

Happenings for The Town of Plainville 6-4-2018

PLAINVILLE SENIOR CENTER

- **VETERANS' COFFEE HOUR, *TUESDAY, JUNE 5, 10:30 A.M.***
With Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. *FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.* Call the Center at 860-747-5728 to register.
- **UNDERSTANDING PARKINSON'S DISEASE, *TUESDAY, JUNE 5, 1:00 P.M.***
Gain a broader understanding of the symptoms, treatment and management of Parkinson's Disease. Presented by Kathleen McGuire, RN, Interim Health Care. Free.
- **HEALTHY EATING FOR WEIGHT LOSS, *WEDNESDAY, JUNE 6, 11:00 A.M.***
This free workshop will present ways to eat healthy and to be conscious of healthy eating throughout our lives. We will discuss what it means to be healthy as we age. Call the Senior Center to register.
- **GRANDPARENTS RAISING GRANDCHILDREN, *TUESDAY, JUNE 12, 10:30 A.M.***
Attend this monthly to 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. Call the Senior Center to register at 860-747-5728.
- **BUTTERFLIES OF THE WORLD, *THURSDAY, JUNE 14, 11:00 A.M.***
"Butterflies of the World" is a PowerPoint presentation featuring images of butterflies from every major continent throughout their life cycles. Learn facts including myths and legends about butterflies in different cultures, wing coloration, feeding behavior, mating and migration. Tips on landscaping for butterflies and establishing butterfly gardens will also be presented. Presented by John Root, Naturalist and Educator. Please call the Senior Center to register for this free event.