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

Plainville Senior Center **Dynamic Past * Vibrant Future**

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Free Sign–Up Day is May 3. Mega Sign-Up Day is May 4, 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.

The "Not-So" Empty Nest

Conference for Grandparents Raising Grandchildren
Tuesday, May 9, 2017, 9:00—2:00
Plainville Senior Center
Call the Senior Center to Register by May 5th
Free Buffet Luncheon & Raffles!

Keynote Presentation: "Mental Health 101" *Learn how to recognize the signs & symptoms of depression, anxiety, stress, body image struggles and more. Information on finding help for your child and accessing appropriate resources will be discussed.*

"Resource Boulevard" *Information and Support*

- Working with your child's school
- Mental Health Resources
- Probate Court, Guardianship, Legal Custody
- Financial Assistance
- Internet Safety
- Family Resource Network
- Teen Dating Violence/ Domestic Violence
- Children's Library Services
- Dental Programs
- HUSKY/SNAP
- Medicare
- Substance Abuse
- Special Needs Trust Fund
- 2-1-1 InfoLine
- Chair & Hand Massages

The program is funded in part by Title lll of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Department on Aging, Breakfast sponsored by The Pines of Bristol.

Plainville & West Hartford Senior Centers
FITNESS SCAVENGER HUNT 2017
Westfarms

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

Grab a partner and join the Plainville Senior Center as we take on our friends at the West Hartford Senior Center!

$8.00 per person includes a commemorative T-shirt, breakfast and the most fun you'll have all month! **Sign up has begun.**

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 a minimum of 15 clues, race back to Center Court. Prizes will be awarded for teams with the most correct answers and fastest times.

Enjoy breakfast 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.** Limited to 30 participants. Form your own team or we can match you with a partner. Complete details available during registration.

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, and bi-polar 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, Plainville Public Library. **Sign up has begun. Please call the Plainville Senior Center, 860-747-5728 to register for dinner and the program.**

THE CHANGING BRAIN, A CAREGIVING AFFAIR

FREE PROGRAM/LIGHT DINNER INCLUDED
May 24—June 7
6:00 pm to 8:30 pm
Plainville Public Library, 56 East Street, Plainville
Call the Senior Center to register for any or all sessions.

May 24 -LET'S TALK ABOUT THE BRAIN: What's normal what's not? Keeping your brain healthy, signs and symptoms of dementia.
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 the Hartford HealthCare Center for Healthy Aging, Plainville Senior Center and Plainville Public Library. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging.*

Senior Center Special Events

BOOKS & BAGELS BOOK CLUB-Free! Space Limited!

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.

Wednesday, May 17, 9:30 a.m.

Devil in the White City* by Erik Larson combines two historical events which occurred simultaneously and had an impact on the world. Larson introduces the reader to the incredible events which surrounded the building of the 1893 Chicago World's Fair and the astounding murders which stunned a nation. **Sign up has begun.**

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 is time to sort through the items in her closet and donate them to her favorite charity. Tucked away in a secret spot, he discovers an exquisite gold charm bracelet that he has never seen his wife wear nor could they ever afford. His curiosity on the meaning of the charms finally becomes so strong, it sends him on a quest to find out the truth about his wife's secret life before they met. This book if 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 or your charms! Pre- registration is required. **Sign up begins May 3.**

****A copy of each book may be obtained at the Plainville Public Library**

VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

TUESDAY, May 2 at 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.**

CHOCOLATE COVERED STRAWBERRY CLASS

MAY 8, 3:00 P.M. OR 4:00 P.M.

Dazzle your friends and family with the decadent treat of Chocolate Covered Strawberry's made by you! Join Evelyn Morin for this fun class. Chocolate Covered Strawberry's are perfect for gift giving or just enjoying yourself! Class if free. Limit 10 per class. **Sign up begins May 3.**

MAJESTY AND MYSTERY OF CROP CIRCLES with JOHN ROOT, NATURALIST

THURSDAY, MAY 18, 10:00 a.m.

A power point presentation featuring complex and exquisite designs that are found annually in farmers' fields and other locations all over the world. Participants will learn about the unexplained effects of these formations on soil, plants, animals and people; discover the messages that are encoded in the formations and discuss the possible origins and motives of their creators. This is a free program. **Sign-up has begun.**

WOMEN'S PELVIC HEALTH

FRIDAY, MAY 19, 10:00 A.M.

Millions of women in the United States suffer from urinary incontinence. Urinary incontinence is the accidental release of urine. There are two types of urinary incontinence; stress incontinence (laughing, sneezing, coughing) and urge incontinence (not making it to the bathroom in time). In this talk, we will discuss both types of urinary incontinence and available treatment options. Presented by: Shanna Gannon, PA-C, Urologic Surgery. Sponsored by Hartford HealthCare Senior Services. **Call the Senior Center beginning May 3 to register** for this free program. Open to the public.

VOLUNTEER RECOGNITION PARTY

WEDNESDAY, MAY 31ST

Invitations were mailed out for the Volunteer Party. We use the volunteer tracking board to send out our invitations. If you do not receive an invitation by mail, please call us at the Senior Center and let us know how many hours you volunteered last year and we will get an invitation out to you.

REMEMBERING CUBA

SAVE THE DATE!, FRIDAY, JUNE 23 AT 10:00 A.M.

Come and see photos and hear stories of the recent trip to Cuba!

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, May 4 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	Next Session Sign up begins May 4
MONDAY			
Zumba Tone	9:30 – 10:30	March 27—May 22 (8 Weeks) $24.00 Members, $48.00 Non-Members. No class April 17	June 5-July 24 (8 weeks) $24.00 Members, $48.00 Non-Members
Power Burst	1:00—2:00	April 3—May 22 (8 Weeks) $16.00 Members Only.	June 5—July 24 (8 Weeks) $16.00 Members Only ***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, 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	March 22—May 17 (8 Weeks) $24.00 Members, $48.00 Non-Members. No class April 19.	May 24—July 19 (8 weeks) $24.00 Members, $48.00 Non-Members. No class May 31
THURSDAY			
Ceramics	9:30 – 11:30	March 9—May 11 (8 weeks) No class May 4) $32.00 Members Only	May 18—July 6 (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	April 20—May 25 (6 weeks) $18.00 Members Only	
Functional Fitness	1:00—2:00	April 6—May 25 (8 Weeks) $16.00 Members Only.	June 1—July 20 (8 Weeks) $16.00 Members Only ***note time change 1:30—2:30 during this session**
Functional Fitness	2:00 –3:00	April 6—May 25 (8 Weeks) $16.00 Members Only.	June 1—July 20 (8 Weeks) $16.00 Members Only ***note time change 1:30—2:30 during this session**
Knitting & Crochet	1:00 – 3:00	March 16—May 18 (8 Weeks-No Class May 11) $16.00 Members Only.	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	April 28—May 26 (5 weeks)$15.00 Members Only	
Cardio Step & Abs	10:30 – 11:30	March 31—May 26 (8 weeks) (no class April 14) $24.00 Members, $48.00 Non-Members.	June 2—July 21 (8 Weeks) $24.00 members, $48.00 non-members

PHOTO EDITING ON iPad WEDNESDAYS, MAY 10—JUNE 14, 1:00 P.M. TO 3:00 P.M.
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. You will need to purchase the book from the instructor. Participants must have basic iPad skills in order to take this class. **COST:** $25.00 due at registration. The cost of the book is $25.00 and is payable to the instructor during class. Class size limited to 8, members only. Instructor: Evelyn Morin. **Sign up has begun.**

CRAFT AND FITNESS CLASS DESCRIPTONS

ACRYLIC PAINTING: Each week students will complete a 5X7 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 (AFEP): 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 EVERY BODY: 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: 1:00 O'CLOCK: 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.**

FUNCTIONAL FITNESS: 2:00 O'CLOCK: 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 EVERY BODY: 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.**

A THANK YOU MESSAGE FROM ANN FARGO

Dear Plainville Senior Center Members: As the snow begins to melt and I slowly make my way through all the boxes involved with moving, I find myself thinking so very fondly of my friends in Plainville. There are no words to describe how honored I feel to have been a small part of this wonderful organization. Your kind words and generous gifts at my farewell gathering will be treasured always. The gift certificate to L.L. Bean is the perfect gift. I had been eyeing the most beautiful sheet set to go with my new bedroom. I cannot wait to make the purchase. We are enjoying the "Great North Woods", visiting with family, meeting new friends to adventure with and finishing work on our new home. Thank you again for all that you did to make my 10 years at the Center memorable. Fondly and with love, Ann Fargo.

AARP SMART DRIVER COURSE

TUESDAY, June 13, 9:30 A.M. - 1:30 P.M. at the Plainville Senior Center (Limited to 25)

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. **COST: $15.00 for AARP members providing a membership number and $20.00 for all other attendees. Please bring a bag lunch if you wish. Sign-up begins May 4.**

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 beginning May 3** to register for this free program. Open to the public.

Outdoor Adventure Club

WEDNESDAY WALK IN THE WOODS

Walks start at 9:00 a.m.

Every walk in the woods is along forest trails that include rocks, roots and some gentle hills. Good walking shoes, snowshoes if applicable, walking sticks and outdoor clothing is required. If you do not have walking sticks we do have some at the Senior Center. Each walk is 45 minutes to an hour in duration. Bring water for hydration and a snack to enjoy.* ***Cost: $3.00 paid to the leader the day of the event.*

Wednesday, May 10, The Other Side of the River Walk, New Rd, Avon: The rails to trails path along Route 4 in Avon is enjoyed by many people. Have you ever wandered about the path on The Other Side: Well join us on this adventure to find out! Homemade snack will be provided by the leader but if you would like, bring a lunch/snack. This walk will be a 2 hour adventure and not recommended for beginners to Outdoor Adventures. It is best to meet at 8:15 a.m. at the Senior Center and carpool. All others can meet at the River Walk. Directions available at the Senior Center. **Leader:** Eileen Cyr. **Sign up begins May 3.**

SPRING FIELD DAY AT PADEREWSKI PARK

TUESDAY, MAY 16, 10:30 A.M. TO 1:00 P.M. *(rain date: Wednesday, May 17th)*

Ann Fargo returns to Plainville for fun in the park! Bring on your best game and join us for Croquet, Bocci and Ladder Ball at our Spring Field Day. Along with the play there will be a lunch time barbeque. Hamburgers, Hot Dogs, Veggie Burgers, Baked Beans, Fruit Plate and Dessert will be available. Water bottles will also be included. All levels of players are welcome to try. We have relaxed backyard rules and a penalty box for show off athletes. **COST: $5.00. Sign up begins May 4.**

APPALACHIAN TRAIL, CORNWALL, CT

SUNDAY, MAY 21, 9:00 A.M.

Join Eileen Cyr for a walk along the Housatonic River in Cornwall, CT. The walk is about 3 miles and will take approximately 2 hours. The trail is very flat and easy. Enjoy lunch (on your own) at the West Grill Restaurant in Litchfield. Return approximately 4:00 p.m. **COST: $15.00** includes transportation and group leader. **Sign up begins May 4.**

KAYAK FARMINGTON RIVER, COLLINSVILLE, CT

WEDNESDAY, MAY 24, 10:00 A.M.

Leader: Natalie Carpenter. Meet at Collinsville Canoe and Kayak in Collinsville, CT at 10:00 a.m. Rentals start at 10:15 a.m. and include kayak, paddle, and life jacket. Please wear clothes that can get wet. Changing rooms and bathroom facilities are available. Sun protection and water bottles are highly recommended. Beginners welcome! Rental rates are due on the day of the event are: $20 for kayak, $25 for stand-up paddle boards; **please indicate preference at registration. Cost is $3.00** due to Natalie on the day of the trip. **Sign up begins May 3.**

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 also 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, and 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 beginning **May 3rd** to register.

Friday Shopping Bus

May 5:	**ShopRite, Southington**	**8:15 a.m. - 11:00/11:45a.m.**
May 19:	**Price Chopper /Job Lot, Southington**	**8:15 a.m. - 11:00/11:45 a.m.**

Sign-up begins on May 3. 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.

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.

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 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).**

Saturday, May 13, 2017 Tanger Outlets (Westbrook) 9:00 a.m.—3:30 p.m.

We have rescheduled this popular trip from April 15th. There is still room available on the trip to Tanger Outlets in Westbrook with over 50 retailers! Then enjoy lunch at Lenny & Joe's in Madison (on your own). $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 3:30 p.m. **Sign-up has begun.**

Saturday, May 27, 2017 New Britain Museum of American Art 9:30 a.m.—2:00 p.m.

View the Shaker Woodenware I exhibit such as a cherry work box, fancy pails, etc. all created in the mid-1800's . *The Nor'Easter* which highlights the exceptional works of emerging artists in all media. In addition, the New Britain schools will have their award-winning art on display. A special feature will be the pop-up shopping bazaar! Enjoy treats and produce from local food trucks and farmers, quality handmade goods from local artists and listen to the sounds of summer with local musicians. Admission to the Museum is free. The bus will pick up at the Museum at 12:00 noon for lunch (on your own) at East Side Restaurant in New Britain for German-American fare. $8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 2:00 p.m. **Sign-ups begin May 4.**

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, Crotia, Montenegro, Greece ___	Canadian Rockies ___	Bermuda Cruise ___

YOUR IDEAS:

_____

_____

_____

_____

Return to the Senior Center. Blank survey at the Center also. Name:_____(optional)

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 May 4** 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.

MEGA SIGN-UP DAY

Mega Sign-up Day is May 4. 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.

CURRENT TRIPS!

THE TREASURES OF NYC-METROPOLITAN MUSEUM OF ART & CENTRAL PARK TOUR: SUNDAY, MAY 20

Trip Filled. Depart: Plainville Senior Center at 7:30 a.m. Estimated return: 8:00 p.m.

MAMMA MIA at the WESTCHESTER BROADWAY THEATRE, ELMSFORD, NY: THURSDAY, JUNE 8
Trip Filled. Please sign waiting list if interested.

CAPTAIN J.P. II—LOCKS & LUNCH CRUISE ALONG THE HUDSON RIVER, TROY, NY: SATURDAY, JUNE 24, 2017
Trip filled. Please sign waiting list if interested.

ALL-YOU-CAN-EAT-LOBSTER & COMEDY SHOW, THE DELANEY HOUSE, HOLYOKE, MA, WEDNESDAY, JULY 12
SERVED AT THE TABLE: Cheese and Vegetable Platter, Shrimp Cocktail, Salad and Bread Basket. BUFFET MENU: LOBSTER! LOBSTER! Plus a variety of Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Haddock, Chicken Marsala, Baked Ziti, Vegetable, Delicious Ice Cream Dessert & Beverage. PLUS! Lot of laughs with two of our favorites: Bobby Darling & Dr. Devine, a hilarious combination of accomplished musicians and perfect comedic timing. 9 seats remaining as of printing . **COST: $96.00 per person. Depart 10:30 a.m. from Our Lady of Mercy. Estimated return 4:30 p.m. 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.**

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 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, creating 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. Our Lady of Mercy Church. Estimated return: 7:00 p.m. COST: $68.00 per person. Sign up has begun.**

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 Motorcoach, 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.**

NEW TRIPS!

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 begins May 4.**

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. Our Lady of Mercy Church, ESTIMATED RETURN: 7:30 p.m. **COST: $79.00** per person. **Sign up begins May 4.**

2017 BIG TRIPS

CANADIAN ROCKIES AND VANCOUVER, BRITISH COLUMBIA BY TRAIN, BUS & PLANE SEPTEMBER 2-8, 2017 :
TRIP IS FULL. Please sign reserve list.

ICELAND, October 19 to October 25, 2017 and October 26 to November 1, 2017– BOTH TRIPS ARE FULL.
If interested in these trips please sign reserve list.

UPCOMING TRIPS FOR 2017
These trips are not for sale yet but please same the date on your calendar!

September 26:	Churches of Manhattan
October 18:	Jack O'Lantern Spectacular, RI
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 9:	Christmas in Newport
December 5	Holly Days Stocking Stuffer

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 moving 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 begins May 3.**

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 has 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 begins May 3.**

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. Hot dogs, Hamburgers, Baked Beans, Macaroni and Potato Salad, Coleslaw, Dessert! Get ready to have some fun! Co-Sponsored by the Plainville Lions' Club. **COST:** $5.00 members, $10.00 non-members. **Sign up begins May 4 if you plan to attend.**

Weekly Tournament Winners

BILLIARD WINNERS

March 2: **1ST:** Stan Funk/Rich Nordgren; **2ND:** Lee Akins/Ed Zareck; **3RD:** Don Carlson/Joe Babin
March 9: **1ST:** Don Carlson/Tony Lusitani; **2ND:** John Clancy/Joe Babin
March 16: **1ST:** Stan Funk/Mike Hermanowski; **2ND:** Don Carlson/Tony Lusitani
March 23: **1ST:** Stan Funk/Tony Lusitani; **2ND:** Don Carlson/Rich Nordgren
March 30: **1ST:** Ellen Couture/Joe Babin; **2ND:** John Clancy/Rich Nordgren

SETBACK WINNERS

March 3: **1ST:** Ron Roper/Tony Lusitani; **2ND:** Olga and Charlie Stepney; **3RD:** Jackie D'Addese/Jackie Dionne
March 13: **1ST:** Marla Ludwig/Harold Bissonette; **2ND:** Gail Kreneck/Sally Miller; **3RD:** Ron Roper/Bernard Grabeck
March 20: **1ST:** Bob Albrecht/Stan Funk; **2ND:** Judy Wallace/Madeline Drake; **3RD:** Shirley Platt/Agnes Ogonowski
March 27: **1ST:** Sally Miller/Carol Diana; **2ND:** Grace Lapila/Rose Dunlap; **3RD:** Joe Fortuna/MaryAnn Cunningham

AM Wii BOWLING WINNERS

March 7: **1ST:** Rose Marie Machowski; **2ND:** Lynne Krakauske; **3RD:** Jim Calderone
March 21: **1ST:** Linda Dominique; **2ND:** Lynne Krakauske; **3RD:** Rose Marie Machowski
March 28: **1ST:** Rose Marie Machowski; **2ND:** Linda Dominique; **3RD:** Lynne Krakauske

PM Wii BOWLING WINNERS

March 21: **1ST:** Roseanna Garcia; **2ND:** Bev Heslin
March 22: **Tournament vs. Middlewoods "Young at Heart" 1ST:** Roseanna Garcia; **2ND:** Donna Lundy; **3RD:** Pat Burris **(Plainville 4130 Middlewoods 4388)**
March 28: **1ST:** Roseanna Garcia; **2ND:** Bev Heslin; **3RD:** Sally Cobrain

PEAK FITNESS CENTER

HOURS: Monday - Thursday: 9:00 a.m. - 4:45 p.m.
Fridays: 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 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), $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: March 15—April 15

Carol Skultety, Gemma Croteau, Sam and Maria Guzzo, Donna Klos, Clara Dlugosz, Lois Bridgett, Arlene Parker, Circle Group (2), Beatrice Gay, Susan Dumais, Cathy Ryan, Diane Misko, Maria Wynkoop, Anonymous (3), Maria Cutler, Charles Orvis, Lee Ann Korus Truist, Ellie Gendron, Corinne Trepanier, Maria Wynkoop, Lois Schmidt, Theodore Rambis, Lynne Krakauske, Pat Cancelli, Sally Cobrain, Tammy Roth, Carol Hunt, Joan McBain

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

United Way, Anonymous, Marjorie Rio, Sally Cobrain, Pat Cancelli

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: March 24—April 28

CHEER CARDS: Sally Miller, Kathleen Williams, George Fensick, Verna Pekrul, Pat Burris, Barbara Cichone, Edith Ann Frazee, Roland Dumont.

SYMPATHY CARDS: Family of Laurine Cote, Family of Marie Barbas, John Daversa, Helen Locks, Irene Boiczyk, Kathleen Williams, Family of Pauline Case, Family of Alyce Mankus, Family of Pat McGinley, Ann Krupinski.

WELCOME NEW MEMBERS FOR MARCH!

Patricia Backus, William Petit, Jr., Tom Pierce, Russ Valencis, Christine Caron, Chris Stankevich, Linda Pocalyko, Lena Caporale, Viola Fowler, Jadwiga Szarwacka

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!

FOUND: Silver ring and a silver bracelet. Please see the Front Desk

CENTER CAFE

Open TUESDAYS and WEDNESDAYS from 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 MAY SPECIALS!

May 2 & 3:	Bacon, Avocado & Chicken Salad on Whole Wheat/Clam Chowder
May 9:	Café Closed (Grandparents Raising Grandchildren Conference)
May 10:	Cobb Salad
May 16 & 17:	BBQ Pulled Pork Sandwich/Baked Potato Soup
May 23 & 24:	Lemon Chicken Salad on Croissant/Vegetarian Chili
May 30:	Turkey BLT
May 31:	Café Closed (Volunteer Recognition Party)

PARLEZ-VOUS FRANCAIS? TUESDAYS through JUNE 27, 3:00 P.M.

Rachel St. Onge, a member of our Senior Center, has volunteered to continue teaching a beginner French class at the Senior Center. You will learn conversational French, as well as have opportunities to attend French cultural events, field trips and more! Rachel is a native French speaker (Acadian French), took four years of French classes in high school and several classes in college. The class is free, but all class participants must purchase the text book online. The book is entitled "Living Languages: French Edition" and includes 4 CD's and a dictionary in addition to the book. Space is limited. Members only. **Sign up has begun.**

2017 AARP Trips

May 7: Follies Broadway Musical at the Warner Theatre/Lunch. **June 15:** Trip to Twin River Casino, **June 20:** Tall Ships, Boston, **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.**

MICHAELA'S 4 O'CLOCK PLANTS

This year, Michaela's 4 O'Clock Plants will be sold at the Plainville Senior Center on Wednesday, May 10 and Thursday, May 11. They will also be sold at Gnazzo's on Thursday, May 11, Friday, May 12 and Saturday, May 13, and at the Plainville Public Library, Friday evening, May 5 from 6:00 p.m. to 8:00 p.m. The cost is $5.00 per plant. Please stop by and purchase a plant for Mother's Day!

Care & Support We are here to help!

CAREGIVING CONNECTIONS

TUESDAY, MAY 16, 2017 11:00 a.m.

Join your caring friends for a delicious luncheon at our May 16th Meeting.

We will begin our group at 11 a.m. and enjoy lunch at noon as we toast one another for caregiving well done! Plan to attend our caregiving celebration. Please RSVP to Bette at the Center by May 10th.

BRIGHTER FOCUS

THURSDAY, MAY 18, 2017 10:00 a.m.

Do what you love and you will find happiness. Come share your insights and wisdom as you continue on your journey. Our shared experiences have enriched our lives empowering us to continue to make a positive difference in the lives of those we love. The gift of years is a blessing to be embraced. All are welcome. Call Bette with any questions.

FRIENDS HELPING FRIENDS

CRACOVIA POLISH RESTAURANT

FRIDAY, May, 19, 11:30 A.M.

Sign-up begins May 3

WANTED

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

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, MAY 1 and MAY 22

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!**

Announcements

2017 YWCA WOMEN IN LEADERSHIP AWARD

Congratulations to our own **Evelyn Morin** for receiving the 2017 YWCA Women in Leadership Award! Honorees of this award demonstrate exceptional and superior abilities and accomplishments, show outstanding achievement as a volunteer and of promoting the YWCA mission of eliminating racism and empowering women. She and other Honorees will be celebrated on May 11th at the Aqua Turf. If you would like to attend the 2017 YWCA Women in Leadership Award Luncheon, please see Shawn or Ronda for ticket information. Deadline is May 5th.

LEONA BISSON VOLUNTEER AWARD WINNER

Congratulations to Plainville Senior Center member and volunteer Leona Bisson! Leona received the Distinguished Volunteer Award at the Plainville Chamber of Commerce 109th Awards Dinner on April 18th. Leona was honored for her volunteer work in the community delivering Meals on Wheels to more than 25 people weekly, visiting the homebound, as well as assisting with the religious education program at Our Lady of Mercy Church. She also helps cook meals for OLM's gift program and is a Eucharistic Minister.

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 **MiriamsCloset@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.

HOMEOWNERS TAX RELIEF

Elderly and Disabled Homeowners can file for benefits for homeowners for the 2016 Grand List Year. Applications must be filed by May 15, 2017. Income limits for homeowners are; for a Single Person, not to exceed $35,200 and for a Married Couple, not to exceed $42,900. The Town of Plainville is currently sponsoring a local option elderly program. Income requirements of this program are $42,500 for a single person and $48,000 for a married couple. Applicants must meet all other requirements of the State program. Qualifications for the above benefits are: Applicants must have been 65 years old prior to December 31, 2016 or have a 100 percent disability rating from the Social Security Administration or be the widow/widower age 50 or over of a previously approved applicant. The Town of Plainville also has a local option tax freeze program. Applicants must be 70 years of age or older and must meet certain income and asset requirements. Applications for additional Veterans are also being taken. The Veteran must meet the above qualifications (with the exception of age) as well as have his/her DD214 on file with the Town Clerk by October 1st. Veteran must meet the ninety day qualifications for wartime as set fourth in Connecticut General Statute 27-103. Forms to apply for any benefit must be completed at the Assessor's Office at the Municipal Center. Call for an appointment at 793-0221 extension 244 between the hours of 9:00am and 4:00pm, Monday, Tuesday, Wednesday and 9:00am and 6:00pm Thursday.

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 veteran's 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.

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.

SUGGESTION BOX REGARDING THE CURRENT EVENTS GROUP

There was a suggestion to move Current Events from Monday at 10:00 a.m. to after lunch so that lunch folks can join in. The members of the current events group run the group and decided to keep Monday at 10:00 a.m. as the meeting time. It is the best time for the Current Events members. However, they enthusiastically invite the lunch folks to attend from 10:00 a.m. to 11:30 a.m. and then have lunch at Noon as usual.

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, 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*

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.

INDEX

AARP Drivers Course	5
AARP Trips	11
ADA Group Forums	13
ADA Transportation	13
Alzheimer's Support Group	*BC
Ann Fargo Thank you Note	4
At-Risk List	*BC
Blood Pressure Clinics	*BC
Books & Bagels	2
Brighter Focus	11
Bristol Housing Vacancy	12
Café	11
Caregiving Connections	11
Cheer Report	10
Chocolate Cover Strawberries	2
Choral Group	14
Congregate Meal Program	14
Craft Classes	3, 4
Cuba Trip Photos/Stories	2
Dial-A-Ride	13
Display Case	14
Donations	10
Ear Wax Removal	*BC
Evelyn Morin Award	12
Fitness Classes	3, 4
Foot Care	*BC
Free Sign Up Day	1
Friends Helping Friends	11
Guitar Class	14
Help for Seniors	9
Home Care Resources	5
Homeowners Tax Relief	12
LGBT	14
Leona Bisson	12
Majesty & Mystery Crop Circles	2
Medical Equipment Needed	*BC
Medicare Savings Program	*BC
Mega Sign-Up Day	1,7
Mental Health 101	1
Michaela's 4 O'Clock Plants	11
Miriam's Closet	12
New Members	10
Not So Empty Nest	1
Nurse Information	*BC
Outdoor Adventure	5
Parlez-vous Francais?	11
PEAK Fitness Center	9
Photo Editing on iPad	3
Questions for the Social Worker	11
Quick Trips	6
Reserve Lists	7
Scavenger Hunt	1
Shopping Bus (Fri/Sat)	6
Snappy Seniors	14
Suggestion Box	13
Summer Picnic	9
The Changing Brain	1
Tournament Winners	9
Transportation	13
Trip Survey	6
Trips	7,8
Veterans Coffee Hour	2
Veterans Memorial Wall	12
Volunteers	14
Volunteer Recognition Party	2
Wanted Items	11
Women's Pelvic Health	2
Your Home and Title 19	9

***BC = Back of Calendar**

LGBT MOVEABLE SENIOR CENTER

MAY 12th, 9:30 a.m. Newington Senior Center, 120 Cedar St., Newington

Join State Department on Aging Commissioner Betsy Ritter in a discussion about aging in Connecticut. Share your perspective. **RSVP by May 8th 860-665-8778 or dstone@newingtonct.gov**

Volunteer, Volunteer, Volunteer!

CALL FOR VOLUNTEERS, FRIDAY, MAY 12, 9:00 A.M.

The Plainville Conservation Commission in celebration of Earth Day (which was on April 22), is planning on distributing seeds native to this area in an effort to provide bee and butterfly habitats. Green areas that would normally provide flowers are disappearing. With that disappearance, we are also seeing an alarming decrease in bees and butterflies. Both bees and butterflies pollinate plants as they travel, resulting in more of the beautiful flowers. The Conservation Commission is looking for volunteers to help measure and package seeds for distribution. Call the Senior Center to sign up to help.

GRILLING VOLUNTEERS NEEDED!

We are looking for volunteers to help grill hamburgers and hot dogs on Tuesday, May 16th for the Senior Center Field Day at Paderewski Park from 11:00 a.m. to 1:00 p.m. If you'd like to help please contact Evelyn or Ronda at the Senior Center.

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, May 18, 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 meets on the third Thursday of the month (except July and August).

CHORAL GROUP REHEARSAL DATES

FRIDAYS, MAY 5, JUNE 2 at 9:45 A.M.

BEGINNER GUITAR CLASS at the PLAINVILLE LIBRARY

TUESDAY, MAY 16, 6:30 P.M.

Have you always wanted to play guitar but never found the time? Then this is the class for you. Begin to learn the basics of playing guitar. This hands-on introductory class covers several basic chords, strumming, rhythm and chord progressions, as well as tuning. We will also cover playing basic single note riffs of well-known songs. **NOTE: Attendees will need to bring their own guitar.**

SENIOR CENTER DISPLAY CASE

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

CONGREGATE MEAL PROGRAM: MAY 2017

Please stop by the kitchen to pick up the May 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.

Nursing and Other Services

Foot Care

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. **Foot care is for 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 at the Senior Center

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

Thursday, May 11, 1:00 pm—2:00 pm (Hartford Health Care)
Wednesday, May 17, 11:00 am—12:00 pm (The Summit in Plantsville)
Monday, May 22, 12:00 pm—12:30 pm (Georgia, Senior Center Nurse)
Wednesday, May 24, 11:00 am —12:00 pm (The Pines of Bristol)

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.

MEDICARE SAVINGS PROGRAM (MSP)
NEW INCOME LIMITS EFFECTIVE MARCH 1, 2017

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

QMB (Q01)	Single $2,120.55/mo.	Couple $2,854.83/mo.
SLMB (Q03)	Single $2,321.55/mo.	Couple $3,125.43/mo.
ALMB (Q04)	Single $2,472.30/mo.	Couple $3,328.38/mo.

There is No Asset Limit for MSP. There is No Estate Recovery.

The State of CT DSS offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and the Medicare part D premiums for qualifying folks. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying folks are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS) paying a maximum of $3.30 for generic medications and $8.25 for brand name medications. The financial benefits of this program are substantial! Please see Bette or Stephanie to review your eligibility for MSP.

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.

Alzheimer's Support Group at 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!

May 2017

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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 ***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 Social Worker 1:00 Power Burst BR	**2** ***9:00 NURSE** 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veterans CoffeeCR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 2:00 Arthritis Exercise GR 3:00 French Class GA	**3** 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR **FREE SIGN UP**	**4** ***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 GA 1:00 Canasta C 1:00 Knit & Crochet GR 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 2:00 Functional Fit BR **MEGA SIGN UP**	**5** 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:30 Cardio Step GR 12:00 Pinochle L	**6**
7	**8** ***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 1:00 Power Burst BR 3:00 Choc. Strawberries GR 4:00 Choc. Strawberries GR	**9** 9:00 **NO** Walking 9:00 Not So Empty Nest 9:30 Beg Wii Bowling CR 10:00 **NO** Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle GR 1:00 Bridge OS 1:00 Adv. Wii Bowling GR 2:00 Arthritis Exercise GR 3:00 French Class GA **CAFÉ CLOSED** **NO CONGREGATE LUNCH**	**10** 9:00 Walking GR 9:00 Walk in Woods 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	**11** ***9:00 NURSE** 9:00 Walking GR 9:00 Beginners Yoga L 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Canasta C 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:00 Blood Pressure 2:00 Functional Fit BR **NO KNITTING**	**12** 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:00 Seed Packaging CR 10:30 Cardio Step GR 12:00 Pinochle L	**13** Tanger Outlet, Westbrook
14	**15** ***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 1:00 Power Burst BR	**16** ***9:00 NURSE** 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Field Day Pad Park 11:00 Caregivers GR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 2:00 Arthritis Exercise GR 3:00 French Class GA	**17** 9:00 Walking GR 9:30 Quilting CR 9:30 Books & Bagels GA 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	**18** ***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 Crop Circles GR 10:00 Brighter Focus GA 12:00 Pool Tournament 12:00 Comm. on Aging CR 12:30 Pinochle GA 1:00 Canasta C 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 2:00 Functional Fit BR	**19** 8:15 Shopping Bus 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pelvic Health CR 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Pinochle L	**20** Treasures of NYC
21 Appalachian Trail Walk	**22** ***9:00 NURSE** 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Painting CR 12:00 Blood Pressure 12:30 Mahjong GA 12:30 Setback GR 12:30 Questions for Social Worker 1:00 Power Burst BR	**23** ***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 Adv. Wii Bowling BR 1:00 Bridge OS 2:00 Arthritis Exercise GR 3:00 French Class GA	**24** 9:00 Walking GR 9:30 Quilting CR 10:00 Kayaking 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 6:00 Changing Brain L	**25** ***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 GA 1:00 Canasta C 1:00 Functional Fit BR 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 2:00 Functional Fit BR	**26** 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:30 Cardio Step GR 12:00 Pinochle L	**27** NB Museum of American Art
28	**29** memorial DAY **CENTER CLOSED**	**30** ***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 Adv. Wii Bowling BR 1:00 Bridge OS 2:00 Arthritis Exercise GR 3:00 French Class GA	**31** 9:00 Walking GR 3:00 Coloring Club GR 6:00 Changing Brain L **NO QUILTING, NO ZUMBA, NO BINGO, NO OPEN PAINTING, NO IPAD, NO CHARLEMAGNE** **PEAK FITNESS CENTER CLOSED** **VOLUNTEER RECOGNITION PARTY DOORS OPEN AT 10:30 A.M.** **CAFÉ CLOSED** **NO CONGREGATE LUNCH**		**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	