

Happenings for The Town of Plainville 10-7-2019

PLAINVILLE 150th ANNIVERSARY CELEBRATION

- This past Saturday was the Plainville 150th Historic Bus Tours that took place every half hour from the Municipal Center. Approximately 120 attendees enjoyed the guided bus tours giving an in-depth background on some of the Town's historic sites. The Plainville 150th Committee would like to thank Dattco for donating the trolley along with the Senior Center for providing the bus.

PLAINVILLE 5TH ANNUAL PUMPKIN FESTIVAL

Saturday, October 19, 2019 from 4:00 PM to 8:00 PM rain or shine. Admission is free.

- **Carve Your Own Pumpkin**, bring it to the "**Pumpkin Patch**" tent, we'll light it up and display it on the Library lawn **FREE for all to SEE!!** You can even take it home with you when you leave. **You can also Register to WIN A PRIZE!!**
- Enjoy Live Music Downtown: **ALL WASHED UP BAND**
- March in the **Kid's Costume Parade (4:45 PM)** from the Parks & Rec Dept on Whiting Street
- Eat from BUNCH of **Delicious Food & Desserts** from over 20 unique **Food Trucks**
- Shop for Crafts and Gifts at **OVER 50 VENDOR BOOTHS.... and much, much more!!!**

SHUTTLE BUS / PARKING:

We are strongly suggesting that people park at Plainville High School on Robert Holcomb Way where there will be 2 shuttle buses running continuously to the downtown area. All shuttles will drop off in front of the Park & Recreation / Post Office on Whiting Street.

PLAINVILLE SENIOR CENTER

- **HOW TO PREVENT COMPLICATIONS OF DIABETES**

THURSDAY, OCTOBER 10, 1:00 P.M.

Learn to control your blood sugar with positive lifestyle changes. Find out foods you can eat that are low in sugar, without giving up taste! Presented by the Berlin Visiting Nurse Association. The program is free.

- **ASSISTIVE DEVICES DISCUSSION**

FRIDAY, OCTOBER 25, 10:00 A.M.

Do you have knee, hip or back pain? Do balance issues have you worried about falling? Physical Therapy and Sports Medicine Centers will be at the Senior Center on October 25th to discuss selection and use of assistive devices. If you or a loved one needs to use a walker, cane, or wheeled device, this is the talk for you! We will discuss how to select the correct device, the appropriate size, and how to use each device. We will also have time for specific questions and device fitting. Program is free.

For information or to sign up for any of these free programs, please call or visit the Plainville Senior Center at 860-747-5728. The Senior Center is at 200 East Street.