



# May 2016



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

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1	2 *9:00 Nurse 9:00 Walking GR- 10:00 Acrylic Painting (Farmington River School) 10:15 Current Events (Library) 12:30 Bowling 1:00 Aerokick & Abs (Library)	3 CAFÉ CLOSED *9:00 Nurse 9:00 Walking GR 10:00 Ladies Billiards 10:15 Italian (Library) 1:00 AARP Driving (Library) 1:00 Scandinavian Document Mtg CR	4 CAFÉ CLOSED 9:00 Walking GR 10:30 Quilting (Library) *1:00 Nurse 1:00 Open Painting (Library) 2:30 p.m. Keeping Your Memory Strong and Brain Healthy (Library) 3:00 Power Burst BR 4:00 Zumba Gold & Tone (Linden Street School)  <b>FREE SIGN-UP</b>	5 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga (Library) 9:30 Ceramics CR 12:00 Pool Tournament  <b>MEGA SIGN-UP</b>	6 9:00 Walking GR 9:00 Inter Yoga (Library) 9:45 Choral Group BR 10:30 Cardio Step & Abs (Library) 12:00 Pinochle (Lib)	7
8	9 *9:00 Nurse 9:00 Walking GR 10:00 Acrylic Painting (Farmington River School) 10:15 Current Events (Library) 1:00 Aerokick & Abs (Library)	10 CAFÉ CLOSED *9:00 Nurse 9:00 Walking GR 10:00 Ladies Billiards 10:15 Italian (Library) 12:30 Open Circle	11 CAFÉ CLOSED 9:00 Walking GR 9:00 Walk at Crescent Lake 10:00 Statewide Wii Team Tournament at Bristol Senior Center 10:30 Quilting (Library) 10:30 Brighter Focus (Library) 2:30 p.m. Keeping Your Memory Strong and Brain Healthy (Library) 3:00 Power Burst BR 4:00 Zumba Gold & Tone (Linden Street School)	12 9:00 Walking GR 9:00 Begin Yoga (Library) 9:30 Ceramics CR 10:30 Beg. Fargo Fit (Library) 11:30 Int. Fargo Fit (Library) 12:00 Pool Tournament 4:30 Art & Architecture, Cinemark Theatre	13 9:00 Walking GR 9:00 Inter Yoga (Library) 9:15 Friday Shopping Bus 10:00 COA 10:30 Cardio Step & Abs (Library) 12:00 Pinochle (Lib)	14
15	16 *9:00 Nurse 9:00 Walking GR 10:00 Acrylic Painting (Farmington River School) 10:15 Current Events (Library) 12:30 Questions for the Social Worker 1:00 Aerokick & Abs (Library) 2:30 Fall Prevention Seminar GR	17 CAFÉ CLOSED *9:00 Nurse 9:00 Walking GR 10:00 Ladies Billiards 10:15 Italian (Library) 10:30 Caregiving Connections (Library) 12:30 Open Circle 1:00 Croquet in the Park 3:00 Travel Tips Mtg CR	18 CAFÉ CLOSED 9:00 Walking GR 9:00 Walk at Tunxis Mead 10:30 Quilting (Library) 1:00 Open Painting (Library) 1:00 iPad Basics GA 3:00 Power Burst BR 4:00 Zumba Gold & Tone (Linden Street School)	19 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga (Library) 9:30 Ceramics CR 10:00 Snappy Seniors (Library) 10:30 Beg. Fargo Fit (Library) 11:30 Int. Fargo Fit (Library) 12:00 Pool Tournament 1:00 Knit & Crochet (Library)	20 9:00 Walking GR 9:00 Inter Yoga (Library) 9:30 Cockaponset Walk, Haddam 10:30 Cardio Step & Abs (Library) 11:30 Friends Helping Friends 12:00 Pinochle (Lib)	21 9:00 Harbor Tour of Mystic

**At the time of printing, we were not sure when the parking lot construction would be complete.  
We anticipate that we should be open for regular activities beginning the week of May 23rd.**

22	23 7:00 Samson, Sands Casino Trip *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone (GR) 10:00 Acrylic Painting CR 10:15 Current Events OS 12:30 Questions for the Social Worker 12:30 Mahjong (GA) 1:00 Setback (GR) 1:00 Blood Pressure 1:00 Aerokick & Abs (BR)	24 *9:00 Nurse 9:00 Walking GR 9:30 Begin Wii Bowling GR 9:30 Italian (CR) 10:00 Ladies Billiards 10:00 Cribbage (GA) 12:00 Grandparents Raising Grandchildren (Library) 12:00 Pinochle GA 12:30 Open Circle 1:00 Adv. Wii Bowling GR 1:00 Bridge OS	25 9:00 Walking GR 9:15 Urban Walk and Ride 10:30 Quilting (CR) 10:30 Zumba Gold (BR) 1:00 iPad Basics GA 1:00 Bingo (GR) 1:00 Open Painting (CR) 1:15 Charlemagne (C) 2:30 Keeping Your Memory Strong and Brain Healthy (Library) 3:00 Coloring Club (GR) 3:00 Power Burst BR	26 9:00 Walking GR 9:00 Begin Yoga (Library) 9:30 Ceramics CR 10:00 Mexican Train (GA) 10:30 Beg. Fargo Fit (BR) 12:00 Pool Tournament 12:30 Pinochle (GA) 1:00 Scrabble (C) 1:00 Bridge (OS) 1:00 Int Fargo Fit (BR) 1:00 Knit & Crochet (GR) 2:30 Band/Dancing (BR)	27 9:00 Walking GR 9:00 Inter Yoga (Library) 9:15 Friday Shopping Bus 9:30 Mahjong GA 10:00 Canasta CR 10:30 Cardio Step & Abs (GR) 12:00 Pinochle (L)	28 9:30 Christmas Tree Shop
29	30  <b>CLOSED</b>  	31 **9:00 Nurse 9:00 Walking GR 9:30 Begin Wii Bowling GR 9:30 Italian (CR) 10:00 Ladies Billiards 10:00 Cribbage (GA) 12:00 Pinochle GA 12:30 Open Circle 1:00 Adv. Wii Bowling GR 1:00 Bridge OS	June 1 9:00 Walking GR 9:00 Walk at Ragged Mountain 10:30 Quilting (CR) 10:30 Zumba Gold (BR) 1:00 iPad Basics GA 1:00 Bingo (GR) 1:00 Open Painting (CR) 1:15 Charlemagne (C) 3:00 Coloring Club (GR) 3:00 Power Burst BR	June 2 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga (Library) 9:30 Ceramics CR 10:00 Mexican Train (GA) 10:30 Beg. Fargo Fit (BR) 12:00 Pool Tournament 12:30 Pinochle (GA) 1:00 Scrabble (C) 1:00 Bridge (OS) 1:00 Int Fargo Fit (BR) 1:00 Knit & Crochet (GR) 2:30 Band/Dancing (BR)	June 3 9:00 Walking GR 9:00 Inter Yoga (Library) 9:30 Mahjong GA 10:00 Canasta CR 10:30 Cardio Step & Abs (GR) 12:00 Pinochle (L)	June 4

**CALENDAR KEY:**

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

# DROP-IN ACTIVITIES

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

## Monday

**3:00 p.m. - 5:00 p.m. - Auditorium** - The room is available every Monday, until the construction ends.

## Wednesday

**12:30 p.m. - 2:00 p.m. - Auditorium** - The room is available every Wednesday until June 8.

## Friday

**1:00 p.m. - 3:00 p.m. - Auditorium** - The room is available every Friday until June 3.

# Nursing Services



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

### Foot Care

#### **Regular Foot Care and Diabetic Foot Care**

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

### Blood Pressure Clinics

Monday, May 23, 1:00 - 1:30 (Georgia, Senior Center APRN)  
Monday, June 6, 1:00 - 2:00 (The Pines of Bristol)  
Thursday, June 9, 1:00 - 2:00 (Hartford Healthcare Senior Services)  
Wednesday, June 15, 11:00 - 12:00 (The Summit in Plantsville)

**Blood Pressure Clinics are for Senior Center members only.**



### Cholesterol Testing

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

### Ear Wax Removal

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

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



### Recycle Your Old Cell Phones!

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





# S.E.N.I.O.R. May 2016

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



Shawn Cohen, Director  
Ronda Guberman, Assistant Director  
200 East Street, Plainville CT 06062  
Phone 860-747-5728

Email newsletter inquiries to plainvilleseniorctr@yahoo.com

Hours: Monday 9:00 - 6:00 p.m., Tuesday-Thursday 9:00 - 5:00 p.m., Friday 9:00 - 1:00 p.m.



## Senior Center Annual Summer Picnic

*Co-sponsored by the Plainville Lions Club*

**Tuesday, June 28, 2016, 12:00 Noon**



Cost: \$5.00 members; \$10.00 non-members.

Sign up begins Thursday, May 5th, 9:15 a.m. - 4:00 p.m. or any day after, between 9:15 a.m. - 12:15 p.m.

Enjoy hot dogs, hamburgers, baked beans, green salad, macaroni & potato salad, coleslaw, chips, ice cream sundaes.

### Entertainment by The Elderly Brothers!

*Long-time popular solo artists, T-Bone Stankus and Brian Gillie have teamed up as the Elderly Brothers, serving up mint-condition "oldies" rock 'n' roll with a little lip curl and snake-bite, pushing the envelope of sweet surprise with pitch-perfect harmonies and soulful improvisations as fresh as the originals.*

### Clash of The Grandmas!

Do you love to cook? Do you want to be on TV? Do you want a chance to win \$10,000? The Food Network is on the hunt for grandmas who love to cook to compete. **See page 13 for all the details!**

### Am I In The Hospital or Not?

**Thursday, June 9, 10:00 a.m.**

Chris Babina, RN, BSN, ACM, Director of Medical Management at Bristol Hospital will be presenting a free presentation on hospital stays at the Plainville Senior Center on June 9. The presentation will attempt to reduce any confusion surrounding what it means to be in the hospital as an outpatient or as an outpatient with observation services, or as an inpatient. Ms. Babina will also provide a general overview of what various insurances do and do not cover, such as hospital services, nursing home and home health care. Participants will also learn about their rights as a hospital patient. **To register for this free presentation, please call the Plainville Senior Center at (860) 747-5728.**

### Our Beautiful New Garden – Thank you, Pierre

When you return to the Senior Center, please notice the beautiful new garden next to the Stillwell Drive Entrance to the Senior Center. Thank you to Pierre Morin, our Dial-A-Ride bus driver, who volunteered his time to create, plan and plant the gorgeous Border Garden. Please notice the intricate rock border that he designed, hauled and then built. He has plans to re-do the grass area and add annuals as well. It is just stunning.

We needed to slightly reduce the size of the Rotary Garden during our parking lot renovation in order to have more room for the Dial-A-Ride vehicle. All of the fantastic Rotary plants that were displaced were transplanted by Pierre into the new border garden. Thank you again, Plainville Rotary Club, for making both gardens so beautiful.

### Travel Tips and Security for Foreign and Domestic Travel

**Tuesday, May 17, 3:00 p.m.**

Margo Thompson-Madore from AAA in Plainville will join us again to talk about travel tips, money safety, how to pack, foreign currency, credit card security, items to make your trip more enjoyable and more. This program is appropriate for anyone planning a trip to anywhere. Everyone is invited.

### Fall Prevention Seminar and Chair Yoga Demonstration

**May 16, 2016, 2:30 p.m.**



**The Stand Strong, Live Long Fall Prevention Seminar/Class Demo will be held on Monday, May 16, 2016 2:30 – 3:30 pm.** Jennifer Carbone, Physical Therapist (Bristol Hospital) and Elizabeth Hill, Community Impact Coordinator (United Way) will be presenting. Learn tips and simple exercises to improve balance and prevent falls. Elizabeth Hill, who has over 8 years of experience teaching yoga to older adults, will lead a free 6-week Stand Strong, Live Long class series entitled "Chair Yoga for Balance and Strength" June 20 – August 1, 2016 (no class July 4th). This seminar is offered by the West Central CT TRIAD. Made possible through Older Americans Act funding through the North Central Area Agency on Aging and the United Way of West Central Connecticut. To register for the free Seminar/Class Demo, please call the Plainville Senior Center **beginning May 4.**



### Chair Yoga for Balance and Strength

**June 20 - August 1, 2:30 p.m.**

**"Chair Yoga for Balance and Strength"**- this class will be taught by Elizabeth Hill, who has over 8 years of experience teaching yoga to older adults. The free 6-week class will run Mondays, June 20 – August 1, 2016 (no class July 4th) from 2:30 – 3:30 p.m. Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques to reduce stress and improve concentration. Classes will focus on improving balance, decreasing the risks of falls and injury and encouraging physical activity outside of class. This class is part of the "Stand Strong, Live Long Program" offered by the West Central CT TRIAD. Funded by Older Americans Act funding through the North Central Area Agency on Aging and the United Way of West Central Connecticut. **Space is limited to 15 students.** To register for the free class, please call the Plainville Senior Center **beginning May 4.**

# Early 2016 Senior Center Special Events



## AARP Smart Driver Course

**Current Class: Tuesday, May 3, 1:00 p.m. - 5:00 p.m. at the Plainville Library**  
**New Class: Tuesday, June 21, 9:30 a.m. - 1:30 p.m. at the Plainville Senior Center**



This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **The cost to take the class is \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Please bring a bag lunch if you wish. The new class will be held at the Plainville Senior Center. Sign-up begins May 5.**



## **“Ador-a-Bowl” Basket Making Class**



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

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

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

## **Dental Clinic**

**July 11, 2016 - July 15, 2016 by appointment**



Community Health Center, Inc. will provide a dental clinic at the Plainville Senior Center. A registered dental hygienist will provide a dental hygiene exam; dental cleaning, and sealants and x-rays when appropriate. The cost is \$30.00 for individuals without insurance. Help in paying for the dental clinic (scholarships) may be available for Plainville individuals over age 60, with a monthly income below \$1,429 (single) or \$1,928 (married). For scholarship information contact Stephanie or Ronda at the Senior Center. **For appointments and information please call Melissa at Community Health Center, 860-983-2990.**

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

## **Plainville Senior Center At Risk List**

The Senior Center maintains a list of folks 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.

## **Weekly Tournament Winners**

### Billiards Winners

**March 24:** 1st: Don Carlson & Ellen Couture  
2nd: Stan Funk & Jeanne Shugrue  
**March 31:** 1st: Stan Funk & Bob Ryder  
2nd: Ellen Couture & John Clancy  
**April 7:** 1st: Mitch Ziolkowski & Ellen Couture  
2nd: Tony Lusitani & Wilson Belanger  
**April 14:** 1st: Stan Funk & Rich Nordgren  
2nd: Ellen Couture & Tony Lusitani



### Setback Tournament Winners

**March 28:** 1st: MaryAnn Cunningham & Rose Dunlap  
2nd: Olga & Charles Stepney  
3rd: Elaine Chartier & Joan Oliveira



### Wii Bowling Winners

**Wii I AM**  
**March 15:** 1st: Evelyn Case  
2nd: Marilyn Paczkowski  
3rd: Georgia Jewell  
**March 22:** 1st: Lynne Krakauske  
2nd: Marilyn Paczkowski  
3rd: Georgia Jewell



### Peaches and the Pit

**March 15:** 1st: Roseanna Garcia  
2nd: Barbara Cichon  
3rd: Pat Burris  
**March 22:** 1st: Barbara Cichon 2nd: Bev Heslin  
3rd: Roseanna Garcia  
**March 29:** 1st: Anne Theriault 2nd: Donna Lundy  
3rd Place Tie: Bev Heslin & Nina Thone  
**April 5:** 1st: Donna Lundy 2nd: Anne Theriault  
3rd: Marie Cassidy



# CRAFT & FITNESS CLASSES

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

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

## Mondays:



**ACRYLIC PAINTING (BEGINNER & INTERMEDIATE):** During construction, classes will be held at the Farmington River School of Art, 73 East Main Street, Plainville (parking is in the back) from 10:00 – 12:00. You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're not sure if this class is for you, we provide beginner kits which include some paints, canvas' and drawing pads. Scholarships are also available through the generosity of the Plainville Amateur Art Group, call Ronda for information. Instructor: Abbe Wade. 8-weeks, May 2 – June 27 (no class May 30), \$24.00 members; \$48 non-members. Sign-up has begun.



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

## Tuesdays:



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

**UP-RIGHT AND BALANCED:** 7-Weeks, June 14 - August 2 (no class 7/5). No fee, limited to 12 students. Sign-up has begun. This class is ideal for individuals who want to improve strength, balance, coordination and agility! If you've had a joint replacement, have arthritis, fear of falling, dizziness, or are unsteady, then this class is perfect for you! Each class participant will receive a pre and post balance screening to determine your level of balance and a graduation gift at the end of the session!

## Wednesdays:



**QUILTING:** During construction, classes will be held in the Library Auditorium from 10:30 – 12:30. Beginners are always welcome to the class. Beginners will learn proper rotary cutting and sewing techniques. Class participants also work on the annual Senior Center quilt that is raffled during the Holiday Fair, if they wish, or they may work on their own projects. Classes are on-going, \$2.00 per class when attendees are not working on the quilt. Instructor: Karen Kebinger. Call the Senior Center if you would like to join the class.

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



**POWER BURST:** Current session ends May 18. During construction, classes will be held at the Senior Center. This circuit training exercise program, made up of 6-10 "stations", is a great way to improve mobility, strength and stamina. At each station a special exercise is done for 1-2 minutes, followed by 2 minutes of walking or marching in place. Instructor: Ann Fargo. NEW SESSION: 6-weeks, May 25 – June 29, \$12.00 members only. Sign-up begins May 5.



### Thursdays:

**CERAMICS:** During construction, Ceramic classes will be held at the Senior Center from 9:30 a.m. - 11:30 a.m. Members only. Instructor: Gloria Cerniglia. Learn how to choose a piece of green ware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own green ware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. **NEW SESSION: 8-Weeks, May 12 - June 30, \$32.00 Members only. Sign-up begins May 5.**



**BEGINNER'S YOGA FOR EVERY BODY:** Current session ends May 5. This class is held at the Plainville Public Library at 9:00 a.m. and is designed for individuals who are new to yoga. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. Tim Molnar, our certified yoga instructor, has practiced yoga since 2003 and has shared his passion for yoga since 2011. **NEW SESSION: 8-Weeks, May 12 - June 30. \$24.00 members only. Sign-up begins May 5.**

**BEGINNERS FARGO'S FUNCTIONAL FITNESS:** Current session ends May 19. During construction, classes will be held in the Library Auditorium from 10:30 - 11:15 a.m. Instructor Ann Fargo teaches this popular exercise class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **6-Weeks, May 26 - June 30, \$14.00 members only. Sign-up begins May 5.**



**INTERMEDIATE FARGO'S FUNCTIONAL FITNESS:** Current session ends May 19. During construction, classes will be held in the Library Auditorium from 11:30 - 12:15. Instructor Ann Fargo teaches this popular exercise class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **6-Weeks, May 26 - June 30, \$14.00 members only. Sign-up begins May 5.**

**KNITTING & CROCHET:** Current session ends May 19. During construction, classes will be held in the Library Auditorium from 1:00 - 3:00. Instructor Evelyn Morin. Finish an old project that's been hanging around in your closet or start something new! **8-Weeks, May 26 - July 14, \$16.00 members, \$32.00 non-members. Sign-up begins May 5.**



### Fridays:

**INTERMEDIATE YOGA FOR EVERY BODY:** Current session ends May 20. This class is held at the Plainville Public Library at 9:00 a.m. and is designed for individuals who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. Tim Molnar, our certified yoga instructor, has practiced yoga since 2003 and has shared his passion for yoga since 2011. **8-Weeks, May 27 - July 15, \$24.00 members only. Sign-up begins May 5.**

**CARDIO STEP & ABS:** Current session ends June 3. During construction, classes will be held in the Library Auditorium from 10:30 - 11:30 a.m. Instructor: Eileen Cyr. Step up your work-out with a 45 minute step/low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). **8-Weeks, June 10 - July 29, \$24.00 members, \$48.00 non-members. Sign-up begins May 5.**

## Computer Class

## Job Opportunity

 **iPad Basics**  
**Wednesdays, 1:00 p.m. - 3:00 p.m.**  
**Instructor: Evelyn Morin.** Learn all the basics of your new iPad in this fun and informative class. Learn its main components including the keyboard, internet, camera and basic apps and its intermediate functions such as sending e-mails, music and using social media sites like Facebook. **Limited to 8 participants.** You must own or borrow an iPad and bring it to class with you. **5-Weeks, May 18 - June 15, cost is \$25.00 for members and non-members, plus the cost of a textbook. Sign-up has begun.**

**Help Wanted!**

- ◆ Part-time Office Assistant at the Plainville Senior Center.
- ◆ Duties include writing, preparing and editing monthly newsletter, designing flyers and brochures, composing and typing general correspondence, word processing, answering phones, etc. Must have knowledge of Windows, Microsoft Word, and Microsoft Outlook.
- ◆ Knowledge of Microsoft Publisher is a plus. Excellent computer, typing, verbal and written communication, grammar and spelling, editing and proof reading skills required. 15 hours per week, weekdays, primarily mornings. \$14.35 per hour. **Apply to: Town of Plainville, 1 Central Square, Plainville, CT 06062, www.plainvillect.com.**

**“How to Fight Fraud and Identity Thefts”**  
**Presented by The Connecticut Masters’ Games and AARP Fraud Watch Network**

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

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

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

# OUTDOOR ADVENTURE CLUB

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

## WEDNESDAY WALKS IN THE WOODS



- ◆ **Wednesday, May 11, 9:00 a.m., Crescent Lake, Southington**

*45 minutes - 1 hour moderate walk along forest trails*

- ◆ **Wednesday, May 18, 9:00 a.m., Tunxis Mead, Farmington**

*45 minute walk over gentle trails along the Farmington River, this is great for new members*

- ◆ **Wednesday, June 1, 9:00 a.m. Ragged Mountain**

*Adventurous walk in the woods. Recommended only for members who exercise regularly and are familiar with the challenges of rigorous walks in the woods. View panoramic views of Central Connecticut.*



**Instructor: Ann Fargo:** Please dress for the weather - in layers. Good walking shoes are required, walking sticks are recommended. Bug spray and suntan lotion may be needed. Bring a bottle of water to keep yourself hydrated. We go early so that you can have time to do all your other important things. Meet at the designated parking areas for each location at 9:00 a.m. Directions can be picked up at registration. **Cost is \$3.00 per walk due to Ann on the day of the trip. Sign-up begins May 4.**

### Croquet in The Park

**Tuesday, May 17, 1:00 p.m.**



**Instructor: Ann Fargo.** Come play one of the greatest lawn games ever invented at Norton Park! All levels of ability are welcome. No experience required. Bring a portable lawn chair if you do not like standing for long periods of time. Light refreshments will be served. Dress for the weather, sunscreen is recommended. We will play for about 1 hour. **Cost is \$3.00 due to Ann on the day of the trip. Sign-up begins May 4.**

### Cockaponset Walk in Haddam

**Friday, May 20, 9:30 a.m.**

**Instructor: Ann Fargo.** Come wander along the shore of the reservoir, enjoy the Mountain Laurel in bloom and a picnic with friends, old and new. We will leave the Senior Center at 9:30 a.m. and return to Plainville at approximately 3:00 p.m. The walk is 3 miles on forest trails, hiking sticks are suggested along with good walking/hiking shoes. Bring a light lunch in a backpack with bug spray and suntan lotion. Homemade treats will be provided by the leader. **Cost is \$12.00, and space is limited to 12 people. Sign-up begins May 5.**

**Urban Walk & Ride Adventure: Walk the Multi-Use Trail along the CT FastTrak Bus Route, then Ride the CT FastTrak Bus, Wednesday, May 25, 9:15 a.m.**

**Leader: Eileen Cyr.** Meet up at the Plainville Library Bus Stop at 9:15 a.m. and ride the 9:30 a.m. FastTrak bus to East Main Street Station, New Britain. After we arrive at 9:45 a.m., we will enjoy a brisk 45 minute walk along the paved multi-use recreational trail to the Newington Station. Once in Newington, we will take the 11:30 a.m. FastTrak bus back to the Plainville Library. Following the walk and ride, we will meet for lunch (on your own) at Vero's Pizza, 381 Farmington Avenue, Plainville, at 12:15 p.m. Bus transportation will be \$0.75 each way due at the time you get onto the bus (please use exact change in the form of U.S. Coins for the bus only). **The bus will depart the library bus stop at exactly 9:30 a.m. so get there early! Cost is \$3.00 due at registration. Return to Plainville at approximately 12:00 p.m.** Please park at the Plainville Library side parking lot and walk to the Bus Stop. Let us know if you will be attending lunch, so that reservations can be made. **Sign-up begins May 5.**

## AARP Trips

### AARP Casino Trips

**Tuesday, May 10 at Mohegan Sun**

Depart OLM at 8:00 a.m., return to Plainville approximately 5:15 p.m. Cost is \$25.00, promo package included.

### Up-Coming AARP 2016 Trips

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

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

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

# QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents who do not drive can be picked-up and dropped-off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that can be handicapped accessible with wheelchair lifts, but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

## Trip Guidelines

1. After signing up, if you cancel please be aware that we do not offer refunds for trips costing \$5.00 or less, due to the high cost of processing checks and accounting. We will process refunds if we cancel the trip.
2. If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
3. You should be at the departure point at least 15 minutes prior to the scheduled leaving time. The bus will not wait for late comers.
4. **We need at least ten participants in order to run a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you. (Non-members may sign up one week after members sign-up, if space is available.)**

### *Art & Architecture in Cinema - Film Series - Monet to Matisse—Painting the Modern Garden* Cinemark Theatre Buckland Hills in Manchester Thursday, May 12, 2016, 4:30 - 9:00 p.m.

Embark on a magical journey to discover how artists used the modern garden to explore radical and wonderful new ideas. Monet was an avid horticulturist and arguably the most important painter of gardens in the history of art, but he was not alone. Artists, such as van Gogh, Bonnard, Pissarro and Matisse, all saw the garden as a powerful subject for their art. The group will leave the Senior Center at 4:30 p.m., stop for dinner at Panera Bread, then attend the 7:00 p.m. showing of the film. \$14 for senior admission to the film is payable at the door, and the cost of dinner are on your own. Pick-up **first** at the Senior Center at 4:30 p.m., then home pick-ups **for those who do not drive. \$5 to help defray the cost of transportation is due at registration.** Returns to Plainville by approximately 9:00 p.m. **Sign-up begins May 5.**

### **Historic Harbor Tour of Mystic aboard The Mystic Express** **Saturday, May 21, 2016, 9:00 a.m. - 4:00 p.m.**

All aboard the Mystic Express, a U.S. Coast Guard inspected sight-seeing boat for a 40-minute narrated tour! You'll see and hear all about historic Mystic, including Captain's Row, the Tall Ships of Mystic, the famous Bascule drawbridge and tour Mystic Seaport Museum by water. This trip is accessible for people with canes or walkers. The special pre-season cost of the narrated boat tour is \$15 payable when you board. The cost of lunch is on your own. Senior Center pick-up **first** at 9:00 a.m., then home pick-ups **for those who do not drive.** Following the boat tour, our DAR bus will drop you off either in downtown Mystic or take you to Olde Mistick Village for shopping and lunch. The bus will leave for Plainville by 3:00 p.m. **\$5.00 for transportation is due at registration. Sign-up begins May 5.**

### **Christmas Tree Shop, Lunch at HomeTown Buffet** **Saturday, May 28 2016, 9:30 a.m. - 3:00 p.m.**

Enjoy a spring day at the Christmas Tree Shop, then enjoy lunch at HomeTown Buffet. Senior Center pick-up **first** at 9:30 a.m., then home pick-ups **for those who do not drive.** Following lunch, the bus leaves HomeTown Buffet at 2:30 p.m. and returns to Plainville at about 3:00 p.m. \$5.00 for transportation should be given to Jean Kelly the day of the trip. **Call the Senior Center to sign up beginning May 4.**

### **Historic Harbor Tour of Mystic aboard The Mystic Express** **Saturday, June 11, 2016, 9:00 a.m. - 4:00 p.m.**

As we anticipate high interest in this new offering, we are scheduling a second trip aboard the Mystic Express. This trip will follow the same schedule as May 21<sup>st</sup>. **Sign-up begins May 5.**

### **Anyone interested in going to a car show???**

We have been thinking about running a Quick Trip to a one-day car show featuring classic and antique cars, race cars, etc. using our Dial-A-Ride 12-passenger bus during the summer months. If you are interested, please call the Senior Center at 860-747-5728 and leave your name and phone number. If there is enough interest, we will schedule a trip and contact you.

## FRIDAY SHOPPING BUS

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

- |  |          |                            |                      |
|--|----------|----------------------------|----------------------|
|  | • May 13 | Price Chopper, Southington | 9:15 a.m.—12:15 p.m. |
|  | • May 27 | Stop & Shop Plaza, Bristol | 9:15 a.m.—12:15 p.m. |

**Sign-up begins on May 4.** Call the Senior Center **before 11:00 a.m. on the Wednesday before** the Shopping Bus date to add your name to the pick-up list.

**►► Important Trip Information: ◀◀**

- **Sign-up:** Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer **Mega Sign-up Day**. This month it is **May 5**, and we will accept sign-ups all day between 9:15 a.m.—4:00 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (Not on the Stillwell Drive side.)
- **Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
- **Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can try to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons.
- **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
- **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
- **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused during or in connection with any trip. Parking is at your own risk.
- **Before boarding the bus,** get your seat assignment from the bus captain.

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

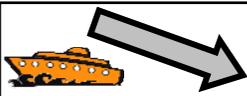
Leaving on a Trip this month?!

## Current Trips

Make sure to check your departure time and location below!

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

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



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

*Document Meeting - Tuesday, May 3, 2016, 1:00 p.m.*

***Receive your travel documents and learn the details of your upcoming cruise!!***

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



### Vermont Rail & Sail Adventure, June 14 - 16, 2016, 7:30 a.m. - Has been cancelled.



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



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

Enjoy a Sunday Matinee! Lovingly ripped off from the classic film comedy MONTY PYTHON AND THE HOLY GRAIL, SPAMALOT retells the legend of King Arthur and his Knights of the Round Table. Enjoy a delicious lunch at the Salem Cross Inn with your choice of Old-Fashion Chicken Pot Pie or Fresh Baked Boston Scrod. Depart the Plainville Senior Center at 9:00 a.m., and return at approximately 6:30 p.m. **Space is limited to 25 people. The cost is \$80.00 per person.** Please include your meal selection at registration. **Sign-up has begun and is open to the public.**



## CHECK IT OUT!!

### Nova Scotia & Prince Edward Island – July 2 – 9, 2016

## TRIP CHANGE!!

**There are 6 spots available and the trip has changed due to the discontinuation of the night time ferry. The trip is now 8 days, more meals, more tours, all for the same price! WOW!!** Fully escorted tour of Nova Scotia & Prince Edward Island! 7-Nights Hotel Accommodations, 11 meals, 2 lobster dinners, DeMillo's floating restaurant, and tickets to the 2016 Royal Nova Scotia International Tattoo. Tour the Citadel Fortress Museums, FDR's summer cottage, Anne of Green Gables, Halifax City, Saint John, New Brunswick, Boothbay Harbor, Digby, Campobello Island, Magnetic Hill and the ferry port of Caribou. **Cost is \$1,667.00 double, \$2,292.00 single, \$1,617.00 triple. Insurance is available. Itineraries are available. Please call Tours of Distinction to register, 860-627-0199. Open to the public.**



### All You Can Eat Lobster and Entertaining Show - Tuesday, July 12

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



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

A four-day, three-night journey through the St. Lawrence River Valley and the cities of Montreal & Quebec City, Canada. One-night stay in historic Montreal, Old Port District and a shuttle to the Casino on Isle St. Helene. Tour of the Old City and Notre Dame Basilica. While staying in Quebec, visit St. Anne de Beaupre, outdoor bread ovens and Montmorency Falls. Return to Plainville at approximately 8:00 p.m. **Each person going to Canada must have a valid Passport. The trip is full, please sign the waiting list.**



**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****Rhine River Cruise - September 10-20, 2016****Seats are Available!!!**

There is no better way to experience the Romantic Rhine and Mosel Rivers than cruising through the heart of central Europe! The trip includes 23 meals, all transfers, a two-night stay in Lucerne, Switzerland; all fully escorted from Plainville. Narrated cruising through the UNESCO World Heritage Region. The last stop is Amsterdam, Holland, the "Venice of the North". **Cost is \$4,899—\$5,799 /pp Double depending on deck; for Single add \$1,899—\$2,349/pp depending on deck. Please call Tours of Distinction to register, 860-627-0199. It is open to the public.**

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

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

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

Depart OLM at 7:00 a.m. for the Holiday Inn of Fredericksburg, Virginia then on to Myrtle Beach the next day. Relax during a four-night stay at The Sea Watch Resort. During your stay, enjoy six hearty breakfasts, four delicious dinners and two shows! Take a history tour, a walking tour, or a Creek Cruise on a Pontoon Boat in beautiful Brookgreen Sculpture Gardens or stay behind and play golf. A guided tour includes The Battery, as well as Marion Square, the College of the Citadel and many Ante Bellum homes. Check out the shopping at Barefoot Landing before heading to Calabash. On the last day enjoy lunch (on your own) at popular Mastoris Restaurant in New Jersey, you will return home at approximately 7:00 p.m. **The cost is \$1,115.00 double, \$1,415.00 single, and \$1,045.00 triple. Insurance is available. A \$100.00 deposit is due at registration. Space is limited to 25 people. Sign-up has begun.**

**New Trips****Thomaston Opera House - "Billy Elliot" The Musical, Sunday, July 17, 2016, 10:00 a.m.**

Depart the Senior Center at 10:00 a.m. for the Thomaston Opera House, which was built in 1884, serving as a cultural and recreational center. Enjoy reserved orchestra seats for a musical about the life of 11-year-old Billy Elliot and how it is forever changed one day when he stumbles upon a ballet class during his weekly boxing lesson. Before long, he finds himself in dance, demonstrating the kind of raw talent seldom seen. Enjoy a pre-show lunch at Black Rock Tavern, Thomaston, CT of Chicken Francais or Baked Scrod. Return to Plainville at approximately 5:30 p.m. **The cost is \$80.00 per person. Space is limited to 25 people. Please provide meal choice when registering. Sign-up begins May 5.**

**Long Island Sound Lighthouse Cruise, Sunday, August 14, 2016, 10:00 a.m.**

Depart the Senior Center at 10:00 a.m. for a lighthouse cruise adventure! Enjoy a two hour narrated tour aboard a comfortable high-speed Sea Jet catamaran that can cruise up to 30 knots (35 mph). From your seat, you will be able to view 8 lighthouses, 2 forts and more. The lighthouses included in the tour range from the oldest in Connecticut to the last in the state to be built as an official navigational aid, and everything in between. Feel free to bring lunch or a snack with you to enjoy onboard, or you may also purchase from the onboard snack bar. After the cruise, enjoy an early bird dinner at **Go Fish**, the country's most innovative seafood restaurant, which features a raw bar. Choose one of the following entrees: Baked Atlantic Cod, Grilled Fillet of Salmon or Pan Roasted Breast of Chicken. After dinner, spend some free-time in Mystic Village. Return at approximately 8:30 p.m. **Please include your meal selection at registration. Space is limited to 25 people. The cost is \$97.00 per person. Sign-up begins May 5.**

**Strawberry Fields: The Beatles Tribute Show, The Aqua Turf Club***Tuesday, September 13, 2016, 11:00 a.m. - 3:30 p.m.*

Re-live the 60's and remember your favorite Beatle! This look-a-like, sound-a-like Beatles tribute band is dedicated to bringing you as close to a real Beatles concert as you can get. Enjoy a Magical Mystery Tour as they play songs off the Beatles first four albums from the 60's. Then move on to Sergeant Pepper's Longely Hearts Club Band and finish with music from their White Album! In 2005, this Band played at Shea Stadium for a 40th Anniversary of The Fab Four's historic concert!! **Space is limited to 25 people for this drive on your own event.** Enjoy donuts and coffee, a glass of beer or wine, Baked Ham, Chicken Francais and all the trimmings. **The cost is \$42.00 per person. Sign-up begins May 5.**

**Upcoming Trips****August 20:** Lake George Cruise**September 29:** Green Mountain Flyer Railroad**November 12:** Intrepid**November 16:** Saturday Night Fever - Westchester**December 4:** Holiday Sparkle in the Big Apple

# MEGA SIGN-UP DAY

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

## Senior Center Announcements



### THE SUGGESTION BOX

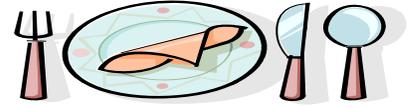
Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers.

**Newsletter Changes:** We received a request for a larger print newsletter. We will have larger print copies available. If anyone would like one, please let us know if you want it mailed or if you will pick it up at the center.

We will also try to space the newsletter differently in July for easier reading. Let us know if you like it!

### Meals on Wheels Volunteers Needed!

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



### SENIOR CENTER DISPLAY CASE

Stop by and check out the beautiful displays this month!

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



### The Senior Center Needs Cards

We are in need of 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 cards, please bring them to the Senior Center's front desk. We would really appreciate it. A special thank you to Carol Perry who is in charge of this program. If you know someone who needs a card, please let us know! Thank you for helping bring sunshine to someone in need!



### Lost & Found



Are you missing a jacket, keys or an umbrella? We have a few keys, several umbrellas, sweaters and jackets that have been left behind. The next time you are at the Senior Center, stop and check the coat room to see if any of these items belong to you. All unclaimed items will be donated to the Plainville Food Pantry June 1, 2016.



### Michaela's 4 O' Clock Plants



This year, Michaela's 4 O' Clock plants will be sold at the Plainville Public Library, Tuesday, May 3, Wednesday, May 4, and Thursday, May 5. They will also be sold at Gnazzo's on Tuesday, May 3, Thursday, May 5 and Saturday, May 7. The cost is \$5.00 per plant. Please stop by and purchase a plant for Mother's Day!

# PEAK FITNESS CENTER

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

### Hours

Monday - Thursday: 9:00 a.m.—4:45 p.m.  
Fridays: 9:00 a.m.—1:00 p.m.



### Cardiovascular Equipment

- ☆ Nustep: This is our most popular piece of equipment. The NuStep is a seated "stair stepper" which offers a complete upper and lower body cardiovascular workout.
- ☆ Treadmills: You can walk at your own pace. The incline can be adjusted for a more resistant workout, as though you are walking up and down hills.
- ☆ Recumbent Bicycle: Ride in comfort ... there is a back to the seat for full support!
- ☆ Elliptical Cross trainer: Low-impact total body workout.

### Weight Training - Seven pieces of upper and lower body strength training equipment including:

- ☆ \* Chest Press \* Leg Press \* Tricep Press \* Row \* Seated Leg Curl \* Leg Extension \* Abdominal

### Stop by the front desk for a membership packet that includes a medical approval form

- ☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.

# DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

*Thank you to all who made donations.*

## GENERAL DONATIONS: March 9 - April 19

Joe Beaudin, Lucy Bull, Clara Camp, Jack & Marie Cassidy, Sally Cobrain, Maria Cutler, Circle Group, Ray Cormier, Laurie Corsini, Mary Fox, Joanne Honeysett, Georgia Jewell, Lee Ann Korus, Rose Lefemine, Plainville Lions Club, Barbara Lumbard, Alan Preusser, Lois Schmidt, Sonny Sperduti, Sandy Therrien, Peter Wijas, Marianne Zablocki, Several Anonymous Donations.



## MEMORIAL DONATIONS:



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

*In Memory of Helen Perniciaro: Rosaleen Peters*

*In Memory of Stanley Krupinski: Ann Krupinski*

**Dial-A-Ride:** Georgia Jewell, Lee Ann Korus, E.G. Pratt, United Way, Norma Weisenburger

# 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 11 - April 1



**CHEER CARDS:** Connie Bernier, Jennie Bucchi, Lincoln Charette, Beatrice & Roland Dumont, Edith Frazee, Gail Kreneck, John LoMonte, Ira Lockhart, Tina Martin, Jim Rio, Elsie Senaldi, Sharon Simpson, Anita Willequer

**SYMPATHY CARDS:** Family of Marielle Brousseau, Family of Marguerite Ceella, Family of James Hines, Family of George Lewis, Family of Helen Perniciaro, Stephanie Soucy

## NEW MEMBERS: March 1 - March 31



Barbara Barton, Chong Chi DeMello, Itria Doca, Terry Farmer, Sandra Nadolny, Charles Orvis, William Pulcini, James Reed, Catherine Sladeck

## A Guided Tour Through Loss and Grief

*May 5, May 12 and May 19 at 5:30 p.m. - 7:00 p.m.*

Wolfson Palliative Care of the Hospital of Central Connecticut is hosting a free series of dialogues about coping with the loss of a loved one for people who have experienced the death of a loved one recently. These sessions are open to anyone who has lost a loved one. The sessions will be held three Thursdays in May at the Hospital of Central Connecticut, New Britain General Campus, 100 Grand Street, New Britain. The topics will be: May 5th "What's Happening?", May 12th "Is there a Spiritual Path?", and May 19th "The Hills and Valleys: Steps to Healing". To register, please call The Hospital of Central Connecticut at 860-224-5463.

## EQUIPMENT EXCHANGE



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

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

# Care & Support



## We are here to help!

### CAREGIVING CONNECTIONS

Tuesday, May 17, 10:30 a.m.

*"Caregiving often calls us to lean into love we didn't know possible" Tia Walker*

It is never too late for a fresh start! Join us as we gather to offer support and concern for one another as we continue to meet the challenges of caregiving.

#### IMPORTANT:

**We will meet downstairs in the Library Conference Room at 10:30 a.m. Please note the location and time.** Call Bette at the Center with any questions or concerns. Caregivers from area towns are welcome.

### QUESTIONS FOR THE SOCIAL WORKER

Mondays, May 16 & May 23  
12:30-1:30 p.m.

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

### SNAPPY SENIORS

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

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

### PLAINVILLE VETERANS' COMMISSION

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

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

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

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

### BRIGHTER FOCUS

Wednesday, May 11, 10:30 a.m.

*"There are two ways of spreading light: to be the candle or the mirror that reflects it."*  
Edith Wharton

Join your friends and spread your light! We will continue to follow our thread on the stream of our life!

#### IMPORTANT:

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

### FRIENDS HELPING FRIENDS

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

Friday, May 20, at Pagliacci's  
333 East Street, Plainville

The Plainville Senior Center has the perfect solution for those who like to eat out at a restaurant, but do not like to eat alone. The Friends Helping Friends group is made up of single, divorced and widowed seniors. They meet for lunch at a local restaurant on the third Friday of each month at 11:30 a.m. **Sign-up at the front desk begins May 4.**

### Grandparents/ Relatives Raising Grandchildren

Tuesday, May 24, 12:00 p.m., Noon  
Plainville Library Conference Room

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

Even  
More  
Support



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

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

# Community Announcements

## Reading Partners Program



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

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

## Coloring Club



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

## Moveable Senior Center

### LGBT (Lesbian, Gay, Bi-Sexual, Transgender)

#### Elmwood Senior Center

1106 New Britain Avenue, West Hartford

Thursday, May 5, 1:00 - 4:00 p.m.

Come tour the Trout Brook Trail and all the Elmwood Senior Center programs areas. Enjoy a "Smovey" exercise demonstration class or rock painting with oil-based paints and wrap up with an ice cream social. Register by May 2 to 860-561-8167.

#### Newington Senior Center

120 Cedar Street, Newington

Friday, May 20, 10:00 a.m. - 3:00 p.m.

At the time of printing, details of the event were unavailable. To register or for more information, please call 860-665-8778.

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

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

## LGBT Moveable Senior Center & [www.Meetup.com](http://www.Meetup.com)

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

[www.meetup.com/LGBT-Moveable-Senior-Center/](http://www.meetup.com/LGBT-Moveable-Senior-Center/)

## **New 2016 Income Limits for Medicare Savings Program (MSP)**

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

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

There is no asset limit. There is no charge for any of the benefits provided by this program. You may also qualify for additional benefits under this program. Income includes Social Security, pensions, disability benefits, wages, alimony, rental income, and interest and dividends. Call Stephanie or Bette for an appointment to discuss your eligibility.

## The Medicare Savings Programs

Thursday, June 23, 10:30 a.m.

The State Department on Aging, Access Independence and State Health Insurance Assistance Program (SHIP), have partnered together to benefit Connecticut's Seniors! On June 23, Shayla Del Giudice, Independent Living Advocate will be at the Plainville Senior Center to discuss Medicare Improvements for Patients and Providers Act (MIPPA). Under the Medicare Improvements for Patients and Providers Act of 2008, states received funding to help Medicare beneficiaries apply for Medicare Part D Extra Help/Low-Income Subsidy (LIS) and the Medicare Savings Programs (MSPs). This could add \$121.80 back into your Social Security check each month; help pay Medicare Part "D" premium and deductible; as well as help pay doctor and lab co-pays. **The presentation is free, to register please call the Plainville Senior Center at (860) 747-5728.**

## What Don't You Hear



### What Don't You Hear? By: Irene Kelsey

What is a Telecoil, and why is it needed? Very simply stated, it is a tiny coiled wire inside of a hearing aid which picks up sound broadcast as a magnetic signal when it is activated. Newer hearing aids are apt to have this feature. The telecoil may be activated by a switch or, in some cases, respond automatically. It is useful for clarity in listening to telephone conversation. And, if you are in a public building such as a theater or airport where a "loop system" has been installed, the telecoil, when engaged, will block out much of the background noise to let you hear the more important messages, music, etc. directly through your hearing aids.

Not sure if your hearing aids have the coil? Ask your hearing care professional at your next visit. For those who are purchasing new hearing aids, this is a feature that you should definitely consider.

# Clash of The Grandmas

Food Network is now casting for Clash of The Grandmas. They are on the hunt for grandmothers to battle it out in a fun cooking throwdown! From tasty entrees to delectable desserts, they are looking for the best dishes by everyone’s favorite cooks – grandmothers! Whether you rule the family kitchen, are the contest queen, rock it in a professional kitchen, or you know a grandmother who does, apply now!



**If you are interested, please send an email to [grandmothercasting@leg-corp.com](mailto:grandmothercasting@leg-corp.com).** Please put the city/state in the subject line and include your/their name, phone number, email address and occupation in the body of the email. In addition, please describe your/their cooking style, signature dishes and why you believe you (or your nominee) are perfect for the show.

# Transportation



**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 or packages or help you walk. However, the bus is wheelchair equipped.

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

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

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

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

**How to Apply:**

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

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

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

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

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

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



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**Choral Group**

Please note the Choral Group's next rehearsal date is:  
**May 6, 2016 at 9:45 a.m.**



**READY, SET, BOWL! THE SENIOR BOWLING LEAGUE**

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

*Volunteer, Volunteer, Volunteer!*

**General Volunteer Meeting**

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

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

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

**Plainville Library News ~ May 2016**

- **Adult Coloring:** Drop-in at 6:30 p.m. on Thursdays May 19 and June 16. Colored pencils, markers and coloring pages will be provided. Coloring will be held in the Peter F. Chase Auditorium.
- **May Movies:** The May monthly movie will be shown Thursday, May 12<sup>th</sup> at 1:00pm and Saturday, May 21<sup>st</sup> at 1:30pm in the Peter F. Chase Auditorium at the Plainville Library. *The Big Short* starring Christian Bale, Steve Carell, Ryan Gosling and Brad Pitt. The movie is based on the 2010 non-fiction book of the same name by Michael Lewis about the financial crisis of 2007-2008. *The Big Short* was nominated for five Academy Awards. It is rated R and runs 2 hours and 10 minutes.
- **Black Bears in Connecticut:** The Plainville Library will host "Black Bears in Connecticut" with Paul Colburn on Wednesday, May 18<sup>th</sup> at 7pm in the Peter F. Chase Auditorium. "Black Bears in Connecticut" focuses on the natural history of black bears in the state, including an overview of black bear habitat, diet, behavior, reproduction and current research efforts. Paul Colburn will also provide recommendations for optimum coexistence with our black bear population. This program is intended for ages 12 and up.
- **Forgotten Hero by Joe Lindley:** Wednesday, May 11 at 6:00 p.m., in the Peter F. Chase Auditorium at the Plainville Library, Joe Lindley will present a free discussion of his book, the story of Connecticut Vietnam veteran Calvin Heath of Putnam.

**CONGREGATE MEAL PROGRAM: May 2016**

During our parking lot construction, the congregare lunch program will not be held in Plainville. The daily lunch program will be offered at the Bristol Senior Center. Please call the Bristol Senior Center at 860-584-7895 between 10:00 a.m. - 12:00 p.m. to reserve your lunch. You must call at least 24 hours in advance to make a reservation. Calendars are available. We will provide a shuttle bus for anyone needing a ride to Bristol. Please call the Plainville Senior Center at 860-747-5728 for a ride. Suggested donation for both meal sites is \$2.50.



Thank you to all who participated in our Easter Basket Raffle.  
Congratulations to our two Winners!!!!

**First Prize Winner: Jean Kelly**  
**Second Prize Winner: Lois Bridgett**