

Happenings for The Town of Plainville 11-5-2018

PLAINVILLE PUBLIC WORKS DEPARTMENT

Leaf collection is underway and will continue to December 1, 2018 weather permitting. If you have any questions, please call the Public Works department at 860-793-0221 ext. 208 between the hours of 8:00 AM - 4:00 PM, Monday – Wednesday, 8:00 AM – 7:00 PM Thursday and 8:00AM to Noon on Friday.

Please be sure to rake your leaves to the curblane as early as possible. **GRASS CLIPPINGS WILL NOT BE COLLECTED** - **ONLY LEAVES** will be picked up. **NO STICKS OR STONES!!!** If your street has an island on it, please **DO NOT** put your leaves on the island. Bagged leaves will not be collected at curbside; you can bring them to the Drop-Off Center on Saturdays from 8:00 AM to 3:00 PM. During the month of November the Drop-Off Center will be opened Monday thru Friday from 2:00 PM to 4:00 PM, for **LEAVES ONLY**.

PLAINVILLE SENIOR CENTER

DRY NEEDLING, THURSDAY, NOVEMBER 8 at 3:30 P.M.

Trigger points in your muscles are irritable “knots” that may cause pain over a large area, leading to difficulty in performing everyday tasks. This free program will focus on *dry needling* as a treatment approach that releases the tight muscle bands and can reduce pain and improve function. Call the Senior Center to register at 860-747-5728.

DIABETES PREVENTION & MANAGEMENT, FRIDAY, NOVEMBER 9 at 9:30 A.M.

Diabetes is preventable and even manageable. But serious and even fatal complications can occur if lifestyle and diet improvements are ignored. This free program, presented by a registered nurse, dietician, and certified diabetes educator will give you some important suggestions and answer your questions. Call the Senior Center to register at 860-747-5728.

UNDERSTANDING PARKINSON DISEASE, THURSDAY, NOVEMBER 15 at 10:00 AM

This free program will discuss comprehensive programs available for persons with Parkinson Disease. Early signs, diagnosis and clinical tools will be presented, along with info about services that bring care and treatment to persons with Parkinson Disease and their loved ones -- at home and in Outpatient/Inpatient settings. Bring your questions and concerns. Please call the Senior Center to register at 860-747-5728.

STRATEGIES TO COPE WITH OSTEOARTHRITIS AND KEEP MOVING, FRIDAY, NOVEMBER 16 at 9:30 A.M.

Degenerative joint disease or osteoarthritis is the most common chronic condition of the joints, affecting approximately 27 million Americans. Osteoarthritis can occur in any joint but most often occurs in the knees, hips, lower back and neck. In this free session, you'll learn effective strategies to manage your symptoms so you can continue your activities of daily living. Call the Senior Center to register at 860-747-5728.

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PLAINVILLE YOUTH SERVICES

The Plainville Coalition for Positive Youth Development presents Chromebooks, The Internet, & Your Child's Digital World. Come learn about chrome books, electronic controls, and inappropriate online activity leading to negative and illegal outcomes and more from Kevin Ross, Director of Technology for Plainville Community Schools & David Posadas, Plainville Police Detective. This event is taking place at the Middle School of Plainville from 6:30pm to 8:00pm on Thursday, November 15, 2018.

To register for the program, please contact Gryguc at the Plainville Board of Education, (860)793-3210 x6104 or via email at gryguc@plainvilleschools.org, no later than Wednesday, November 14, 2018.

PLAINVILLE MISC. INFORMATION

Plainville, CT, October 25, 2018 – Beginning on December 10, 2018, the Town of Plainville residents will be able to recycle unwanted textiles and small household items simply by bagging them and leaving them at the curb on their regular recycling collection day. Plainville is providing the new service in partnership with Simple Recycling. The service is free to residents and the Town of Plainville.

In the weeks before the program's December 10, 2018 launch date, Simple Recycling will send informational mailers to homes that receive recycling collection from the Town of Plainville. The mailers will contain free Simple Recycling bags.

When cleaning out closets or disposing of unwanted items, residents can place them in the bags. Residents can then place the bags at the curb on their normal recycling collection day. Simple Recycling's trucks will pick them up, free of charge.

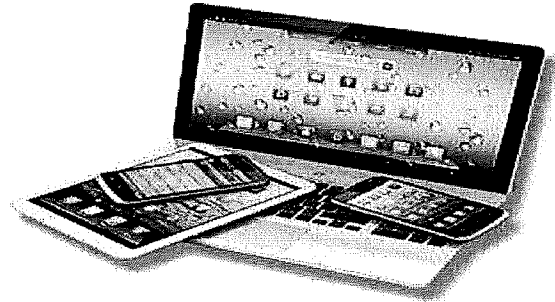
The company will accept a wide range of used textiles and small household items. The list of accepted items includes all types of used or new clothing, boots and shoes, belts and ties, handbags, hats and gloves, toys, towels, sheets and blankets, small kitchen appliances, and more.



www.pcpyd.org

The Plainville Coalition for
Positive Youth Development
Presents...

“Chromebooks, The Internet, & Your Child’s Digital World...”



Learn About:

- *Chromebook use—in school and out*
- *Electronic Controls - resources to limit access to sites*
- *Inappropriate online activity leading to negative and illegal outcomes and more*

Did You Know?

Students as young as 8 - 9 years old are regularly accessing social media channels via cell phones, tablets and a variety of other mobile devices. Get the facts to ensure your child is a good “digital citizen.”

Join us for:

A workshop for Plainville parents presented by Plainville Community Schools’ Director of Technology, Kevin Ross & Plainville Police Department Detective, David Posadas

DATE: Thursday, November 15, 2018

TIME: 6:30PM—8:00PM

PLACE: Middle School of Plainville, 150 Northwest Drive

- *Light refreshments will be served*
- *Registration preferred, but walk-ins are welcome*

RSVP: To register for the program, please contact Tina Gryguc at the Plainville Board of Education, (860) 793-3210, ext. 6104, or via email at: gryguc@plainvilleschools.org, no later than Wednesday, November 14, 2018.