity hike that also includes a small portion of the Metacomet Blue Trail. We'll be ascending this 700 foot mountain to a summit with 180 degree views, including all the way out to Hartford. The hike will total approximately 2.5 miles. Come prepared with appropriate outdoors/fitness clothing- athletic shoes and sunglasses are highly recommended. We will meet to carpool at the Senior Center at 12pm and return to the Center at approximately 4pm. The actual hike will take approximately 2-2.5 hours. We will carpool to the trailhead at 514 Wigwam Rd, Berlin. **Cost: \$3.00 payable to Jared on the day of the hike. Sign up begins June 1st.**

Wickham Park, East Hartford

Friday June 9, 1pm-4pm

Leader: Eileen Cyr



This park contains gardens, open fields, woodlands, ponds, picnic areas and sports facilities, among other attractions. We will walk through the beautiful ethnic gardens and woodlands for about 2-3 miles depending on your pace for 1-1.5 hours. All levels of fitness are welcome and wear appropriate walking sneakers! Walking poles are not required unless you want to use them! You should be able to walk without assistance (no canes/walkers). Wear sunscreen and a hat and bring water. **Cost: \$10, includes transportation & leader. Sign up begins June 6. Leaves from the Senior Center 1 pm. Returns approx. 4pm.**

BLUFF POINT STATE PARK, GROTON

Friday, June 30, 1pm-5pm

Leader: Eileen Cyr



This park encompasses a barrier beach, steep cliffs, forested sections and tidal wetlands on an undeveloped peninsula located between the Poquonnock River and Mumford Cove. We will walk and explore the captivating views of the area for about 1-1.5 hours 2-3 miles depending on your pace. All levels of fitness are welcome and wear appropriate walking sneakers! You can bring walking sticks. You should be able to walk without assistance (no canes/walkers). Wear sunscreen and a hat and bring water. Bring a bagged lunch. **Cost: \$10, includes transportation & leader.**

Leaves Senior Center 1pm . Returns approx. 5pm.

GREENWAY TRAIL BLAZER BIKE CLUB

Would you like to get the cobwebs off your bike but don't want to bike alone or don't want to ride on the road? Join us on a once a month bike ride exploring the beautiful Greenway Rails to Trails that we have in CT. We will cover up to 10 or more miles depending on the group. Helmets are mandatory! All levels of biking fitness are welcome! Please bring tick spray if you have it! **Call the Senior Center to register. Cost: \$3.00** payable to Eileen Cyr, leader, day of trip.



Wednesday, June 7, 9am:

Farmington to Collinsville

Meet at the New Britain Ave parking lot in Farmington at 9am. We will stop at the LaSalle Market if you want a refreshment or breakfast.

Wednesday, July 5, 8am: Southington to Cheshire

Meet at the Mill St. parking lot at 8am.

Wednesday August 9: TBD

WADSWORTH FALLS STATE PARK HIKE & PICNIC

Monday, June 12 8:30am-12pm

Wadsworth Falls State Park, Middletown

Join Natalie for a relaxing walk through Wadsworth Falls State Park. Total distance for the walk is 3.4 miles. The path is very level and easy to follow, leaving plenty of time to explore the falls. A bus will leave from the Senior Center. Bring a bagged picnic lunch. Beverages will be provided.

Cost: \$5.00 includes transportation & leader, due at sign up. Sign up begins June 1.



VOLUNTEER NEEDED!

Do you have 2 hours per week to volunteer? If so, we have a great opportunity for you! We are looking for a volunteer to check members in and monitor the PEAK Center on Fridays from 9:00—11:00 a.m. Please contact Evelyn at the Senior Center for info.

QUICK TRIPS & 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.

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 are 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:

- **All Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted.**
- **Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.**
- 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).
- You should be at the departure point at least 15 minutes prior to departure. We leave on time.
- If not enough people sign up, we will have to cancel the trip so please encourage your friends to join you! (non-members may sign up one week after the trip opens).

Friday Shopping Bus

June 2, 2017:

ShopRite, Southington

8:15 a.m.—11:45 a.m.

June 16, 2017: Walmart, Bristol

8:15 a.m.—11:45 a.m.

June 30, 2017: Price Chopper/Job Lot, Southington

8:15 a.m.—11:45 a.m.

Sign-ups begin on May 30, 2017. 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.

Victorian Days in Willimantic

Saturday, June 3, 2017 9:00 a.m.—4:30 p.m.

Join us as we travel to Willimantic for its annual Victorian Days. Here are some of the activities we can participate in: Take a tour of the Windham Textile & History Museum to view the exhibits and collections which the museum preserves and see the Quilt Show featuring quilts inspired by local history or local experiences. The group will then go to Nita's Restaurant which specializes in good home-cooked meals with a Polish touch (lunch on your own). After lunch, take a horse and wagon ride with a narrated tour to learn the history of Victorian Willimantic (donations appreciated). The day will conclude with a visit to the Connecticut Eastern Railroad Museum for a train ride and tour (Admission \$7.00 payable at the museum). \$8 for transportation is due at registration. Home pick-ups for those who do not drive begin at 9:00 a.m., then Senior Center pick-up. Return to Plainville about 4:30 p.m. **Sign-up has begun.**



Saturday, June 17, 2017

Essex Steam Train and Riverboat

9:30 a.m.—4:00 p.m.

June is a great time of the year to take a ride on the only steam train and riverboat connection in the U.S. Your 2-1/2 hours narrated journey begins at the historic 1892 Essex Station and concludes on the Becky Thatcher riverboat. **The cost of the train and riverboat is \$26. payable at the train station. \$8.00 transportation is due at registration.** 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. The group will take the 11:00 a.m. train/riverboat ride and then enjoy lunch at the Chowder Pot in Hartford (lunch is on your own). As lunch won't be until about 2:30 p.m., it is suggested that you bring a snack.

Sign-up begins June 6.



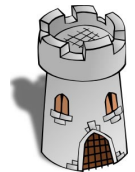
Gillette Castle

Saturday, July 1, 2017

9:30 a.m.—2:00 p.m.

Enjoy a tour of Gillette Castle, a 24-room mansion which took five years to build (1914—1919). It was known as the 'Seventh Sister' and was the home of William Gillette, who portrayed Sherlock Holmes on stage. See the beautiful rooms with their hand-carved furniture, as well as the view of the CT River. Tour of this magnificent castle is **FREE** if you are over 65 and a resident of Connecticut. Bring your own picnic lunch or buy lunch at the concession. **\$8.00 transportation is due at registration.** 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.

Sign-up begins June 6.



SAVE THE DATE:

Woofstock on the Branford Green

Saturday, August 12th

A fun day visiting all the vendors' booths, listening to the music and watching the Hippie Dog Costume Contest. We will have lunch at Lenny & Joe's prior to Woofstock. There is no admission; however, the Branford Animal Shelter would appreciate a **\$5.00** per person donation to support its animal rescue, rehabilitation and re-homing. **Sign-up will begin early August.**



MEGA SIGN-UP DAY

Mega Sign-up Day: June 6

Sign up for paid trips, classes and activities from 9:15 a.m.- 4:45 p.m. On all other days, paid sign-ups take place Monday 9:15 a.m.-5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m. and Fridays 9:15 a.m.-12:45 p.m. If you have any questions about our policy, please feel free to ask.

Important Trip Information:

Sign-up: Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is **JUNE 6** between 9:15 a.m.—4:45 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.

FYI: Reserve Lists 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!

MAMMA MIA at the WESTCHESTER BROADWAY THEATRE, ELMSFORD, NY

THURSDAY, JUNE 8 Leaves OLM 8:30 a.m.— Returns 6 p.m. **Trip Filled.** Please sign waiting list if interested.

CAPTAIN J.P. II—LOCKS & LUNCH CRUISE ALONG THE HUDSON RIVER, TROY, NY

SATURDAY, JUNE 24 Leaves Senior Center 7:45 a.m. — Returns 6:30 p.m.

Trip filled. Please sign waiting list if interested.

ALL-YOU-CAN-EAT-LOBSTER & COMEDY SHOW, THE DELANEY HOUSE, HOLYOKE, MA

WEDNESDAY, JULY 12 Leaves OLM 10:30 a.m.— Returns 4:30 p.m.

Trip Filled. Please sign waiting list if interested.

JFK LIBRARY, BOSTON

TUESDAY, JULY 25, 7:30 A.M.

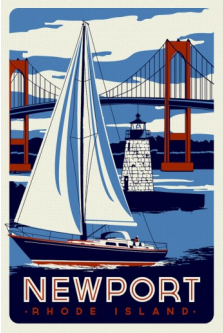
In honor of President Kennedy's centennial in May 2017, the JFK Library will unveil a special exhibition titled "JFK at 100: Milestones and Mementos." The exhibition will chronicle historic milestones in the President's career and administration as well as events of his personal and family life. Following our visit to the Museum we'll spend time at Boston's Quincy Market, an exciting indoor—outdoor marketplace featuring great shopping and variety of eateries. (Lunch is on your own). This afternoon enjoy a Boston Harbor Cruise. Discover the historic and contemporary milestones of Boston's inner and outer harbors during this fun, informative, fully narrated, 90-minute tour. DEPART: 7:30 a.m. from Our Lady of Mercy Church. ESTIMATED RETURN: 7:45 p.m. COST: \$82.00 per person. **Sign up has begun.**



BISTRO LUNCH ABOARD THE ICE CREAM TRAIN, NEWPORT, RI:

SATURDAY, AUGUST 12

All aboard with Conductor Kalbfus as we ride and dine in the grand tradition of the "Streamliner" era on the Grand Bellevue, for a fun lunch train experience. Gourmet Sandwich Choices in Advance: Baked Honey Ham with Swiss & Honey Dijon Aoli, Roast Beef with Cheddar & Horseradish Aoli, Shrimp & Crab Po-Boy with Cajun Aoli, Tuna Melt with Swiss Cheese, Cranberry Walnut Chicken Salad. All sandwiches served with lettuce & tomato on a roll and coffee or a soft drink. After lunch, savor a delicious treat on board the country's only 1950's moving ice cream parlor! Time to walk around Bowen and Bannister Wharf in scenic downtown Newport. Open to the Public. Invite your friends! Depart: 8:15 a.m. Plainville Senior Center. Estimated return 6:00 p.m. COST: \$77.00 per person. **Sign up has begun. Open to the Public.** Invite your Friends and Family!



CURRENT TRIPS CONTINUED...

“WHO LOVES YOU”: FRANKIE VALLI, AQUA TURF IN PLANTSVILLE: THURSDAY, AUGUST 17
“What can be better than having the music of Frankie Valli and the Four Seasons Live?” The show consists of four young, hot Broadway veterans recreating the music and stories of the era. Choreography, staging and melodious harmony create a memorable afternoon. Enjoy a delicious family-style lunch at the elegant Aqua Turf Club in Plantsville. Menu: Garden Salad, Pasta, Chicken Parmigiana, Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert. Beverage: Coffee and Donuts upon arrival. Open to the Public. Invite your friends! It’s a great show! **Drive on your own. Arrive at 11:30 a.m. COST: \$74.00 per person. Sign up has begun.**

DAN CHIHULY EXHIBITION AT THE BOTANICAL GARDENS, NY: THURSDAY, SEPTEMBER 7
New hand-blown glass sculptures, created especially for NYBG will complement the architecture of the Conservatory, itself a work of glass art. There will also be an exhibition of Chihuly drawings depicting the energy behind his artistic process. Spend time on Arthur Avenue, the “Little Italy of the Bronx”, for lunch on your own. Open to the Public. Invite your friends! Once in a lifetime opportunity to see his beautiful glass! Depart: 7:00 a.m. OLM. Estimated return: 7:00 p.m. COST: \$68.00 per person. **Sign up has begun.**

BENNINGTON POTTERS, VERMONT: TUESDAY, SEPTEMBER 19, 7:00 A.M.
Bennington Potters, world famous hand made pottery continues after 68 years. Meet the potters themselves as they describe each step of the many processes. Following our tour we’ll visit the Potters Yard store located in 2 historic buildings, a 19th century schoolhouse and an early 20th century grist mill. Lunch will be at the Publyk House featuring “Vermont Dining with a View”. Salad Bar, Roast Turkey Dinner with Stuffing, Homemade Meatloaf, or New England Scrod with Vermont Cheddar Cheese and Cracker Crumb Topping, Potato and Vegetable, Seasonal Fruit Crisp and Whipped Cream and Coffee. Make your entrée choice in advance. Following lunch we visit The Apple Barn and Country Bake Shop. We’ll have a guided coach tour of their spectacular orchard with views of all Southern Vermont. The barn is filled with VT products, country bake shop, ice cream parlor and of course fresh picked apples. Includes Cider Donut and Hot Cider for everyone! DEPART: 7:00 a.m. OLM. Estimated Return: 7:30 p.m. COST: \$79.00 per person. **Sign up has begun.**



2017 BIG TRIPS
Canadian Rockies and Vancouver, British Columbia by Train, Bus & Plane
September 2-8, 2017
TRIP IS FULL. Please sign reserve list if interested.

ICELAND: October 19 to October 25, 2017 and October 26 to November 1, 2017— BOTH TRIPS ARE FULL.
Please sign reserve list if interested.

TERRACOTTA WARRIORS, PHILADELPHIA, PA: OCTOBER 16-17, 2017
DAY 1: Depart aboard our deluxe motor coach for the “City of Brotherly Love”, Philadelphia, PA. Overnight accommodations at the HOLIDAY INN EXPRESS MIDTOWN.
DAY 2: This morning we’re off to see the TERRACOTTA WARRIORS at the FRANKLIN INSTITUTE. Silent, steadfast, and secret, an army of over 8,000 terracotta statues stood guard at the tomb of China’s first emperor for over 2,000 years before being discovered in 1974. Head for home this afternoon with memories of this great experience. COST: \$307.00 per person double/triple, \$387.00 per person single. Cost includes Deluxe Motor coach, 1 Night Hotel, 1 Breakfast, 1 Dinner, Admissions, gratuities for Driver and Tour Guide. **Open to the Public.** Invite your friends to this wonderful trip! Deposit: \$100 per person by July 24. Final Payment: August 28. **Sign up has begun. Departing from OLM.**



Please see Page 12 for more trip information...

NEW TRIP!

JACK-O-LANTERN SPECTACULAR—PROVIDENCE, RI: WEDNESDAY, OCTOBER 18
Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old-time favorites and everything in between. Prior to the spectacular, enjoy free time at Providence Place Mall for shopping and dining. Note: There is a moderate amount of walking on this trip. Cost: \$62 per person. **Depart: 12:30pm from the Senior Center. Estimated Return: 10:30pm.**
Sign up begins June 6.



UPCOMING TRIPS FOR 2017

Not for sale yet but please save the date!

September 26: Churches of Manhattan (**Cancelled**)
October 22: House of the Seven Gables, Salem, MA
November 20: Friendship Tours Gala, Aqua Turf
November 29: Christmas with the Stars, Edward Twins, Northampton MA
December 10: Christmas in Newport ***Please note date change**

WEEKLY TOURNAMENT WINNERS

BILLIARD WINNERS

April 10:	1ST: Mitch Ziolkowski/Val Dumais 2ND: John Clancy/Tony Lusitani 3RD: Ellen Couture/Rich Nordgren
April 13:	1ST: John Clancy/Tony Lusitani 2ND: Don Carlson/Joe Babin
April 20:	1ST: Mitch Ziolkowski/Tony Lusitani 2ND: Stan Funk/Joe Babin
April 27:	1ST: Mike Hermanowski/Val Dumais 2ND: Stan Funk/Joe Babin
May 4:	1ST: Lee Akins/Mike Hermanowski 2ND: Ellen Couture/Rich Nordgren

SETBACK WINNERS

April 3 :	1ST: John Sisson/Carol Diana 2ND: Bob Albrecht and Stan Funk 3RD: Gemma Croteau/Joan Noyes
April 10:	1ST: Joe Giannattasio /Pat Landry 2ND: John Daversa/Bernie Grabeck 3RD: Rich Nordgren/Roy Kaine
April 17:	1ST: Gemma Croteau/Barbara Metzen 2ND: Joan Olivera/Elaine Chartier 3RD: Rose Dunlap/Grace Lapila
April 24:	1ST: Joan Noyes/Adele Mancini 2ND: Barbara Metzen/Jackie Dionne 3RD: Roy Kaine/Richard Nordgren
May 1:	1ST: Sally Miller/Gail Kreneck 2ND: Bernard Grabeck/John Daversa 3RD: Bob Albrecht/Stan Funk
May 8:	1ST: Sally Miller/Gail Kreneck 2ND: Jackie D’Addese/Jackie Dionne 2ND: Charles Stepney/Ron Roper
May 15:	1ST: Jackie D’Addese/Jackie Dionne 2ND: John Daversa/Bernard Grabeck 3RD: Judy Wallace/Madeline Drake
May 22:	1ST: Pat Landry/Elaine Chartier 2ND: John Daversa/Bernard Grabeck 3RD: Sally Miller/Gail Kreneck

AM Wii BOWLING WINNERS

April 4 :	1ST: Lynne Krakauske 2ND: Linda Dominique 3RD: Rose Marie Machowski
April 11:	1ST: Linda Dominique 2ND: Lynne Krakauske 3RD: Rose Marie Machowski
April 25:	1ST: Linda Dominique 2ND: Lynne Krakauske 3RD: Jim Calderone
May 2:	1ST: Linda Dominique 2ND: Lynne Krakauske 3RD: Margaret Albrecht
May 10:	1ST: Lynne Krakauske 2ND: Linda Dominique
May 16:	1ST: Lynne Krakauske 2ND: Linda Dominique 3RD: Jim Calderone



PM Wii BOWLING WINNERS

April 4 :	1ST: Sally Miller 2ND: Nina Thone 3RD: Bev Heslin
April 11:	1ST: Roseanna Garcia 2ND: Nina Thone 3RD: Pat Burris
April 18:	1ST: Nina Thone 2ND: Carol Perry 3RD: Bev Heslin

PM Wii BOWLING WINNERS Cont.

April 25:	YOUNG AT HEART VS. AVON ACES 1ST: Linda Dominique 2ND: Carol Perry 3RD: Nina Thone
May 2:	1ST: Sue Mongillo 2ND: Nina Thone 3RD: Roseanna Garcia
May 9:	1ST: Sue Mongillo 2ND: Roseanna Garcia 3RD: Bev Heslin
May 10:	STATE TOURNAMENT 1ST: Pat Burris 2ND: Roseanna Garcia 3RD: Donna Lundy



PEAK FITNESS CENTER

HOURS:
Monday—Thursday: 9:00 a.m.—4:45 p.m.
Friday: 9:00 a.m.—12:45 p.m.

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!



- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training Equipment includes: Seven pieces of upper and lower body strength training equipment
- 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), or \$17.00 (weights only), is charged at the time of your initial training.



CT Senior Wii Bowling League



On May 10 the Plainville “Young at Heart” Wii Bowling team competed in the annual End of Season Tournament at the Bristol Senior Center. Teams from Bristol, Cromwell, Canton, Torrington, Avon, Prospect, Glastonbury, Rocky Hill, Middlewoods, and East Hartford also competed.

Plainville finished 4th place in the Handicap Team Tournament & 8th place in the overall Team Tournament

DONATIONS

Cheer Report

Thank you to all who made 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.

GENERAL DONATIONS: April 17—May 15
Bette Green (2), Judy Sheldon-Valencis, Stanley Funk, Carol Hunt, Rosaleen Peters, Lois Bridgett, Lois Schmidt, Charlotte Politis, Jean Arduini, Noelle Flanders, Carol Loiselle, Leosina Celli, Jane Mack, Circle Group, Masako McDonald, Jocelyne Ferrer, Joan Osak, Susan Dumais, Helen Bergenty, Olga Callender, Joanne Mauli, Anonymous, Joan St. Pierre, Barbara Wallace

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 : *William Furlong III by Pina and Joe Fortuna, In Memory of: Michael Heslin by Lee Ann Korus, In Memory of: Pauline Klimek by Helen Marinelli, Nellie Talbot, In Memory of: Judith Sheldon-Valencis by Jean D. Kelly*

DIAL-A-RIDE DONATIONS
Walt Reckert



WELCOME NEW MEMBERS FOR APRIL!
Mitzy Vaninetti, Dawn Dallas, Alicia Joyce, Alfred Joyell, Josephine Kalisz, Jamie Smithers, Rejeanne Paradis

July Books & Bagels

Join us on July 19th at 9:30am. The book for July is In the Garden of Beasts: Love, Terror, and an American Family in Hitler's Berlin by Erik Larson.

Books are available at the Plainville Library. Last book Club meeting until September.

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: April 16 - May 15
CHEER CARDS: Cynthia Healy, Barbara LaRosa, Sandy Therrien, Elizabeth Kallenbach, Judith Baston, Marcia Chapman, Anita Willequer, Roger Willequer, Gloria Cerniglia, Peter Cellino, Bob Nelson, John Mangan, Skip Kensel, Richard Nordgren, Barbara Martello
SYMPATHY CARDS: Family of Sandra Stewart, Family of Dorothy Golletz, Bonnie Carilli, Richard & Madeline Drake, Family of George Renock, Family of Edmond Cote, Dr. Stephen Zebrowski, Family of Donald Barrows, Paul & Yvonne Dorval, Family of Anita Willequer, Family of Pat Donnelly, Family of Barbara Kidwell, Family of Rose Crescentini

THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS
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 these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we cannot use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!



THANK YOU TO THOSE WHO HAVE DONATED CARDS
I would like to express my appreciation for your generosity in donating cards to the Plainville Senior Center. Your personal commitment was incredibly helpful and allowed both the Senior Center and myself to obtain our goal of reaching out to people in need of comfort. Your assistance means so much to us and even more, the recipients of the cards. Thank you again—*Carol Perry from the Senior Center.*





**CENTER
CAFÉ**

Open TUESDAYS and
WEDNESDAYS

11:00 A.M.-1:00 P.M.



The Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds!

CHECK OUT OUR JUNE SPECIALS!

June 6 & 7: Omelet Bar

Omelets prepared with your choice of fresh tomatoes, peppers, onions, spinach, diced ham, cheddar cheese

June 13 & 14: PEAK Power Salad

Fresh spinach, kale, strawberries, walnuts

June 20: Closed. Lions Picnic

June 21: Tuna, Lemon, Basil and Caper Pasta Salad

June 27 & 28: Italian Melt: Salami, pepperoni, ham and melted provolone with basil aioli



FRIENDS HELPING FRIENDS

THE GALLERIA, FARMINGTON

FRIDAY, JUNE 16, 11:30 A.M.

Sign-up begins June 1.

2017 AARP Trips

- June 15:** Trip to Twin River Casino
June 20: Tall Ships, Boston,
September 22: Scallop Festival Cape Cod
Feb. 13-Feb.24, 2018: Eastern Caribbean Cruise

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. Costs are per person. You must call Sally for more information and to sign up at 860-747-1732.

ALZHEIMER'S SUPPORT GROUP

Mulberry Gardens of Southington

Every Second Tuesday

10:30a.m.—11:30 a.m.

Living with Alzheimer's disease or a related memory disorder is challenging. Mulberry Gardens proudly offers a support group for families and caregivers. Topics include Communication Techniques, Caregiver Support, Wandering and much more!



Care & Support
We are here to help!

CAREGIVING CONNECTIONS

TUESDAY, JUNE 20, 2017 11:00 a.m.

"To the world you may be one person but to one person you may be the world" - Dr. Suess
Come and get fortified for the unique challenges of caregiving in the summer! We all know that as the temperature rises our tempers can also rise! One's patience is often in short supply as the demands of caring for another 24/7 can be difficult, often overwhelming and even isolating. Caregivers from neighboring towns are welcome. Call Bette with any questions.

BRIGHTER FOCUS

THURSDAY, JUNE 15 2017 10:00 a.m.

"Scatter Joy" Ralph Waldo Emerson
Join your friends for the last meeting of this season. We will recap and reflect upon the many themes we have discussed over the past several months. Bring any reading suggestions you may have come across to share. Summer is a perfect time for thought filled reading. Like the gift of years, summer is a gift to be savored and enjoyed. All are welcome. Call Bette with any questions.

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, JUNE 5 & JUNE 12, 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 60 and over only. No pre-registration necessary. No question is too small!



**GRANDPARENTS/RELATIVES RAISING
GRANDCHILDREN**

Tuesday June 13, 10:30 a.m.

Plainville Senior Center

(LAST ONE UNTIL SEPTEMBER)

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. Please call the Plainville Senior Center to register.

WANTED

A member is in need of household furnishings: i.e. bed, bureau, sofa, card table and a chair. Please call Stephanie or Bette if you can be of help. Thank you!



Announcements

MIRIAM’S CLOSET

Trinity Episcopal Church has recently opened Miriam’s Closet, a program to assist those who may need appropriate clothing for a job interview, first day of work, or a special occasion and who otherwise may be unable to purchase these types of clothing. Miriam’s Closet has clothing, shoes, and accessories for men and women of all ages and sizes. Miriam’s Closet will gladly accept donations of nearly new, gently used, business casual apparel, shoes and accessories. Requests for clothing or additional information can also be made directly through the office at Trinity Episcopal Church by email at **Miriam’sCloset@trinitycollinsville.org**. Donations can be brought to the Church on 55 River Road in Collinsville, CT during office hours Tuesday through Thursday 9 a.m. to 4 p.m. and Friday 9 a.m. to 1 p.m. or on Sunday before 1 p.m.

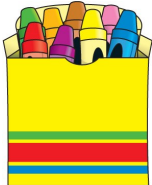


BRISTOL HOUSING AUTHORITY VACANCIES

Komanetsky Estates, 81 Grove Avenue, Forestville, CT now has vacancies and are accepting applications. Komanetsky Estates is a property of The Bristol Housing Authority and is located in a quiet residential neighborhood. If you or someone you know is interested in a tour of the facility please contact Property Manager Laura LaMar at 860-585-1236.

Coloring Club

Wednesdays at 3pm
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! 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 meets every Wednesday at 3pm. FREE! Coloring books, colored pencils and crayons will be provided.



PLAINVILLE VETERAN’S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk’s office to provide a place to honor the military service of deceased veterans by their friends and family members. Brass Plates (1” X 3”) engraved with the veteran’s rank, name, and branch of service can be purchased. The fee for the plate is just to cover the cost of the engraved plate, no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. The cost of the plate is \$8.00.

**Honoring Our Veterans
To Honor, Dignify and Respect
Veterans**



*Tuesday, June 13, 2017, 6 – 8pm
Welte Hall, Central Connecticut
State University, 1615 Stanley St, New Britain*
Join us for this FREE program as we salute our veterans with gratitude as displayed through music and inspirational thoughts. The program is sponsored by Hartford HealthCare at Home in collaboration with the CCSU Veterans Affairs Office. A memorial service will be conducted. All Connecticut veterans, families, elected officials and military dignitaries are invited. There will be a flag retirement ceremony and light refreshments will be served. **Call Sandy Gifford, Hartford HealthCare at Home, 860.493.7306 by June 2 to register.** Free transportation will be provided to Senior Center members. **Please call the Senior Center to reserve a ride by June 8.**



SURVEY BIG TRIPS 2018

Where do you want to go next year? Are there any special destinations on your bucket list?? Here are some of the hot destinations for 2018. Check any that interest you and please write any of your ideas on the lines below.

Vietnam _____	Lost Canals of France _____ Barge/Bike if you wish	Iceland _____
Alaska _____ Land, Cruise, Train	Christmas Markets _____ River Cruise, Germany	Lexington, Kentucky; Nashville, _____ Tennessee; Noah’s Ark
Jesus at Sight & Sound _____	Virginia International Tattoo _____	Cuba Cruise _____
Adriatic Cruise _____ Italy, Croatia, Montenegro, Greece	Canadian Rockies _____	Bermuda Cruise _____

YOUR IDEAS:



Transportation

DIAL-A-RIDE



ADA PARA TRANSIT

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



2017 ADA PARTICIPATION GROUP FORUM
ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District’s Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on Wednesday, July 12, 5:00 p.m. to 6:00 p.m. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service** ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum. Future 2017 Forum Dates: July 12, September 13 and November 8. Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or emailed to: pwilliams@hartfordtransit.org

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.



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.-7:00 p.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 \$3.50 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. The on-line application can be located at www.ctada.com. 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 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 860-724-5340 ext 1 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. 3046. 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.

This & That

INDEX	
AARP Drivers Course	2
AARP Trips	11
ADA Group Forums	13
ADA Transportation	13
All About Spinach	2
Alzheimer’s Support Group	11
At-Risk List	*BC
Art of Experience	1
Bear Reality	2
Blood Pressure Clinics	*BC
Books & Bagels	2,10
Brighter Focus	11
Bristol Housing Vacancy	12
Café	11
Car Show	14
Caregiving Connections	11
Cheer Report	10
Choral Group	14
Coloring Club	12
Congregate Meal Program	14
Craft Classes	3, 4
Creative Culinary Cooking	2
Cuba Photos	2
Dental Clinic	*BC
Dial-A-Ride	13
Display Case	14
Donations	10
Ear Wax Removal	*BC
Exercise & Arthritis	3
Fitness Classes	3, 4
Foot Care	*BC
Free Sign Up Day	1
Friends Helping Friends	11
Grandparents Raising Grandkids	11
Help for Seniors	2
Home Care Resources	2
Honoring Our Veterans	12
Hot Weather	14
Learn Android Cellphone	3
Medical Equipment Needed	*BC
Mega Sign-Up Day	1,7
Mental Health 101	1
Meet Matt	4
Miriam’s Closet	12
New Members	10
New Trips	8
Nurse Information	*BC
Outdoor Adventure	5
PEAK Fitness Center	9
Questions for the Social Worker	11
Quick Trips	6
Reserve Lists	7
Scam Alerts	*BC
Scavenger Hunt	1
Shopping Bus (Fri/Sat)	6
Shopping Tour of Indian Market	2
Skin Cancer	*BC
Snappy Seniors	14
Suggestion Box	13
Summer Picnic	1
The Changing Brain	1
Tag Sale	14
Tennis Lessons	3
Tournament Winners	9
Transportation	13
Trip Survey	12
Trips	7,8
Veterans Coffee Hour	2
Veterans Memorial Wall	12
Volunteers	5, 14
Wanted Items	11
Your Home and Title 19	2
*BC = Back of Calendar	

LOOKING FOR CAFÉ VOLUNTEERS

Do you enjoy working with food? Are you a “people person”? If so we are looking for volunteers for food prep, serving and cashiering in the Café on Tuesdays and Wednesdays. If interested, please see Ronda.



SNAPPY SENIORS

THURSDAY, June 15, 10:00 A.M. Plainville Library

Any Senior Center member with a camera and an interest in photography may join the Snappy Seniors by coming to a monthly meeting at the Plainville Library and signing up there. Snappy Seniors meet on the third Thursday of the month (except July and August).



CHORAL GROUP REHEARSAL DATES

FRIDAY, JUNE 2 at 9:45 AM



SENIOR CENTER DISPLAY CASE

Do you have a collection, hobby or art work you would like to put on display If so, stop by the front desk to make a reservation for our display case.

June: Be sure to stop by the Senior Center display case to see the beautiful photography of Wendell Copeland entitled *Caribbean Colors*. Thank you, Wendell for sharing your talents.



CONGREGATE MEAL PROGRAM: JUNE 2017

Please stop by the kitchen to pick up the June calendar. Reservations for a meal must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon.

A suggested donation is \$2.50.

IT MAY BE HOT OUTSIDE, BUT IT’S COOL IN HERE

Is it one of those hot days, and you just can’t get comfortable? Well, come to the Senior Center and enjoy the air conditioning. Join in on one of our planned activities, catch up with some friends, read a book, do a puzzle or just relax and enjoy a little cool air. Come in and find out why the Plainville Senior Center is the “coolest” center around.

TAG SALE THIS SUMMER

August 16-17

Lots of folks have been asking for a Tag Sale and we are pleased to announce that Sally and her band of merry tag sellers will be having one this summer. Clean your closets or attics and put a box of goodies aside for us. Because of space restrictions, please do not bring items until the week before the sale. We do not accept clothing or shoes but will accept household items, jewelry, small furniture, gift items and more. All proceeds of the tag sale go to Dial-A-Ride and Circle Group, programs of the Senior Center. Thank you for thinking of us. **WE ARE UNABLE TO ACCEPT ANY TAG SALE ITEMS AT THIS TIME DUE TO LIMITED SPACE. Donations will be accepted starting August 7.**



6TH ANNUAL FLY-IN & CAR SHOW

SATURDAY, JUNE 10, 10AM-3PM

ROBERTSON AIRPORT, 62 JOHNSON AVE,
PLAINVILLE



This is a special charity event supporting The Petit Family Foundation & The Plainville Community Food Pantry. The car show will feature street cars, classic cars, motorcycles, airplane & helicopter rides, exhibits & vendors, live band, rides, food trucks and more! **Cost: \$5 for adults, FREE for kids under 12. FREE Parking.** Rain date: June 11.



Nursing and Other Services

REGULAR FOOT CARE AND DIABETIC FOOT CARE

Please note fee increase.

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 \$18.00 for Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members** 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. **Senior Center members only.**



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 pick up the paperwork that must be filled out and brought in at the time of your appointment.



BLOOD PRESSURE CLINICS

Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services

Thursday, June 8, 1:00 pm—2:00 pm (Hartford Health Care)

Wednesday June 21, 11:00 am—12 pm (The Summit, Southington)

Monday, June 26, 12:00 pm—12:30 pm (Georgia, Senior Center Nurse)

Wednesday, June 28, 11:00 am —12:00 pm (The Pines of Bristol)

Blood Pressure Clinics are for Senior Center members only.



SCAM ALERTS! 5 dangerous phone scams that are spreading now. For more details, stop by the Senior Center for an informational packet.

DHS OIG HOTLINE SCAM

The scammer pretends to be an employee with U.S. Immigration and alters the caller ID system to make it appear as if the call is coming from the DHS OIG Hotline number (1-800-323-8603). The fraudster demands that the victim verifies personal information through numerous tactics, including claiming they are victims of identity theft.

FBI SPOOFING SCAM

Fraudsters claiming to be FBI agents are calling people at random and telling them they are being investigated for certain federal violations. The victim is told that if they don't pay a fee immediately they will be arrested. The caller ID displays the FBI office phone number.

"CAN YOU HEAR ME" PHONE SCAM

The scammer will ask "Can you hear me?" The caller records the victim saying yes, which they later use as a voice signature. This voice signature can be used to authorize fraudulent charges via telephone.

WHY YOU SHOULD BE WORRIED ABOUT SMISHING

This new texting scam looks so legitimate, anyone could fall victim to it. Scammers are spoofing banks' phone numbers and sending text messages to customers. A spoofed phone number hides the actual number the text is coming from and displays a number from a trusted source, like your bank.

PHISHING CALL SCAM

People are receiving phone calls from swindlers pretending to be from Apple support. The scammer tells the victim that the iCloud has been hacked and they need to verify their account details.

SKIN CANCER SCREENING

SKIN CANCER SCREENING

Friday, June 23

Senior Center Nurse, Georgia Sterpka will be conducting a skin cancer screening on June 23. If you have a spot on your skin that you would like Georgia to look at, please call the Senior Center beginning June 1 to schedule an appointment. Individuals will be referred to their primary care physician or dermatologist if necessary.

DENTAL CLINIC

The Community Health Center is sponsoring a dental clinic at their location, 85 Lafayette Street, New Britain. The dental clinics will be held, by appointment, on Friday, July 14 and Friday, July 28. Free Dial-a-Ride transportation is available to Plainville Senior Center members who live in Plainville. The fee for the comprehensive dental cleaning is \$30.00. Please call Melissa at 860.253.9024 Ext 2270 to schedule an appointment. We have made arrangements for this dental clinic to be held at the Community Health Center because their mobile dental clinic is currently not able to provide service at the Plainville Senior Center, as they had in the past.



PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.



MEDICAL EQUIPMENT/SUPPLIES NEEDED

The Hospital of Special Care Equipment Exchange is looking for donations of durable medical equipment and supplies: canes, walkers, tub and transfer seats, shower chairs, manual wheelchairs (regular and transfer) commodes and raised toilet seats. They cannot accept electric devices (scooters, electric wheelchairs and hospital beds). Equipment is accepted during weekday business hours. Please call 860-612-6302 to make sure item is needed. They are located at Special Care Equipment Exchange (a tan house next door to Hospital for Special Care) 2120 Corbin Avenue, New Britain.

June 2017

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	KEY: GR: Green Room, BR: Blue Room, GA: Game Room, CR: Craft Room, C: Caf�, CL: Computer Lab, OS: Old Store, L: Library, *: By Appointment			1 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Knit & Crochet GR 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR 6:30 Mental Health L FREE SIGN UP	2 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:00 Pinochle CL 10:30 Cardio Step GR	3 9:00 National Trail Day 9:00 Victorian Days
4	5 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Questions for the Social Worker 12:30 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	6 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans Coffee CR 12:00 Pinochle GA 12:30 Open Circle GR 1:00 Bridge OS 2:00 Arthritis Exercise GR 2:00 New Member Party BR 3:00 French Class GA MEGA SIGN UP	7 9:00 Walking GR 9:00 Bike Club 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Photo Editing GA 1:15 Charlemagne C 3:00 Coloring Club GR 6:00 Changing Brain L	8 8:30 Mamma Mia 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Help for Seniors GR 10:00 Mexican Train GA 12:00 Pool Tournament 12:00 COA 12:30 Pinochle CL 1:00 Blood Pressure 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	9 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Home Care CR 10:00 Pinochle CL 10:30 Cardio Step GR 1:00 Wickham Park	10
11	12 8:30 Wadsworth Falls Hike *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Worker 1:30 Power Burst BR	13 9:00 Walking BR 9:30 AARP Driver GR No Beg Wii Bowling 10:00 Ladies Billiards 10:00 Cribbage OS 10:30 Grandparents GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:00 Arthritis Exercise GR 3:00 French Class GA	14 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Photo Editing GA 1:15 Charlemagne C 3:00 Coloring Club GR	15 8:30 Scavenger Hunt *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train OS 10:00 Snappy Seniors L 10:00 Brighter Focus GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	16 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:00 Shopping Tour 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Ragged Mountain Hike	17 9:30 Essex Steam Train
18	19 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:30 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	20 8:00 Tennis *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage OS 11:00 Caregivers GA 12:00 Pinochle GA 12:00 Summer Picnic BR 1:00 Bridge OS 2:00 Arthritis Exercise GR 3:00 French Class GA	21 9:00 Walking GR 9:30 Books & Bagels GA 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:00 iPad Photo Editing GA 1:15 Charlemagne C 3:00 Coloring Club GR	22 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Your Home/Title 19 GR 10:00 Mexican Train OS 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR 1:30 All About Spinach	23 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:00 Cuba Photos CR 10:30 Cardio Step GR	24 7:45 Locks & Lunch Cruise
25	26 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Blood Pressure 12:30 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	27 8:00 Tennis *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:00 Arthritis Exercise GR 3:00 French Class GA	28 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	29 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR	30 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:30 Cardio Step GR 1:00 Bluff Point	