

Plainville Senior Center News

April 2018

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www.plainvillect.com/senior-center

Hours

Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.

**Friends of
the Plainville Public
Library Book Sale,
April 6!
See page 12 for
details.**

Free Sign-Up Day AND Mega Sign-Up Day are both on Wednesday, April 4 from 9:15 a.m. to 4:45 p.m. Sign-up by phone starts no earlier than 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.



ANNOUNCING THE “TIME TO MOVE” FITNESS CHALLENGE!

Join us as we battle against the clock in a challenge with the Elmwood and West Hartford Senior Cen-

ters! Starting May 1, all PEAK Center members are encouraged to log their minutes spent exercising in the PEAK Center. At the end of May, the Senior Center that has tallied the most total exercise time by its members wins the challenge!


The Fitness Center participant at each center with the most exercise time logged will win a complimentary one-year membership at their Fitness Center!

There will be a large party in June for all Challenge participants, courtesy of the two non-winning senior centers. So the Challenge is on! ***Let's go, Plainville!*** Sign-up begins April 4.



CUPCAKE WARS AT THE SENIOR CENTER!


MONDAY, APRIL 9, 3:00 P.M.

 Open to all Senior Center members. Compete on your own or as a team with your grandchild/niece/nephew.

Round 1: “Creative Color” — you must decorate your cupcake with only the color given.

Round 2: You will be given supplies to “Create an Animal” with your cupcake that looks adorable and tasty.

Round 3: Use the supplies provided to create a “Camping Experience” that looks good enough to eat! **Volunteers are needed to bake cupcakes at the Senior Center on April 6th.** Let us know if you are interested in baking with us, being a competitor or coming to watch and support. All supplies will be provided, all you need to bring is your creativity! Sign-up has begun.



The Waiting List at the Plainville Housing Authority will be open May 22, May 23 and May 24 from 10:00 a.m. to 2:00 p.m. at 20 Stillwell Drive in the Sunset Community Room. You may stop in and fill out an application or call the Housing Authority during the hours above and ask for an application to be mailed to you. If you have any questions, please call the Authority at (860) 747-5909.

LUNCH & LEARN: KEEP GAMBLING FUN AND AFFORDABLE!

THURSDAY, APRIL 26, 11 A.M.

Sponsored and presented by the Connecticut Council on Problem Gambling (CCPG), this 45 minute workshop will show you how to keep gambling fun by following easy budgeting rules. You will also find resources for any friends or family members who may have a problem staying within their limits. A light lunch will be provided. Funded in part by the Older Americans Act through the North Central Area Agency on Aging. Sign-up has begun.



SCENIC PLANE RIDE OVER PLAINVILLE & BEYOND

FRIDAY, MAY 4 (weather permitting)

Have you ever wanted a bird's eye view of Plainville? Join us for either a 30 or 60 minute (your choice) scenic passenger ride from Plainville's Robertson Airport in a C-172P or a Piper Warrior PA-28. Two or three passengers per plane (depending on total passenger weight). You'll enjoy a beautiful air tour of Plainville and head towards Long Island. Cost is approximately \$52 per person for 30 minutes and \$102 per person for a 60-minute flight. Price will depend on number of passengers per flight. Pay directly at Robertson Airport. Please let us know when you sign up whether you want a 30 or 60 minute ride. Call the Senior Center beginning April 4 to register. You must reserve your place by May 1.

**See our Calendar
of LGBT
events,
page 13.**



Also....
Save the Date for the
Hartford Pride
Festival, page 14

10th Annual Conference

***for Grandparents
Raising
Grandchildren
May 8, 2018***

Details, page 14

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news and current events. The group does not discuss politics. Rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register in advance. Just show up! Feel free to come and just listen ... no pressure to participate and new folks are always welcome!

HOMEOWNERS TAX ASSISTANCE

Until May 15, Marcy Miller of the Plainville Tax and Assessing Office is holding appointments at the Senior Center to help Plainville residents with Tax Assistance Benefit programs. Call Marcy directly at 860-793-0221, ext. 244 to schedule an appointment for help with the following:

- **Elderly and Disabled Homeowners:** Applications must be filed by May 15, 2018. Homeowner income limits are: Single Person, not to exceed \$35,300; Married Couple, not to exceed \$43,000.
- **Local Elderly Program Option:** Income limits are \$42,600 for single person and \$48,100 for a married couple. Applicants must meet all other requirements of the State program.
- **Qualification for above benefits:** Applicants must have been 65 years old before December 31, 2017 or have a 100 percent disability rating from the Social Security Administration or be the age 50+ widow/widower of a previously approved applicant.
- **Local Option Tax Freeze:** Applicants must be 70+ years of age and must meet certain income and asset requirements.
- **State Veterans:** The Veteran must meet qualifications, as well as have his/her DD214 on file with the Town Clerk by September 30, 2017. Veterans must meet the 90 day qualifications for wartime as set forth in Connecticut General Statute 27-103.
- **Local Option Veterans:** Income limits are \$42,600 for a single person and \$48,100 for a married couple. Local option benefit amount is 6,000 assessment dollars.

VETERANS' COFFEE HOUR

TUESDAY, APRIL 3, 10:30 A.M.

This monthly informational and support meeting is conducted by 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. Sign-up has begun.

GET READY FOR GOLF!

WEDNESDAY, APRIL 4, 9:30-10:30 A.M.

Warm up your putting skills. Learn how to read and align your putts, along with putting etiquette. This group lesson is being taught by CT PGA Professional and Senior Center member Jack McConachie. The class will be held at the Plainville Senior Center.

Cost: \$3.00. Sign-up has begun.



TUESDAY TRIVIA

TUESDAY, APRIL 10, 1:00 P.M.

Looking to "stretch your brain?" during an afternoon of fun trivia? Join us for "team trivia" with students from Plainville High School. You'll be paired with high school students in teams to take on this fun, non-threatening trivia challenge. Fun prizes and tasty snacks will also be provided, so be sure to sign up today! *Sponsored by the PHS National Honor Society.*

HOW TO FALL SAFELY

THURSDAY, APRIL 12, 10 A.M.

Sometimes there's no way to avoid a fall, so it's wise to prepare properly. Learn how to fall the correct way — forwards or backwards, and how to fall safely to reduce severity of injury. Presented by Maquita Parker, Exercise Physiologist at Jerome Home. Sponsored by Hartford HealthCare Senior Services. Sign-up has begun.

LIVE WELL WITH DIABETES WORKSHOP

TUESDAYS, APRIL 17 - MAY 29, 12:45 – 3:15 pm
(NO PROGRAM MAY 8)

Deborah Smith, Live-Well Coordinator at Connecticut Community Care, will offer this six-part series, where you will learn:

- Meal planning and healthy nutrition choices
- How to manage low and high blood sugar
- Tips for dealing with stress
- How to fight fatigue
- How to care for your feet
- How to set small, achievable goals

Sign up has begun.



UKULELE LESSONS AT THE SENIOR CENTER!

DEMO: TUESDAY, APRIL 17, 10:00 A.M.

CLASS: TUESDAYS, APRIL 24—JUNE 5, 10 A.M.
NO CLASS ON MAY 8

Come to a free demo on April 17 to learn how easy it can be to play the ukulele. Then, take a 6-week class! No musical experience needed. Local musician Sue Hill will teach you how to hold the ukulele and play a few basic chords, and encourage you to strum along while you sing (if you wish)! You'll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. At the demo you'll learn where and how to buy a ukulele. Cost for the 6-week class is \$12.00. Sign-up has begun.

SNAPPY SENIORS

THURSDAY, APRIL 19, 10 A.M., PLAINVILLE LIBRARY

At the April Meeting, we will begin by sharing and discussing the next installment of our photography course. Please don't forget to bring your homework photos to share on flash drive, disc, or camera card.

LOSING SIGHT & SOUND WITHOUT LOSING YOUR CONFIDENCE

THURSDAY, APRIL 19, 9:30 A.M.

If you are an older adult with both hearing and serious vision loss, or if you provide care to a senior with these disabilities, please join us. This 2-hour interactive seminar will teach simple strategies to improve communication. Technology devices will be demonstrated and resources will be provided. Presented by Randy Kirsch, President of the Eastern Chapter of CT, Hearing Loss Association of America. Program is free. Call the Senior Center to register.

More Special Events, page 3

More Special Events

WHAT'S ON YOUR PLATE? KEYS TO LIVING A HEALTHY & ENERGETIC LIFE

THURSDAY, APRIL 19, 3:00 P.M.

Do you suffer with poor digestion, aches and pains and lack of energy? Would you like to feel lighter and happier? In this free program, learn simple strategies to feel better and change your mindset about "What's for dinner." The workshop will also include an activity to create awareness of areas of your life beyond food that are in or out of balance. Leave with a few easy steps toward increased vitality and health. Presented by Linda Coveney, Healthy Behaviors founder and health coach.



FRIENDS HELPING FRIENDS

FRIDAY, APRIL 20, 11:30 A.M.

For single, widowed or divorced members. Come out and socialize! The April meeting will be at China Pan, 1600 Southeast Road, (LA Fitness Plaza), Farmington. Sign-up begins April 4.

AARP SMART DRIVER COURSE

TUESDAY, APRIL 24, 9:30—1:30

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost: \$15 for AARP members providing a membership number, \$20 for all others. Bring a bag lunch if you wish. Sign-up has begun.

BOOKS AND BAGELS

WEDNESDAY, APRIL 25, 9:30 A.M.

Senior Center member and volunteer Kathy Marsan leads this group. We will discuss **The Magician's Lie** by **Greer Macallister**. It is time to add a haunting and mysterious historical novel to our book club's reading list! The country's most notorious female illusionist, renowned for her infamous trick of sawing a man in half, decides to swap her trademark saw for a fire ax during her performance. Is it an illusion gone wrong, or a cleverly disguised murder? She has only one night to convince a small town policeman of her innocence. The catch? He was in the audience and witnessed the act. Join us for tea, coffee and bagels while we discuss this shadowy saga! Copies of the book are on hold at the Plainville Public Library. Sign-up begins April 4.

DISCOVER THE NEW ENGLAND TRAIL

TUESDAY, MAY 1, 4:30 PM

We will be attending a presentation at the new REI store in West Hartford about the New England Trail, a National Scenic Trail, which runs all the way from Long Island Sound in CT to New Hampshire. The New England Trail is one of the most beautiful, scenic and diverse long trail systems in New England. The bus leaves the Senior Center on Tuesday, May 1 at 4:30 PM and returns approximately 8:45 p.m. There will be time for dinner (on your own in the Corbins Corner Plaza). Cost is \$3.00 for transportation. Sign up begins April 4th.

NUTRITION FOR ARTHRITIS SYMPTOMS

THURSDAY, MAY 3, 10:00 A.M.

What — if anything — can nutrition do for arthritis? How best to preserve your joints? Among the shelves of expensive supplements, which are beneficial and which might be snake oil? Join Miles Everett RN, RD, CDE to take a look at current information on this issue. The program is free. Sign-up begins April 4.

COLORECTAL BINGO AND FACTS!

FRIDAY, MAY 4, 11:00 a.m.

Join us for this short talk about the 3rd most common cancer for men and women in the U.S., which will include information on early detection. We will follow up with a BINGO game based on the information in the talk where everyone is a winner! Presented by Linda Ivey, Outreach Educator, Hartford Healthcare. Free. Call the Senior Center beginning April 4th to register.

THE CHANGING BRAIN—A CAREGIVING AFFAIR

WEDNESDAYS, MAY 9, 16, 23

Dementia Specialists Michelle Wyman and Patty O'Brian of the Hartford Health Care Center for Healthy Aging, will discuss brain health and illness, professional intervention, caregiving and self-care strategies and dispelling the mystery of the aging brain. The three free sessions run from 6:00 p.m. to 8:30 p.m. and include a light dinner. **The program will be held at the Plainville Public Library, 56 East Street in Plainville.** You do not need to attend each session. When you register, let us know which session(s) you wish to attend. Call the Senior Center beginning April 4 to register — 860-747-5728.



Session 1: May 9 — Let's Talk About the Brain will discuss: normal brain changes; four tasks of the brain; keeping your brain healthy; staying engaged for brain health; exercise, purpose, socialization, activity; and signs and symptoms of dementia.

Session 2: May 16 — Something is Just Not Right will cover: understanding memory loss; how and who to see for a diagnosis; different types of dementia; and hallmark symptoms of each.

Session 3: May 23 — The Healthy Caregiver will focus on: accepting help; accessing resources and paying for care; daily challenges; long distance caregiving; avoiding/managing depression, isolation and frustration; preparing for good, meaningful visits with your loved one; and community resources.

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SUPPORTING A FRIEND OR LOVED ONE WITH CANCER

TUESDAY, MAY 15, 10 A.M.

Join us in a discussion about the psychological, physical, social and spiritual impact that cancer causes for patients and loved ones. Learn what to say and what *not to say* to a person with cancer. This free session will be both educational and interactive. Sponsored by Hartford Healthcare at Home and presented by Paulette Schwartz, LCSW and Bill Pilkington, Supervisor for Pastoral Care. Call the Senior Center at 860-747-5728 to register. Sign-up has begun.

Your suggestions, ideas, concerns, comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the suggestion box on the counter across from the rest rooms.

More Special Events, page 5

Travel 2019

It is time to begin planning BIG TRIPS for 2019. “Big Trips” are trips of a week or longer, traveling in the United States or around the world. Below are some ideas, but we are looking for YOUR ideas as well. We will use your ideas in a **trip survey** that will be in a future newsletter.

Question 1: We have almost always planned our fly trips with a company escort for the entire trip, including flights to the destination. But there are many more trips available that do not include an escort to the destination. Instead, the group flies together to the destination airport unescorted by a company guide, then meet the full-time guide at the destination, and travel with that full-time tour guide for their entire time at the destination. What do you prefer?

_____ I want a full time company guide from the time I leave Plainville until I return to Plainville.

_____ I prefer a full-time company guide from the time I leave Plainville until I return to Plainville, but I would also travel to destination airports to meet the full-time company tour guide there.

_____ I would travel either way; it does not make any difference to me.

Question 2: Where do you want to travel? Here are some ideas:

- **Europe?** What countries or cities? England, Ireland, France, Germany, Italy, Spain, Portugal, Switzerland, Holland, Prague, Vienna, Budapest, Rome, Venice, Verona, Paris, London, Bruges, Copenhagen, Berlin, Normandy Beaches, Christmas Markets or Provence?
- **Australia**, New Zealand, Galapagos, Easter Island?
- **USA?** What areas, locations, or cities? Hawaii, Alaska, Western National Parks (which parks), Southwest, Florida, New Orleans, Branson, Las Vegas, Charleston/Savannah, California, Seattle, other?
- **Canada**, South America, China, Caribbean, etc. What countries, cities or islands?
- **Your ideas or choices?**

Please come to the front desk and fill out a form with your choices and ideas!

MEDICARE SAVINGS PROGRAM (MSP) New Income Limits — Effective 3-1-2018

QMB(Q01) Single: \$2,135.32/mo—Couple: \$2,894.92/mo
SLMB(Q03) Single: \$2,337.72/mo—Couple:\$3,169.32/mo
ALMB(Q04) Single: \$2,489.52/mo—Couple:\$3,375.12/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 Medicare part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Co-pays for medications are a maximum of \$3.35 for generic medications and \$8.35 for brand name medications. Please see Stephanie or Bette to review your eligibility.

Outdoor Adventure Club

INFORMATION REGARDING WALKING TRIPS

Every walk in the woods is along forest trails that include rocks and some gentle hills. Dressing in layers is suggested, and good walking shoes are required. If you do not have a walking stick, we have a limited number available to borrow on a first come first serve basis. When you register, let us know if you’d like to borrow a walking stick. Please bring your own water and snack.

ANIMAL TRACKING PROGRAM & WALK W/ SOUTH WINDSOR SENIOR CENTER ADVENTURE PROGRAM

FRIDAY, APRIL 6, 12:00 noon to 5:00 P.M.

We’ll travel to the South Windsor Senior Center for a presentation on Animal Tracking. Learn where to look and how to identify tracks that animals leave behind. Afterward, enjoy a guided walk to discover some animal tracks. Wear boots and bring water and a snack. Space limited to 14 for this FREE program. Bus leaves Senior Center at 12:00 P.M. and returns approximately 5:00 P.M. Sign-up has begun. Rain date April 20.

WILL WARREN’S DEN, FARMINGTON

WEDNESDAY, APRIL 18, 9:00 A.M.

This is a 90-minute, three-mile moderate walk with a couple of challenges along the way. Will Warren’s Den, a boulder cave located on the mountain, is a local historic site in Farmington. A plaque affixed to the cave reads, “...Warren, according to legend, after being flogged for not going to church, tried to burn the village of Farmington. He was pursued into the mountains, where some Indian squaws hid him in this cave.” Wear sturdy hiking/walking shoes and comfortable clothes. Bring a water bottle and snack. Sign-up begins April 4. Pay \$3.00 to leader Eileen Cyr on day of walk.

CRESCENT LAKE HIKE, MERIDEN

SATURDAY, APRIL 21, 9:00 A.M.

There is a beautiful lake in Meriden’s Guiffrida Park. Surrounded by two mountains, the area is equally peaceful and beautiful. We will take a trail that goes around the lake, with gentle hills and a nice view of the water. Be prepared in case of wet spring conditions, and bring a bottle of water for this 2-3 mile hike on the trail system. The van will depart from the Senior Center at 9 a.m. and should take approximately 2 to 2.5 hrs. Return time to the Senior Center will be around 1 p.m. Cost of \$10.00 includes transportation and fee for leader Jared Scoville. Sign-up begins April 4.

RAILS TO TRAILS BIKE RIDE, SOUTHTON-CHESHIRE

WEDNESDAY, APRIL 25, 9:00 A.M.

From Southington to Cheshire and back on the Rails to Trails. Meet at Lazy Lane in Southington near the Police Station at 9:00 a.m. and ride for 2 hours (15 to 20 miles). Helmets required. Pay leader, Eileen Cyr \$3.00 day of ride. Sign up begins April 4.

CASE MOUNTAIN HIKE, MANCHESTER

FRIDAY, APRIL 27, 1:00 P.M.

This is a short but unique mountain hike involving a 2.8 mile, roundtrip that offers really nice views over the city of Hartford. With extensive trails and a view that few local mountains offer, this is a hike worth checking out.

This trip and more Outdoor Adventure, continued on p. 9

Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor’s appointments, etc. Members may sign-up for new classes beginning on Mega Sign-up Day, Wednesday, April 4, between 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting April 11, if there is still room in the class. The drop-in rate for any class that allows 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.

CLASS DESCRIPTIONS ARE ON PAGE 6.

Class	Time	Current Session	Next Session Sign-up begins April 4
MONDAY			
Zumba Tone	9:30 – 10:30	March 26--May 14. 8 weeks, \$24. Members only.	
Acrylic Painting	10:00—12:00	February 26 – April 16. 8 weeks, \$24 members; \$48 non-members.	April 23—June 11. 8 weeks. \$24 members; \$48 non-members
Power Burst	1:30-2:30	Free Demo Monday, April 9 th 1:30. Meet the new instructor, Caroline Dube. Sign-up begins April 4. 8 week class April 16 – June 11 th , \$16.00. Sign up begins April 4	
Beginner’s Yoga	10:15-11:15	February 26—April 30, 8 weeks, \$24. No class April 2 or April 9 Members only. Class held at Library	May 7—June 25. \$24. Class held at Plainville Library.
TUESDAY			
BeFit		Feb. 13 – April 10. 9:30—10:30 a.m. 8 weeks, \$8. Members only.	Free Demo May 15 at 10:00 a.m. Class: May 22 – July 10 th at 10:00 a.m. 8 weeks, \$8. Members only.
French Class	3:00—4:00	April 10—June 12	
Intermediate Yoga	10:15-11:15	February 27—May 1, no class on April 3. 8 wks, \$24 Members only. Class held at Library	May 8—June 26. 8 weeks. \$24. Members only. Class held at Library.
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	10:00-11:00	April 11— May 30. 8 weeks, \$24. Members only.	
iPad Basics	1:00—3:00	March 28 - May 2. No class April 4. 5 weeks. Class is full.	
THURSDAY			
Ceramics	9:30 – 11:30	April 5—May 24. 8 weeks, \$32. Members only.	
Beginner Sewing	1:00 – 3:00	April 5—May 24. 8- weeks, \$16.00.	
Knit & Crochet	1:00 – 3:00	March 29—May 10. No class May 3. 6 weeks, \$12. Members only.	
FRIDAY			
Chair Yoga	9:30-10:30	Free demo on Friday, April 13 at 9:30 a.m. Class begins Friday, April 20—June 8 th at 9:30 a.m. 8 weeks. Cost \$16.00	

More Special Events

INFLAMMATION & NUTRITION

FRIDAY, MAY 18, 11:00 A.M.

Inflammation in the body can cause a variety of conditions, including heart disease, diabetes and arthritis. You can prevent or reduce inflammation’s negative effects by eating certain foods. Marisa McCoy, Shop-Rite’s dietician for Southington and Wallingford, will identify these foods and describe what they do in the body to help prevent inflammation. Program is free; tastings are included. Register at the Senior Center, starting April 4.

AARP FRAUD WATCH NETWORK SEMINAR

SATURDAY, MAY 19 Bus leaves Plainville Senior Center at 9:15 A.M. and returns at 12:30 p.m.

The CT Masters’ Games and AARP Connecticut are providing a free seminar on the psychology behind ID theft, fraud & scams. Free transportation to the event at New Britain High School. Register at the Senior Center or call us at 860-747-5728. Sign-up has begun.

More Special Events, page 6

Class Descriptions



ACRYLIC PAINTING: 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 available through the generosity of the Plainville Amateur Art Group. Call Ronda for information.

Instructor: Abbe Wade

BeFit: This class combines simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! Classes support overall health and well-being while strengthening the "mental muscle." Research shows that doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health. **Instructor: Amy Gray**

BEGINNER SEWING

Have you wanted to learn to sew? Or get back into it again? Learn all the basics of machine sewing to create simple projects. The first project will be a fun pillowcase. Bring a sewing machine if you have one.

Instructor: Karen Kebinger

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**

CHAIR YOGA: In this mindful chair yoga class we will practice gentle postures, breath work, and meditation to discover the grace and wisdom of the mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

New Fitness Instructors at the Senior Center

Jayaprbaha Mare DiBenigno is the Senior Center's new instructor for **Gentle Yoga Level 1 and 2**. Jayaprabha Mare has trained, practiced and continues to live a yogic/meditative lifestyle for more than two decades.



Rosalie Tanguay will offer a free demo of her Chair Yoga class on Friday, April 13, and her class begins April 20. A board-certified holistic registered nurse and **embodiyoga** teacher, Rosalie teaches chair yoga and meditation to residents at the Jerome Home and Arbor Rose in New Britain, and has been practicing yoga for 18 years.

Caroline Dube will instruct the PowerBurst Class. Carol has been a personal trainer and fitness instructor at the YMCA in Plainville and teaches fitness classes at Bristol Adult Ed. Her specialty is working with active older adults.

FRENCH: You will learn conversational French as well as have opportunities to attend French cultural events, field trips and more! **Instructor: Rachel St. Onge**

GENTLE YOGA FOR BEGINNERS—LEVEL 1

This class is an introduction to the building blocks of yoga, emphasizing basic postures, breathing techniques, and relaxation skills. This class promotes balance, flexibility, strength, and stress release. It's especially good for newcomers to yoga or those who would like a refresher on the basics. **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Public Library.*

GENTLE YOGA FOR EXPERIENCED — LEVEL 2

This class is designed for experienced students who are ready to step into the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body, and improve strength, joint health and flexibility. **Instructor: Jayaprbaha Mare DiBenigno** *Class is held at Plainville Public Library.*

KNITTING & CROCHET: Finish an old project that's been hanging around in your closet or start something new! **Instructor: Evelyn Morin**

POWER BURST: This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

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: Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray**

ZUMBA TONE: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

More Special Events

HEALTHY EATING FOR WEIGHT LOSS

WEDNESDAY, JUNE 6, 11:00 A.M.

This free workshop will prevent 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. Presented by Mara Davis, R.D., Hartford Hospital. Sponsored by Hartford HealthCare Senior Services. Call the Senior Center starting April 4 to register.

Trip Sign-Up Information

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m. to 4:45 p.m., and Fridays 9:15 a.m. to 12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is April 4 from 9:15 a.m. to 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 one week (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 will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most insurance policies 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 that you 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 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. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

FYI: We keep 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 always sign up members first, we will skip over the non-members until all members have been contacted.

Current Trips

NEWPORT PLAYHOUSE: "EXIT LAUGHING," NEWPORT TUESDAY, APRIL 10, 8:00 A.M.

Enjoy a Great Buffet at this Dinner Theater, followed by "Exit Laughing," about three lifelong bridge-playing friends. Cost is \$87 per person. TRIP IS FULL; YOU MAY SIGN UP FOR WAIT LIST.

ONE WORLD OBSERVATORY & 9-11 MUSEUM, NYC SUNDAY, MAY 6, 7:30 A.M. — 7:30 P.M.

Ascend to the top of the tallest building in the Western Hemisphere in less than 60 seconds at **One World Observatory** and take in iconic sights and panoramic views of Manhattan. Lunch on your own at Brookfield Place, a new, upscale food court nearby. You'll also tour the national **9-11 Museum**, which documents the impact of the September 11 attacks and their continued influence. Multimedia displays, artifacts and narratives recall the stories of victims and survivors. The **9-11 Memorial's** twin reflecting pools are located precisely where the towers once stood and are inscribed with every victim's name. A profoundly moving experience, not to be missed. Your bus will leave the Senior Center lot around 7:30 A.M. and return at around 7:30 P.M. Cost is \$102 per person, payable at registration. Sign-up has begun.



EDWARDS TWINS, AQUA TURF, SOUTHTON MONDAY, MAY 21, 11:30 A.M.

Don't miss the world-famous Edwards Twins, the #1 impersonation act in the world, when they appear at the Aqua-Turf in Southington for an afternoon performance. Their vocals and costumes are amazing; you'll think you're seeing and hearing superstars like Barbra Streisand, Sonny and Cher, Bette Midler, Ray Charles, Neil Diamond and others, all in one show. On arrival at 11:30 a.m., enjoy a snack of coffee and donuts, and then sit down to a delicious family-style lunch of salad, pasta, Chicken ala Kathryn, broiled scrod with crumb topping, vegetable, potato, rolls, dessert, and beverage. Drive on your own. Cost: \$78 per person, payable at sign up. Sign-up has begun.

STATUE OF LIBERTY & ELLIS ISLAND THURSDAY, JUNE 14, 7:00 A.M.

From 1892 to 1954, millions of immigrants began their American dream within the walls of The Great Hall on Ellis Island, where they were processed and sometimes detained. Today when you disembark at Ellis Island you stand in the same place as millions of travelers before you. Included with your trip is a new 45-minute audio guide which helps visitors to relive the experience as a new immigrant to America. Your round-trip ferry ticket will allow you to depart Liberty Park, New Jersey and disembark at both Ellis Island and Statue of Liberty Island. Cost is \$77 per person, payable at registration. Depart Our Lady of Mercy Church, Plainville at 7:00 A.M. and return at 7:00 P.M. Sign-up has begun.



Current Trips continued next page

Dancing! Food! Fun at the Senior Prom!

The United Way Senior Prom will be held Thursday, May 24, from 5:30 to 8:30 p.m. at the Bristol Senior Center. Plainville Senior Center members are invited. Call the Bristol Senior Center for reservations, 860-584-6100.

More Current Trips

JESUS! — SIGHT & SOUND THEATER, LANCASTER, PA SEPTEMBER 24-26

This deluxe motor coach tour takes you to Lancaster, Pennsylvania, where you will stay two nights at the Comfort Suites Lancaster and enjoy a smorgasbord dinner the first evening. The next day, visit the Landis Valley Village Museum, enjoy a horse-drawn wagon ride, take a guided tour of the Victorian Village grounds and buildings, and enjoy a tasting of sticky buns and cider in the 1856 Landis Valley House Hotel & Tavern. The show, "JESUS!" is an action-packed musical adventure with the most famous person to ever walk the earth. Dine on the second evening at the Hershey Farm Restaurant. On Day Three, travel to Longwood Gardens — a premier horticultural display garden; it's easy to imagine you are enjoying a vast royal garden in Europe. Cost: \$561 single; \$451 p/p double or triple. Trip includes travel, 2 nights hotel, 2 breakfasts and dinners, sightseeing, admissions and gratuities for drivers and tour director. Trip insurance is available and recommended. \$150 trip deposit due at sign-up. Registration has begun.

New Trips



BROOKLYN'S BEST

SATURDAY, JUNE 23

Visit Brooklyn's most captivating neighborhoods on this motorcoach tour.

Enjoy lunch (on your own) at

Brooklyn's brand new DeKalb Market Hall, where more than 40 purveyors of classic NYC foods, including Katz's Deli, offer up delicious and unique dishes for your enjoyment. Explore the captivating neighborhoods of Brooklyn on a guided tour from the comfort of your coach. You'll visit Brooklyn Bridge Park for sweeping views of NY Harbor, the Statue of Liberty, and the sweeping NYC skyline. From Flatbush Avenue, you'll see echoes of Ebbets Field and Loew's Kings Theatre, and in the streets of Park Slope, Cobble Hill and Boerum Hill, enjoy their beautiful brownstone buildings, making these some of the most iconic neighborhoods in the country. Cost is \$76 per person, due at sign-up. You will leave the Plainville Senior Center at 7:15 a.m. and return at approximately 7:15 p.m. Sign-up begins April 4.

ALL YOU CAN EAT LOBSTER, THE DELANEY HOUSE

MONDAY, JULY 9, 9:45 A.M.

Always a favorite, this trip to the Delaney House in Holyoke, MA starts with a cheese and vegetable platter, shrimp cocktail, salad and bread served at your table, followed by the All You Can Eat Lobster buffet, which includes a variety of other dishes, such as chicken marsala, grilled haddock, salads and baked ziti. Delicious desserts and beverages are also on the menu. Gifted entertainer Jimmy Mazz will take you on a musical journey with impressions of Tom Jones, the Temptations, Tony Orlando, Bobby Darin and more. Jimmy's show brings plenty of laughter too, with his impressions of John Wayne, Ed Sullivan and Arnold Schwarzenegger, among others. Cost is \$98 per person, payable upon registration. Trip will leave at 9:45 a.m. from Our Lady of Mercy Church in Plainville and will return at approximately 4:30 p.m. Sign-up begins Wednesday, April 4.



Big Trips 2018

These great trips are planned for 2018! Trip brochures are available at the Senior Center.



- **France Hidden Canals, June 26—July 4*** Cruise Loire Canal — fly to Paris and then tour Nevers Mar-seilles Les-Aubigny, Chapelle Montlinard, Menetreol-Sous-Sancerre, Lere, Briare.
- **Adriatic Cruise, July 15—22** Venice, Italy; Dubrovnik, Croatia; Kotor, Montenegro; Corfu, Greece; Split, Croatia; and back to Venice.
- **France Hidden Canals, August 28—September 6*** Cruise the Doubs & Saone Rivers — fly to Paris then onto Besancon, Arc-et-Senans, Dole, Saint-Jean-de-Losne, Petit-Ouges, Dijon and more.
- **Vietnam, September 20—30** Ho Chi Minh City, Ho-long Bay Junk Cruise, Hanoi, Train to Danang, Hoi An. Visit local-home factory, markets, hands-on traditional fishing and more.
- **Italy, October 1—11** We have been invited to join a senior group from Berlin, CT on a "small group" trip to Italy. Eleven-day tour, Tuscany to Amalfi including Florence, Leaning Tower of Pisa, Rome, Vatican City, Isle of Capri and more!
- **Iceland 2, November 3—10** The escorted group tour teems with wildlife, spectacular landscapes and landmarks including Skogafoss Waterfall, Blue Lagoon, Glacial Lagoon, Northern Lights excursions, a tour of Reykjavik City and more.

**The France Hidden Canal Cruises are on 22-passenger barges that travel areas not accessible to larger river-boats. Bikes are available on board if you wish to ride from town to town.*

Save the Dates 2018-2019 Trips!

These additional trips are being planned. More info and sign-up to come!

July 22: Stageloft Theater, "Four Weddings & An Elvis"
August 16: Bobby Rydell at the Aqua Turf
August 27: Boston Lighthouse Cruise
September 9: Georgia O'Keefe, NYC Botanical Gardens
September 27: Turkey Train, Winnepesaukee RR
October 23: Kruckers Octoberfest, NY
November 2-9: Iceland #2
November 12: Bob Hope's USO Style Show, Aqua Turf

AARP Trips

- **April 10, 2018**, Bus trip to Foxwoods Casino. Cost is \$25 per person, payable in advance. Bus departs Our Lady of Mercy parking lot at 8 a.m.
- **June 7, Deep Sea Fishing**, Plymouth, MA.
- **June 22, Perkins Cove Cruise and Bull N'Claw**, Maine.
- **June 27, Essex Train and Riverboat Cruise**, includes lunch.

For more information on any of these trips or to sign up please call Sally at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center.

Quick Trips

Senior Center Quick 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 Our Lady of Mercy Church (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. **Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us at sign-up.

TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. 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 cannot attend, please call the Senior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927). Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens. **Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!**

TRI-CITY PLAZA, VERNON; LUNCH AT ANGELLINO'S RESTAURANT

SATURDAY, APRIL 14, 9:00 a.m.

Spend a day shopping at all the great stores at the Tri-City Plaza (TJ Maxx, Home Goods, Dollar Tree, Dress Barn, Price Chopper, etc. and, of course, the Unicorn Polish Bakery). Then, the group will go to Angellino's Italian Restaurant for lunch (on your own). \$8 for transportation is payable at registration. **Home pick-ups for those who do not drive** begin at 8:45 a.m., then Senior Center pick-up at 9:00 a.m. Return to Plainville by 3:30 p.m. Sign-up begins on April 4.

UCONN GREENHOUSES (RAIN FOREST) AND BALLARD PUPPETRY MUSEUM; LUNCH AT DOG LANE CAFÉ & A STOP AT THE UCONN DAIRY BAR

SATURDAY, APRIL 21, 9:00 a.m.

Escape to the UCONN "Rainforest" in the Greenhouses, which contains one of the most diverse teaching plant collections in the U.S. The group will then go to the Dog Lane Café for lunch. After lunch, tour the famous Ballard Puppetry Museum, which houses one of the three largest puppetry collections in the U.S. (\$5 charge is payable at the Museum). Before leaving the UCONN campus, the bus will take you to the UCONN Dairy Bar, where you can not only get your ice cream "fix", but also buy UCONN poultry farm-fresh eggs, a variety of



cheeses made in the creamery and more. As we are limited to the number of people we can fit in our bus (14), please sign up early to guarantee your place. \$8 for transportation is due at sign-up. **Home pick-ups for those who do not drive** begin at 8:45 A.M., then Senior Center pick-up at 9:00 A.M. Return to Plainville by 3:30 P.M. Sign-up begins April 4.

WESTBROOK OUTLETS; LUNCH AT LENNY & JOE'S

SATURDAY, MAY 5, 9:00 a.m.

Take advantage of the spring bargains at the 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 8:45 A.M., then Senior Center pick-up at 9:00 A.M. Return to Plainville about 3:30 P.M. Sign-up begins on April 4.

More Outdoor Adventure

CASE MOUNTAIN, continued from page 4

The trail is rated moderate, and part of the hike will cross with the blue-blazed Shenipsit Trail. In total, the hike should take approximately 2.5 hrs. Bring a snack, some water, and a craving for some nice views! The van will depart from the Senior Center at 1:00 and return at approximately 5:00 p.m. Cost of \$10.00 includes transportation and fee to leader. Sign up begins April 4. Jared Scoville, Leader

A STROLL IN THE PARK & FLYING MONKEYS!

SATURDAY, APRIL 28, 9:15 A.M.

We will travel by bus to Glastonbury for a 1-hour walk that includes views of the Connecticut River, downtown Glastonbury and the new Riverfront Park. We will go to the Glastonbury Senior/Community Center to hear the Glastonbury Ukulele Club perform at the "BIG SING," a community-wide sing-a-long. Then we will travel to the **Flying Monkey** at Brainard Airport for brunch, where you can watch small planes take off and land. Cost is \$10.00, which includes leader and transportation. Brunch is on your own. Sign-up has begun.

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC

FRIDAY, JULY 20, 7:45 A.M. — 3:00 P.M.

This trip is full. You may sign up for the Waiting List.

URBAN WEST END WALKING & CULINARY FOOD TOUR, HARTFORD

WEDNESDAY, MAY 23, 9:15 A.M.

Join us for an exciting walking and food tour of Hartford's eclectic West End! We will travel by CT Transit from Plainville to Hartford where we will meet our guide, Wendy, who will walk us through the historic neighborhoods of the West End. Following our walking tour, we will go on an ethnic culinary adventure! First stop will be Tangiers International Market for Middle Eastern appetizers such as hummus, tabouli, fulmedamas, and kibbee. Next, we will lunch on Korean and Japanese food at Ichiban, and end at Monte Alban for a Mexican dessert. (It will be hard to decide among flan, sopapilla, tres leches, apple pie burrito and others!) We will order menu items based on the group's preference and share a variety of dishes. Please bring \$30-40 in cash (small bills) to pay for food, plus \$1.70 in exact change for the cost of the bus and \$3.00 for leader and tour guide. Meet at the Plainville Public Library at 9:15 a.m. We will return to Plainville around 3:00 p.m. You must be able to walk continuously for at least 2 hours without assistance (no canes), as there is nowhere to stop and rest until lunch time. Leader is Eileen Cyr. Sign up begins April 4. Rain date May 30.

Weekly Tournament Winners

PEAK FITNESS CENTER

SETBACK

February 26

- 1ST: Roy Kaine & Richard Nordgren
2ND: Anne Theriault & Donna Albrecht
3RD: Gladys Dufour & Linda Dominique;
Sandy Tyminski & Claudette Lucente

March 5

- 1ST: Shirley Pratt & Lee Mills
2ND: Joan Litteral & Pat Landry
3RD: MaryAnn Cunningham & Joe Fortuna

March 12

- 1ST: Nancy West & Joe Fortuna
2ND: Elaine Chartier & Joan Litteral
3RD: Jackie Dionne & Jackie D’Addese

BILLIARDS

February 22

- 1ST: Stan Funk & Mike Hermanowski
2ND: Jeanne Shugrue & Rich Nordgren

March 1

- 1ST: Tony Lusitani & John Gasparini
2ND: Lee Akins & Jeanne Shugrue

March 22

- 1ST: Ellen Couture & Rich Nordgren
2ND: Stan Funk & Mike Hermanowski

Wii BOWLING

Feb. 13

- 1ST: Rosemarie Machowski
2ND: Lynne Krakauske
3RD: Georgia Jewell

Feb. 20

- 1ST: Rosemarie Machowski
2ND: Lynne Krakauske
3RD: Margaret Albrecht

Feb. 26

- 1ST: Lynne Krakauske
2ND: Georgia Jewell
3RD: Margaret Albrecht

Wii Tournaments

Our A.M. and P.M. “Young at Heart” bowlers will have two tournaments at the Plainville Senior Center in April. Stop by and cheer them on!

- Tuesday, April 24th against East Windsor from 1:15 p.m. to 4:00 p.m.
- Friday, April 27th, make-up play against East Hartford, 9:15 a.m. to 12:30 p.m.

The Statewide Wii Bowling Tournament is May 4th, and players from our A.M. and P.M groups will be competing. Go Plainville “Young at Heart!”

POOL PLAYERS WANTED!

Looking for co-ed pool tournament players, men and women. All skill levels are welcome. Join us every Thursday afternoon at 12:15 p.m. at the Senior Center.



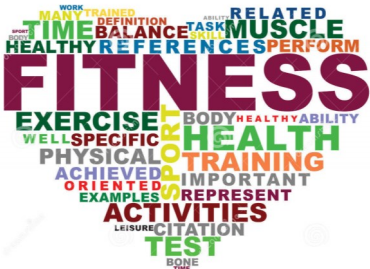
An important note about our program reminders!

We recently began emailing reminders to folks registered for some of our events and programs. We don’t send an email reminder for every program and we typically do not call people to remind them that they are signed up for an activity or class. Please do not rely on an email or phone call to remind you of an activity you have registered for! If you are unsure about the status of an activity, feel free to give us a call.



Did you know that exercise can help you:

- Boost your energy
- Live longer
- Sleep better
- Gain self-confidence
- Socialize with others
- Maintain better control of diabetes & cholesterol
- Reduce heart disease /blood pressure
- Improve your memory
- Increase your mobility & flexibility
- Control your weight



Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- Treadmills: Walk at your own pace.
- NuStep: Seated “stair stepper” which offers a low-impact cardiovascular workout using both upper and lower body.
- Bicycle: Recumbent bicycle allows you to ride in comfort. There is a back to the seat for full support.
- Elliptical Cross Trainer: Provides a total body workout with minimal impact.



Weight Training Equipment: Seven-piece circuit of upper and lower body strength training equipment.

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

Membership rates: Costs are \$9/one month, \$40/ six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Bowling League

February Bowlers of the Month:

Joan Gooding, Mary Oakes and Joe Terzini

The Plainville Senior Center Bowling league welcomes new bowlers and meets Mondays beginning at 12:45 p.m. at Lessard Lanes, 136 New Britain Avenue, Plainville. The cost is \$9.50 per person, per week and includes three games of bowling, automatic scoring and free beverage. Adult bowlers over age 55, of all abilities, including beginners, are welcome to join. For more information or to join the league, contact Frank Robinson, Bowling League President, at 860-747-2918.

Le Petit Cafe

At the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS
11:00 a.m.—1:00 p.m.
No reservations needed!

Le Petit Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. Le Petit 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! **Specials subject to change*

Le Petit Café Specials for April

April 3 & 4	Matzo Ball Soup Avocado Toast (toasted thick-cut bread, smashed avocado with an egg on top, garnished with radishes)
April 10 & 11	New England Clam Chowder BBQ Chicken, Bacon and Cheese Quesadilla
April 17 & 18	Chicken Noodle Soup Beef Stew with a freshly-baked biscuit
April 24 & 25	Loaded Baked Potato Soup Ham & Pickle Sandwich

Energy Assistance

State of CT Energy Assistance Program is available to income-eligible residents to help lower winter heating costs. This year a family of 1 could possibly make \$34,366.28 (gross) and a family of 2 could possibly make \$44,940.52 (gross) and be eligible. For more information or to see if you are eligible, call the HRA Energy Department at 860-582-7490. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.**

Tuesday Shopping Bus

In order to ride the Senior Center's Tuesday 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. **Home pick-ups begin at 11:15 a.m.** and pick-up from the store will be at 3:00 p.m. Please be ready to leave at least 15 minutes before departure. We leave on time. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the list.

- **April 10, 2018—Price Chopper, Southington**
- **April 24, 2018—Walmart, Bristol**

Care & Support We are here to help!



QUESTIONS FOR THE SOCIAL WORKER MONDAYS, APRIL 2 & April 23, 12:30 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! If you are unable to make those times feel free to call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS/RELATIVES RAISING GRANDCHILDREN

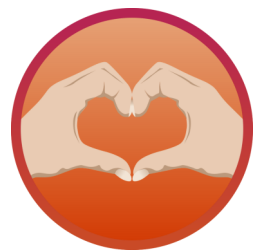
THURSDAY, APRIL 5, 10:30 A.M.

Coming up in May, all are welcome to the Annual Statewide Conference (see "The Not So Empty Nest," page 14).

CAREGIVING CONNECTIONS

TUESDAY, APRIL 17, 10 A.M.

Lee Morgan, Respite Care Manager for the CT Statewide Respite Care Program, will join us for what promises to be a very informative opportunity to learn about the Respite Program. Lee will answer any of your questions or concerns. Now is the time to plan a mini-break for yourself! You may rest and refresh your spirit knowing that the person you care for is being well cared for! What an opportunity awaits! Come listen and learn how to access this program. Call Bette with any questions or concerns. Caregivers from neighboring towns are welcome.



BRIGHTER FOCUS

THURSDAY, APRIL 19, 10 A.M.

Plan to join your friends as we continue to share our secrets for living a rich and fulfilling golden age! We know each day is a gift and we have learned not to squander our precious time. Sharing our thoughts, wisdom, favorite books and articles, etc. has brought both laughter and delight along with some happy tears. Come share your thoughts, dream, hopes, and even disappointments with your focused friends. Brighter Focus welcomes all Senior Center members. See Bette with any questions or concerns.



Plainville Quilters Assemble New Remembrance Quilt

Members of the Plainville Senior Center Quilting Class recently finished assembling the fourth State Remembrance Quilt in memory of individuals who lost their lives to addiction. The group worked on this service project in collaboration with Wheeler Clinic, assembling squares made by individuals at events across the state to mark the lives of family members, friends and loved ones. Thirty-six squares memorialize 36 individual lives lost. The quilt's purple border signifies recovery. Currently on display at Wheeler's Connecticut Clearinghouse at 334 Farmington Avenue, Plainville, the quilt will soon travel across the state, including the State Capitol.

DONATIONS

Please note: 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 this Newsletter. (If you wish to have your donation remain anonymous, please tell 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.

GENERAL DONATIONS, February 20—March 15

Sandy Carver, Corinna Trepanier, Kathy Egri, Barbara Napierkowski, Rosalie Sastre, Barbara Petit, Mary Jane Snow, Rebecca Toner, Mary Levanti, Masonic Lodge Frederick-Franklin 14, Anonymous (4), Marie Poole, Jane Mack, Judy Meese, Circle Group, Loretta Chandler, Barbara Barton, Sharon Mazzorchi, , Laurie Corsini, Joan Cephas, Gemma Croteau, Sharon Simpson, Soni Sperduti, Olga Callender, Lois Schmidt

MEMORIAL DONATIONS February 20 —March 15

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 Lois Bridgett**, William and Judy Briggs
- **In Memory of Leo Civitillo**, Norma Weisenburger, Cecelia DiFrancesco, Fran Martin, Sonia Sperduti
- **In Memory of Elizabeth Essel**, Springbrook Service, Jody & Tim Nicosia
- **In Memory of Jim Brunner**, Maria Wynkoop

DIAL-A-RIDE DONATIONS February 20—March 15

Matthew Schultz, Fran Martin(2), Bonnie Bostrom, Marylou Cassille, Madeline Drake, Carline Laird, Carol Loiselle, Barbara Barton

Plainville Library

April Movie: Darkest Hour

The Library will be showing the movie "Darkest Hour" on Thursday, April 12th at 1 PM and Saturday, April 28th at 1:30 PM. The movie is rated PG-13 and runs for 2 hours 5 minutes and stars Gary Oldman, Lily James, and Kristin Scott Thomas. During the early days of World War II, newly-appointed British Prime Minister Winston Churchill must decide whether to negotiate with Adolf Hitler or fight, despite incredible odds.

Irish Music With Deirdre McMorro & Paul Pender

The Plainville Public Library, with sponsorship from the Friends of Plainville Public Library, will host an Irish music program on Saturday, April 14th at 2 PM. The show will feature musicians Deirdre McMorro and Paul Pender, who will play Irish-themed music for all to enjoy. Deirdre is a third generation fiddler who plays a variety of music, but her passion is for the Irish fiddle. Paul is from Dublin, Ireland and has performed both solo and with bands and groups throughout Connecticut and New York.

Cheer Report

February 15— March 15, 2018

Get Well & Thinking of You Cards were sent to:

Bonnie Carilli, Juliana Rudolph, Donna Cook, Marie Janowski, Charlene Archambault, Roger Willequer, John Daversa, Joe and Rosia Plourd, Lorena Ehle, Marie and Jack Cassidy, Beatrice and Roland Dumont, Lois Schmidt, Ann Campbell, William Petit Sr., Patricia Chambrello, Bob Cewe, Tom Blackler, Marcia Chapman, Rita Rival

Sympathy Cards were sent to:

Family of Donald Rio, Family of James Lathrop, Barbara Wood, Family of Lucy Chambers, Jack and Irene Avella, Family of Jim Brunner, Family of Bernice Baylock

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. As always, a special **thank you** to **Carol Perry** for over-seeing our cheer report.

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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **At this time, we cannot use blank cards, holiday cards, mass cards or birthday cards, etc.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

We Welcome New Members for February 2018!

Norma Levesque, John Palmisano, Mary Pysar, Cynthia Tasse, Keryl Dubay, Robin Brown, John Pilla, Louis Morneault, Donna Simcox, Dorothy Corfiati, and Wilma Michaud



Friends of the Plainville Public Library Semi-Annual Book Sale

Friday, April 6 from 6 p.m. to 8 p.m.

\$3 Admission charge per family

Saturday, April 7 from 10 a.m. to 3 p.m.

Free Admission

*Donations in good condition are welcome — please drop off at the Library the week of sale. Volunteers also needed to help prepare for the sale. Call the Library at 860-793-1446.



Transportation



DIAL-A-RIDE ADA PARA TRANSIT

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, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, 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 \$1.00 donation 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. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on **May 9, 2018 at 5 p.m.** The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service.

Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org**. Comments are due 48 hours before the Forum.

Upcoming LGBT Events

The LGBT Moveable Senior Center is scheduling a series of free monthly events across the state for the remainder of 2018. Come out and connect at these programs in the next few months and watch for more to come!



Thursday, April 12, Canton Senior Center, 40 Dyer Avenue, Canton. Event is 1:30-4:00 pm, featuring: ZenTangle — Tree of Life theme; Kindness Rocks Project; desserts, tea and coffee. Register at (860) 693-5811. For transportation, call or sign the Interest List at our front desk; if we have enough interest we will run a bus.

May, Newington. Watch for more information.

June 11, Woodbury. Watch for more information.

July 13, East Hartford Senior Center. 11:00 a.m. to 2:00 p.m. Coffee hour, lunch and conversation with State Rep. Jeff Currey, and a presentation on Alternative Therapies.

Do You Need a Ride?

Americans with Disability Act (ADA) Paratransit Service provides more hours, more destinations and even runs on Sunday!

The ADA Paratransit ride service travels for any reason to parts of 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. Not all parts of Plainville are covered by ADA, but you still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 p.m.**

Some of these hours may change, depending 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 in a book of ten for \$28 (only \$2.80 each).* **A driver can assist you door-to-door if you make arrangements ahead of time.** 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 found online 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 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 Para-transit 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 two to four 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**, seven 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 service can take you to religious services. You can schedule an appointment at 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).

Have questions about transportation services? Call Bette or Stephanie at 860-747-5728.

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This & That

CHORAL GROUP REHEARSALS

Everybody who loves to sing is invited to attend! **Upcoming Choral Group Rehearsal Dates:** Fridays, April 6 and May 4 at 9:30 A.M.

SENIOR CENTER DISPLAY CASE

If you have a collection, hobby or artwork you would like to put on display, stop by the front desk to reserve a time period.

CONGREGATE MEAL PROGRAM: April 2018

You may stop by the big kitchen to pick up the April calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. **A suggested donation is \$2.50.**

MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Monday through Friday, typically from 10 A.M. to 12 noon. Deliver one or more days per week, or be on call to cover for other volunteers during an illness or vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

The “Not-So” Empty Nest

10th Annual Conference for Grandparents Raising Grandchildren
TUESDAY, MAY 8, 9:00 – 2:00 P.M.

Please join us at the Plainville Senior Center for a full day of information and support for grandparents and other relatives who are raising young children full-time (24/7). The keynote discussion will focus on **“Keeping Children Healthy in the Age of Addiction.”** Participants will also have an opportunity to explore information and support including mental health resources, probate court, guardianship, internet safety, domestic violence, and more. Event is free. Lunch will be provided. Call Ronda or Stephanie at the Senior Center to register.

South Central Area Agency on Aging

The Art of Aging Art Exhibition

May 17—June 21, 2018

Artists 60 & over are encouraged to enter their photography or paintings. There is **NO** entry fee, and prizes are awarded. Registration is now open. Please pick up a registration packet at Plainville Senior Center front desk.



Magic with Mason!

Mason Tartamella, a sophomore at Plainville High School, will visit us at the Plainville Senior Center on Wednesday, April 11th from 11:30 a.m. to 1:00 p.m. to perform magic tricks throughout the Center.



Student Jazz Band to Perform

Forty-five students from the Plainville Town-Wide Elementary Jazz Band will perform at the Senior Center on Tuesday, April 17 at 11:30 a.m. The Jazz Band consists of students from all three Plainville elementary schools. The ensemble is co-directed by Elementary Band Director Michael Boncimino and Toffolon Music/Choir Teacher Greg Wilfrid. The students perform annually at the XL Center for Hartford Wolf Pack games and at Plainville's Superintendent Showcase. ***Come and enjoy!***



FREE CONCERT AT NEW HORIZONS VILLAGE

37 Bliss Memorial Rd, Unionville

Featuring the Brass Ensemble from the Hartt School, University of Hartford

FREE! FRIDAY APRIL 6 2:30 P.M.

Music of Beethoven, Brahms, Dvorak & More!

CALL TO REGISTER: 860-673-8893

Nursing, Insurance Info, Etc.

Info for Veterans

REGULAR 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 \$18.00 for Plainville resident Senior Center members and \$28.00 for Out of Town 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. **Senior Center members only.**

EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and pick up the paperwork that you must fill out and bring in to your appointment.

FREE BLOOD PRESSURE SCREENINGS

- **Wednesday April 4 & April 18**, 11:00 am-12 pm (provided by Interim Health Care)
- **Thursday, April 12**, 1:00—2:00 p.m. (provided by Hartford Health Care)
- **Monday, April 30**, 12:00—12:30 p.m. (with our Nurse)

CHOLESTEROL SCREENING

A quick appointment and a drop of blood from your fingertip can tell you your numbers for total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose. This type of test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is \$12.00.

TRANSITIONAL CARE NURSE (TCN)

Hartford HealthCare Center for Healthy Aging provides a **free, one time visit** from a nurse who will do a thorough physical assessment and medication review in the client's home in order to ensure optimal health and wellness, along with proper use of medications as prescribed by the client's physician. Clients need to sign a form to allow their physician to provide their medication list to the TCN. Clients **do not** need to be home-bound to participate in this opportunity. The TCN will review the medications with the client and answer questions the client may have about the need for the medication and how to take it as directed. The TCN will follow up with the client for 30 days and will also help with referrals for homecare services and the CT Home Care Program for Elders if the client may be eligible. If you would like a TCN visit or have any questions, please call Bette or Stephanie. Medicare is **not** billed for this visit ...it is **free!**

INDIVIDUAL ASSISTANCE FOR VETERANS



Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments at the Plainville Senior Center on the first Wednesday of each month. Please call Jason to make an appointment at 1-203-805-6340. All appointments are held at the Senior Center. Jason is extremely knowledgeable and able to help veterans, their spouses and widows with veterans benefits. He may also be able to identify assistance for financial, medical, home care matters and more.

VETERANS STRONG IN BRISTOL

Veterans Strong Community Center, Inc. (VSCC), is a regionalized information and resource center for all Veterans, service members and their families, regardless of branch or component of service, length or time of service. VSCC is a 501c(3) non-profit, partnered with Bristol, Southington, Plainville, Plymouth, Thomaston, Harwinton, Burlington and Wolcott. Veterans Strong is located at Bristol City Hall, 111 North Main Street, Bristol. Veterans Assistance Specialist Donna Dognin will provide computer assistance to any Veteran who wants help applying for the non-benefit VA Veterans I.D. Card. The process takes about 30 to 45 minutes, so please make an appointment with Veterans Strong by calling 860-584-6258.

VSCC and the CT Veterans Wartime Service Medal



Veterans Strong (VSCC) is seeking war-time veterans who served active duty during a period of war for a minimum of 90 days (excluding periods of active duty training), and who were honorably discharged and are current CT residents or were a CT resident at time of military service. **The VSCC is coordinating a public medal ceremony** for all Veterans who apply and are verified. The ceremony date has not yet been determined, so act soon to be a part of this special honor! Call Veterans Strong at 860-584-6258. Website: www.vetstronginc.org

Employment & Readjustment Counseling at VSCC

An Easter Seals Employment Specialist comes to VSCC nearly every Wednesday from 12 - 1pm to meet with interested persons. The Specialist is able to review resumes, help with employment searches, and review interview skills. Appointments are suggested and can be made by calling VSCC at 860-584-6258 or emailing info@vetstronginc.org.

Readjustment Counseling is available at the VSCC every other Monday. In April, the specific dates are: Monday, April 9 and Monday, April 23; appointments must be made in advance. Persons who need readjustment counseling and are unable to make the Monday appointments may get a referral to the Hartford Veteran Center (in Rocky Hill) to speak with a counselor there. Make appointments by calling VSCC at

CTriads Spring Conference: *The 6th Annual Triad Spring Conference*

Wednesday, May 16th, from 1:30 to 3:00 P.M. at the Bristol Senior Center, 240 Stafford Avenue

Guest speaker Attorney Marilyn Denny from Greater Hartford Legal Aid will speak about **Advanced Directives** and **Living Wills**, Elder Abuse and more. Transportation to and from Plainville Senior Center will be provided. Register at (860) 693-5811. For transportation, call or sign the Interest List at our front desk.

APRIL 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library *By Appt.	2 * 9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling League 2:30 Keeping Your Memory Strong CR	3 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 9:30 BeFit BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Veteran Coffee CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class	4 FREE SIGN UP DAY MEGA SIGN-UP DAY 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 10:00 Veteran's Appts.* CL 11:00 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	5 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:30 Grandparents Raising Grandchi. GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Begin Sewing CR 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	6 9:00 Walking GR 9:30 Choral BR 9:00 Mahjong GA 12:00 Animal Tracking Trip 12:00 Pinochle Plainville Library	7
8	9 * 9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst Demo 3:00 Cupcake Wars BR	10 *9:00 NURSE 8:00 Newport Playhouse 9:00 Walking GR 9:30 AM Wii Bowling OS 9:30 BeFit BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Tuesday Trivia BR 1:00 PM Wii Bowling CR 3:00 French Class GA	11 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 11:30 Magic w. Mason 1:00 Open Paint CR 1:00 Bingo GR 1:00 iPad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR	12 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 How to Fall Safely GR 12:00 COA CR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP CLINIC 1:00 Begin Sewing CR 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	13 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga Demo GR 12:00 Pinochle Plainville Library	14 9:00 a.m. Quick Trip to Tri-City Plaza, Vernon
15	16 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	17 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS *10:00 Income Tax GR 10:00 Ukelele Demo CR 10:00 Caregiving GA 10:00 Ladies Billiards 10:00 Cribbage CL 10:15 Int. Yoga L 11:30 Jazz Band BR 12:00 Pinochle GA 12:30 Open Circle BR 12:45 Live Well w/ Diabetes CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA	18 9:00 Walking GR 9:30 Quilting CR 9:00 Will Warren's Den 10:00 Zumba Gold GR 11:00 BP Clinic 1:00 Open Paint CR 1:00 iPad Basics GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	19 9:00 Walking GR 9:30 Losing Sight & Sound GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:00 Brighter Focus GA 10:00 Snappy Seniors L 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Begin Sewing CR 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 3:00 What's on Your Plate? CR	20 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga GR 11:30 Friends Helping Friends 12:00 Pinochle Plainville Library	21 9:00 a.m. Quick Trip to UConn Greenhouses, Ballard Puppetry Museum 9:00 Crescent Lake Hike
22	23 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Ptg. CR 10:00 Current Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for the Social Worker 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	24 *9:00 NURSE 9:00 Walking GR 9:15 AM Wii Bowling OS 9:30 AARP Sm Driver GR 10:00 Ukelele Lesson CR 10:00 Ladies Billiards 10:15 Int. Yoga L 10:00 Cribbage GR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle 12:45 Live Well w/ Diabetes CR 1:00 Bridge OS 1:15 Wii Tourney GR 3:00 French Class GA	25 9:00 Walking GR 9:00 Bike Ride 9:30 Quilting CR 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 iPad Basics GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	26 *9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 11:00 Lunch & Learn—Keep Gambling Affordable GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Canasta C 1:00 Begin Sewing CR 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet CR	27 9:00 Walking GR 9:00 Mahjong GA 9:15 Wii Tourney GR 9:30 Chair Yoga BR 12:00 Pinochle Plainville Library 1:00 Case Mountain Hike	28 9:15 A Stroll in the Park, Glastonbury
29	30 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Ptg. CR 10:00 Current Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:00 BP CLINIC 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	May 1 *9:00 NURSE 9:00 Walking GR 9:30 AM Wii Bowling OS 10:00 Ukelele Lesson CR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 12:00 Pinochle GA 12:45 Live w/ Diabet. GR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 4:30 Discover NE Trail	2 9:00 Walking GR 9:30 Quilting CR 10:00 Veteran's Appts.* CL 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 iPad Basics GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	3 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Nutrition for Arthritis, GR 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Begin Sewing CR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS	4 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Gr. BR 9:30 Chair Yoga GR 11:00 Colorectal Bingo, CR 12:00 Pinochle Plainville Library Scenic Plane Ride over Plainville	5 9:00 Quick Trip to Westbrook Outlets