

Shawn Cohen, *Director*

Ronda Guberman, *Assistant Director*

200 East Street, Plainville, CT 06062 860.747.5728 www.plainvillect.com/senior-center
 Monday: 9:00 a.m. – 6:00 p.m. Tuesday-Thursday: 9:00 a.m. – 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

Mega Sign-Up Day (for free and paid programs) is on April 2 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 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 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.

Planned Free Transportation Service for Plainville Seniors Seeks Volunteers

Senior Transportation Services, Inc. (STS) provides rides to **medical appointments** for seniors and is planning to expand its service in Plainville. Volunteer drivers are needed to make it a success. Can you help? Volunteers use their own vehicles to drive persons to out-of-town medical appointments and to visit loved ones at health care facilities. Volunteer drivers receive reimbursement for mileage, and supplemental automobile and liability insurance. Drivers must be willing to volunteer to provide a minimum of 2 rides per month. STS is different from Dial-a-Ride, as it provides rides to medical appointments as far away as 25 miles from Plainville (Hartford, Glastonbury, Rocky Hill, Bloomfield, West Hartford, Simsbury, Avon, Meriden, Berlin, and more). Rides can also start as early as 6:00 a.m. Riders must be able to walk on their own, but volunteers can accompany them into their doctor's offices, which Dial-a-Ride cannot do. **Join us for a volunteer recruitment breakfast on Friday, May 3, at 9:30 a.m.** to meet the Senior Transportation Services staff and to learn more about how you can help make a difference in someone's life! Call the Senior Center to RSVP, 860-747-5728.

Plainville Town Manager to Host Office Hours at the Library

Town Manager Robert Lee invites Plainville residents to meet with him for "open office hours" on consecutive Wednesday evenings at the Plainville Library from 6 to 8 p.m., on April 3, April 10 and April 17. The Library is at 56 East Main Street in Plainville. Mr. Lee will be prepared to discuss the proposed new budget, as well as other items of interest relating to the Town. Hours will be on a drop-in basis, first come, first served. Light refreshments will be offered.

YOGA HIKING!

FRIDAY, MAY 10 & FRIDAY MAY 24, 1:00 p.m.
 (sign up for one or both sessions)

Embark on a yoga-hike adventure! Don't worry if you have never practiced yoga — all levels are welcome. Bring a walking stick if you wish. First we will hike up to the top of Crescent Lake on some uneven, rocky trails, then begin our self-care practice by setting an intention. We will practice walking meditation and mindful movement as we connect with Mother Earth, pausing and practicing yoga postures along the way. When we reach our destination we will practice sacred rest/pranayama/Yoga Nidra/meditation/chanting mantras/gratitude. Bring a water bottle, blanket and yoga mat. Our Journey Guide Rosalie Tanguay is a board-certified holistic registered nurse and **embodiyoga** teacher. Meet at Crescent Lake, 103 Shuttle Meadow Road, Southington. Space is limited to 12 students per session. Cost is \$5.00 per session. Sign up begins April 2.



JOIN THE "TIME TO MOVE" FITNESS CHALLENGE! MAY 1—MAY 31, 2019

Join us as we again battle against the clock in a challenge with the Elmwood and West Hartford Senior Centers! 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! Help us defend our title — we were last year's champs!



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FREE UPRIGHT PIANO! Interested person must make arrangements to have it moved. Please call Shawn or Ronda at the Senior Center, if interested.

Save the Date! Volunteer Recognition Party on May 31st!

Invitations for the Volunteer Party will be mailed out by May 1st. We rely on our volunteer tracking board at the Center when creating our invitation list, so be sure to update your volunteer hours as soon as possible! If you do not receive a printed invitation in early May, please call us at 860-747-5728 with your volunteer hours so we can mail you an invitation.

Betty Boukus Month Celebration
 April 16! See page 2

FREE Memory Screenings on
 April 10! See page 2

I-Pad Class, see pages 7 and 8

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

TALK TO THE TRAINER

MONDAY, APRIL 1, 9:00 to 9:30 A.M.

THURSDAY, APRIL 4, 3:00 to 3:30 P.M.

“Talk to the Trainer” will allow Senior Center members to pose any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Drop by the PEAK Fitness Center on the first Monday or first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr!

VETERANS’ COFFEE HOUR

TUESDAYS, APRIL 2 & MAY 7, 10:30 A.M.

These monthly information and support meetings are conducted by Wayne Rioux, a Veteran’s Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Please call the Center at 860-747-5728 to register.

HEALTHY EATING FOR WEIGHT LOSS

THURSDAY, APRIL 4, 10 A.M. FREE

Learn how to eat healthy and be conscious of healthy eating throughout our lives. Presented by Tracey Luciani, registered dietician. *Sponsored by Southington Care Center.* Sign up has begun.



COOKING FOR ONE CLUB

TUESDAY, APRIL 9, 2:00 P.M.

This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. We are looking for a new group moderator or co-moderator. Bring your favorite recipes, cooking tips and fun ideas. Free and all members are welcome! Sign up begins April 2.

FREE MEMORY SCREENING

WEDNESDAY, APRIL 10, 12:30 P.M.

Join us for a free, 10-minute memory screening, conducted by Jennifer Doty, BSW, from Mulberry Gardens of Southington. Assessments consist of questions and tasks to evaluate memory. While they do not diagnose any illness, they can indicate if someone should follow up with a medical exam. Sign up begins April 2. Space is limited.



THURSDAY TRIVIA

THURSDAY, APRIL 11, 10:00 A.M.

Join us for a free trivia game with students from Plainville High School. You’ll be paired in teams to take on this non-threatening, fun trivia challenge. Prizes and tasty snacks will also be provided. *Sponsored by the PHS National Honor Society.* Sign up has begun.



WOMANHEART CHAMPION

THURSDAY, APRIL 11, 1:00 P.M. FREE

In 2018, Plainville Senior Center member Sharon Wynkoop Corlette completed a course at the Women-Heart Consortium at the Mayo Clinic and became a Womenheart Champion. Heart disease is the number one killer of women and it can go undetected because women’s symptoms can sometimes mask other physical situations and ailments in women. Sharon wants to share her story and hopefully bring more awareness to women about the disease. Sign up has begun.

BETTY BOUKUS MONTH OF SERVICE and WRAP-UP CELEBRATION

MARCH 15– APRIL 15 and CELEBRATION ON APRIL 16,

3:00 P.M. AT THE SENIOR CENTER



There is still time to participate in our very special month of service, simply by doing something nice for another person and having your name added to our list!

Show some kindness by helping a friend or neighbor, and then stop by or call the Senior Center to record your name or “anonymous” if you prefer, and the good deed or deeds you did. We are displaying a list of all good deeds on special Betty Boukus Month of Service posters hung at the Senior Center and the Municipal Center. The posters are updated weekly, so drop by and have a look anytime. Finally, on Tuesday, April 16 at 3:00 p.m., join us for a celebration at the Senior Center when we will reminisce about Betty and congratulate everyone on their wonderful good deeds. Betty’s husband, Gary and their children and grandchildren will be our guests of honor.

SNAPPY SENIORS

THURSDAY, APRIL 18, 10:00 A.M.

The Snappy Seniors Camera Club meets on the third Thursday of the month at the Plainville Public Library. The Library opens at 10:00 a.m. and the meeting begins promptly at 10:10 a.m. Reminder: ongoing project is gathering your photos of Plainville for this year’s display “Hometown Plainville”. Bring your photos to the meeting to share on a flash drive or camera card. Sign up begins April 2.

More Special Events, next page

Why join our book club, Books and Bagels? Author Stephen King says, “Books are a uniquely portable magic.” The benefits of joining a book club are endless: keeping your mind active, developing new ideas, challenging your perspectives, de-stressing, enjoying the company of like-minded people, and encouraging you to be active. Plus, it is inexpensive entertainment! We would delight in your company — whether you like to be an active participant in the discussion, or prefer to sit back and quietly enjoy the exchange. Come every month or just when the book of the month sparks an interest. See next page for April’s Books and Bagels info!



More Special Events

ICE CREAM SOCIAL & MUSIC BY THE HUMBLE BEES TUESDAY, APRIL 23, 1:00 P.M. FREE

Join us for a fun hour of unique musical entertainment and an ice cream social! Enjoy a great performance by The Humble Bees, a Connecticut band featuring ukulele, banjo, autoharp and guitar. They will play familiar songs in a sing-a-long format and comedy songs. Top off this great event by enjoying a dish of delicious ice cream and toppings! Free. Sign up has begun.

BOOKS AND BAGELS

WEDNESDAY, APRIL 24, 9:30 A.M.

In **Bel Canto** by Ann Patchett, a band of terrorists launch a standoff with the government. This standoff continues for several months as feelings of trust and friendliness develop between captives and captors. An interesting look at what is known as the "Stockholm Syndrome." Join us for coffee, tea, bagels and an intriguing discussion on **Bel Canto**, the fourth novel by Ann Patchett. It was awarded the *Orange Prize for Fiction* and *PEN/Faulkner Award for Fiction*. Copies are at the Plainville Library. Please read the book before the meeting. Sign up begins April 2.



LEARN MORE ABOUT PERIPHERAL ARTERIAL DISEASE FRIDAY, APRIL 26, 10:00 A.M.

Peripheral arterial disease is a common condition that narrows arteries and restricts blood flow to the body's extremities. The most prevalent symptom is leg pain while walking. The condition may also indicate atherosclerosis – fatty deposits in the arteries. This free program will present the causes, associated illnesses and injuries, and treatments. Presented by Parth Shah, MD, FACS, Director of Vascular and Endovascular Surgery, Hospital of Central Connecticut and Hartford Hospital. Hartford HealthCare Senior Services is sponsoring. Call the Senior Center to register, beginning April 2.

FRIENDS HELPING FRIENDS

FRIDAY, APRIL 26, 11:30 A.M.

This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at Mama Luke's, Rte. 6, Farmington. Sign-up begins April 2.

PLAINVILLE LIBRARY SERIES CONTINUES AT THE SENIOR CENTER

Plainville Public Library Director Trish Tomlinson visits the Senior Center to share how YOUR Library has evolved into a gateway to information and resources available anytime, anywhere, for FREE. Come and learn how to access and navigate online library resources from the experts. Call the Senior Center to register. All programs begin at 1:00 P.M.

- **(DATE CHANGE) Wednesday, May 1:** Introduction to Mango Online Language Learning
- **Tuesday, May 28:** Introduction to Ancestry Online Genealogy
- **Tuesday, June 25:** Introduction to Gale Virtual Reference Library

"TIME TO MOVE" FITNESS CHALLENGE *cont. from p. 1*

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 Fitness Challenge participants, courtesy of the two non-winning senior centers. So the Challenge is on! Sign-up begins April 2. See information at the Peak Center for keeping your records. **Let's move, Plainville!**



NAVIGATING THE WORLD OF HEALTHCARE OPTIONS TUESDAY, APRIL 30, 10:00 A.M. — 11:00 A.M.

Please join us for an informative presentation about how the Office of the Healthcare Advocate can help you navigate the complex world of healthcare options. Presented by State Representative Bill Petit, Jr. and State Senator Henri Martin. Sign up has begun.

LIVING IN THE MOMENT: INTRODUCTION TO THE PRACTICE OF MINDFULNESS — A 3-Part Series

TUESDAYS, MAY 14, MAY 21 and MAY 28
10:00 A.M. TO 11:00 A.M.

Mindfulness is a state of active, open attention on the present. Instead of allowing life to pass by, mindfulness means living in the moment and awakening to our experience. Topics to be discussed are:

- Understanding mindfulness and how it can be applied to everyday life
- Benefits of mindfulness practice
- The Art of Now: 10 Steps to living in the moment
- Establishing a daily mindfulness practice
- Mindfulness to enhance focus and concentration

Presented by Jo Anne Harrison-Becker, MS Gerontology, CEO Therapeutic Recreation Services in Windsor, CT Program is FREE. Participants are encouraged to attend all three sessions. Sign up has begun.

PAINT PARTY

WEDNESDAY, MAY 15, 1:00 P.M.

Join local artist Becca Fazzino as she instructs and demonstrates how to paint a summer-themed scene. Perfect for anyone who enjoys art or wants to learn. Example of the painting is on display in the Senior Center showcase. Space limited to 15. Cost of \$10.00 includes all materials. Sign-up begins April 2.

More Special Events, next page

WE WELCOME NEW MEMBERS FOR FEBRUARY 2019

Brian McCarthy, Ann Hamm, Karen Kebinger, Michael O'Bryan, Marilynn Robinson, Dennis Martin, Barbara Prahm, Ron Marzi, Mary Sorbo, Dean Esposti, Sandra Corriveau, Herman Belli, Claudette Carveth, Mary Gray, Susan Garagliano, David Gray, Pamela Gray, Dawn Grayson, Carolyn Ticino, Richard Smith and Kathleen Evans



More Special Events

SAVE THE DATE for

The 11th Annual Conference for Grandparents Raising Grandchildren

TUESDAY, MAY 7, 9:00 – 2:00 P.M.

We will once again offer an excellent full day of information and support for grandparents and other relatives who are raising young children full-time. Event is free and lunch will be provided. Flyers with complete details will be available April 15. Please call or visit the Senior Center after April 15 for more information — 860-747-5728.

AARP SMART DRIVER

THURSDAY, MAY 16 1:00 P.M. — 5:00 P.M.

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 is \$15.00 for AARP members providing a membership number and \$20.00 for all others. Limited to 25. Sign-up has begun.

TIS THE SEASON

THURSDAY, MAY 23, 1 P.M.

We will highlight local and seasonal produce with vibrant colors and great nutritional value. This free program will be presented by Peter Fescue, director of Dining Services, Mulberry Gardens of Southington. Sign up has begun.

HOW TO FALL SAFELY

THURSDAY, JUNE 6, 10 A.M.

Sometimes, there's no way to avoid a fall. At least if you're aware of the inevitability of a fall, you can prepare yourself to fall properly! Learn how to fall down the correct way — forwards or backwards — and get all the details on how to fall safely to reduce the risk or lessen the severity of injury. This program is free. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness and sponsored by Southington Care Center. Sign up begins April 2.

Don't forget! Next time you are at the Senior Center please ask for a Membership Card!



SHARE YOUR MUSICAL TALENT WITH THE CHORAL GROUP!



The Choral Group is looking for singers and musicians such as guitar players, pianists, and violinists. We rehearse at the Senior Center and perform at three area nursing homes each month. If interested, please call Henrietta Zooleck at 860-747-3063. The next Choral Group rehearsals are Fridays, April 5 and May 3 at 9:30 a.m. at the Plainville Senior Center.



Ongoing Support for Veterans



Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments each month at the Senior Center. He will be at the Center on **Wednesday, April 10 and Wednesday, May 1 at 10:00 A.M.** Please call Jason at 1-203-805-6340 to make an appointment in advance.

Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

- **Saturday, April 13, 2:30 p.m.** ORIGAMI WORKSHOP: Fran Block will present a hands-on origami workshop. Participants will make a candy box from paper! Registration is required.
- **Tuesday, April 23, 7:00 p.m.** BOOK DISCUSSION: Local author Sharon Farber will discuss her book, Choosing to be a Medium. Registration required.
- **Tuesday, April 11 at 1:00pm and Saturday, April 27 at 1:30pm.** MOVIE MATINEE: Latest Academy Award winner for Best Picture, **Green Book**. Rated PG-13, run time 2 hours 10 min.

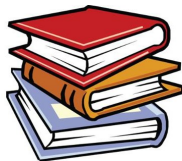


Friends of the Plainville Public Library Semi-Annual Book Sale

Friday, April 5 from 6 p.m. to 8 p.m.
\$3 Admission charge per family

Saturday, April 6 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.



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 made-to-order fresh salads, a variety of sandwiches, grilled Panini and weekly specials. Le Petit Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, hand-crafted foods that are sure to wow your taste buds! Prices range from \$3.00—\$6.00.

- April 2 & 3

Chicken “Fajita” Quesadilla Grilled chicken, sautéed peppers and onions, shredded cheese
Soup: Minestrone
- April 9 & 10

BBQ Pulled Pork Sandwiches
Soup: Italian Wedding
- April 16 & 17

Turkey Gobbler: Roasted turkey, stuffing and cranberry sauce on a bulky roll
Soup: Matzah Ball
- April 23 & 24

Avocado Toast (toasted thick-cut bread, smashed avocado with a fried egg on top, garnished with radishes)
Soup: clam chowder
- April 30 & May 1

Ham & Cheese Quiche
Soup: Chicken and Rice

LYNNE’S WEIGHT LOSS TIP of the MONTH

I utilize our Senior Center as much as possible along with my new eating habits. I try to walk daily in the Green Room where it is flat and climate-controlled.

Recipe of the Month — Nut Snack Substitute

- One can chick peas, rinsed and drained.
- Garlic powder, onion powder, celery seeds and olive oil to season
- PAM or other spray

Mix a splash of olive oil in a bowl with some garlic powder, onion powder and celery seeds. Add chick peas to the bowl and coat with the oil/spice mixture. Layer chick peas flat on a cookie sheet sprayed with Pam. Bake in oven on a very low temp (275 to 300 degrees) and roast for about 2 hours. Remove and cool, place in airtight container and enjoy when you get a craving for a high-protein, delicious nut snack!

INCOME TAX ASSISTANCE

The Plainville Senior Center has no more Income Tax Assistance Appointments available. If you need tax assistance, you can try the following:

- The United Way (860) 356-2000
- Canton Town Library (860) 693-5811
- Bristol Senior Center 8:30 a.m.—11:30 a.m. Tuesday or Friday (walk in only)
- Farmington (860) 673-1441
- New Britain Senior Center (860) 826-3553
- Avon (860) 675-4355

Donations

The Senior Center Always 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! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need! **Please note:** *When you bring donations into the Senior Center, our 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 16 through MARCH 15

Karen Fioravanti, Rita Dewyea (2), Lucy Silverio, Plainville Funeral Home, Douglas Kaller, Robert Marcellaro, Donna Krajewski, Anonymous (2), Kathy DeSanty, Barbara Barton, Rosaleen Peters, Lorraine Corsini, Rosemarie Babin, Circle Group, Marie Cyr, Madeline Johnson, Joseph Babin, Lynn & Luis Gonzalez, Susan Wishinski, Family of Marcella Hall, Dick Smith, Charles Orvis, Charlene Bailey, Val Dumais, Wilma Michaud, Madeline Drake, Lorraine Corsini, Rita Dewyea

MEMORIAL DONATIONS, FEBRUARY 16 through 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: Richard Alfano
by Ceal DiFrancesco

In Memory of: Terry Barton
by Marianne Grace

In Memory of: Jeanne Shugrue
by Veronica Colombo
by Sandra Therrien
by Theresa Habermeier
by Mary Ellen Bosson & Patricia Childs
by Anne Wroblewski
by Bonnie Carilli
by Karen Morrison
by Pat Cancelli & Sally Cobrain
by Ellen Couture
by Lorraine Corsini

In Memory of: Bob Kart
by Fran Martin

In Memory of: Stephen Pericolosi
by Mario & Angela Civitillo

DIAL-A-RIDE DONATIONS, FEBRUARY 16 through MARCH 15

United Way Donors, Rosaleen Peters, John Green, Anne Marie DesRoberts, Beverly Danielson



Weekly Tournament Winners PEAK Fitness Center

SETBACK

- MAR 11** 1ST: John Gasparini & Mike Chapman
2ND: Elaine Chartier & Charlie Stepney
3RD: (TIE) MaryAnn Cunningham & Joe Fortuna
Sally Miller & Gail Kreneck
- FEB 25** 1ST: Jackie Daddese & Jackie Dionne
2ND: Linda Dominique & Lynne Krakauske
3RD: (TIE) Joan Noyes & Adele Mancini
John Gasparini & Mike Chapman
- FEB 11** 1ST: Sandy Tyminski & Claudette Lucente
2ND: Barbara Cichon & Gladys DuFour
3RD: Nancy West & Wendell Copeland

BILLIARDS

- FEB 28** 1ST: Tony Lusitani & Mike Hermanowski
2ND: John Gasparini & Val Dumais
- FEB 21** 1ST: Mike Hermanowski & Mitch Ziolkowski
2ND: Stan Funk & Bob Ryer
3RD: Ellen Couture & Val Dumais
- FEB 14** 1ST: Bob Ryer & Mitch Ziolkowski
2ND: Joe Babin & John Gasparini
- JAN 31** 1ST: Stan Funk & Joe Babin
2ND: John Gasparini & Bob Ryer
- JAN 24** 1ST: Bob Ryer & Mitch Ziolkowski
2ND: Mike Hermanowski & Joe Babin
- JAN 17** 1ST: Jeanne Shugrue & Mitch Ziolkowski
2ND: Joe Babin & John Gasparini

Bowling League

Bowlers of the Month for February:

- Elizabeth Collins & Frank Robinson
- Congratulations to our Bowlers of the Month! Please call Frank Robinson at 860-747-2918 or e-mail him at FgrahamR@aol.com with questions.

PEAK FITNESS SPECIAL!

Now through January 2020

Join for 13 months for the price of 12! \$60.00 for one year, good for new **and** renewing memberships. That's only \$4.61 per month... such a **GREAT** deal!

Exercise can help you:

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



Enjoy a great workout 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 cardio-vascular workout using both upper and lower body.
- Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a seat back 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.

Membership Costs: \$9/one month, \$40/six months and \$60/13 months. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

Check Out These Volunteer Opportunities at the Senior Center!

Come get involved and engaged! Meet new folks and have fun! We will train you for any position—no prior experience is needed. Please see or call Evelyn or Jan at the Senior Center.

- CAFÉ:** The Café is looking for helpers who like to be around people and food. We need "floaters" — people who can cover when our regulars have illness or vacation. It requires only two days a month for 2-3 hours per day.
- BINGO:** Volunteers call bingo numbers, count money, handle bingo cards etc. Once a month commitment.
- PEAK CENTER:** Volunteers sign in PEAK Fitness Center members during the day. Two hours per week.
- DISHWASHER:** Help out on Tuesday and/or Wednesday, running our high-speed dishwasher.

TAX RELIEF PROGRAMS THROUGH THE TOWN OF PLAINVILLE

Residents must apply for the latest State and Local Tax Relief Programs by May 15, 2019. Please call Marcy at the Tax and Assessing Office for an appointment at the Senior Center and complete application guidelines — 860-793-0221 extension 244.

- Elderly & Disabled Homeowners:** Income for single: \$36,000; Income for married: \$43,900.
- Local Option Elderly Program:** Income for single: \$43,000; Income for married: \$48,500.
- Local Option Tax Freeze for Applicant Age 70+:** Must meet certain income/asset requirements.
- State Veterans:** Must meet the above qualifications (except age), and have DD214 on file with Town Clerk by Sept. 30, 2019. Veteran must meet 90-day qualifications for wartime as set forth in C.G.S. 27-103.
- Local Option Veterans Program:** Income for single: \$43,000; Income for married: \$48,500.

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 — **Tuesday, April 2** from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting April 9 if there is still room in the class. The drop-in rate for any class that allows drop-ins and/or has space available, 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	Time	Current Session	Next Session Sign up has begun
MONDAY			
Zumba Tone	9:30 – 10:30	April 1—June 3. 8 wks. \$24 members only. No class May 6 or May 27.	
Acrylic Painting	10:00—12:00	April 29—June 24. 8 wks. \$24. Members Only No class May 27.	
Beginner's Yoga	10:15-11:15	April 8—June 3. 8 wks. At Library \$24 Members Only. No class May 27.	
Power Burst 1	1:15—2:05	April 8—June 3. 8 wks. \$16 Members Only. No class May 27.	
Power Burst 2	2:15—3:05	April 8—June 3. 8 wks. \$16 Members Only. No class May 27.	
TUESDAY			
Intermediate Yoga	10:15-11:15	Mar 19—May 14. 8 wks. \$24. Members Only. At Library. 8 weeks. No class April 2.	
Aqua-Arthritis Water Fitness	10:45-11:30	March 5—April 23. 8 wks. \$24. Free for YMCA Members. Class held at YMCA	April 30—June 18. 8 wks. \$24. Free for YMCA Members. Class held at YMCA
Tai Chi 1	1:30—2:30	Mar 5—April 9, 6 wks, \$12.00. Members Only	April 23—May 28. 6 weeks, \$12.00. Members only
Tai Chi 2	2:45—3:45	Mar 5—April 9, 6 wks, \$12.00. Members Only	April 23—May 28. 6 weeks, \$12.00. Members only
French Class	3:00—4:00	Resumes April 16	
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	Mar 20—May 15. No class May 8. 8 wks. \$24. Members Only	
iPad Basics	1:00—3:00	April 10 to May 8 5 wks. \$25.00 Members Only.	
THURSDAY			
Ceramics	9:30 – 11:30	Feb 14—Apr 18. 8 wks. \$32. Members Only	Apr 25—June 13. 8 wks. \$32 Members Only
Aqua-Arthritis Water Fitness 2	10:45-11:30	Feb 28—Apr 18. 8 wks. \$24. Free for YMCA Members. Class held at YMCA	April 25—June 13. 8 wks. \$24. Free for YMCA Members. Class held at YMCA
Knitting & Crochet	1:00 – 3:00	Mar 14—May 23. (no class April 25 or May 2) 8 wks. \$16 Members Only	
Ukulele	1:30-2:30	March 14—April 18.6 wks. \$12.00 Members Only	April 25 — May 30. 6 weeks, \$12. Members only
FRIDAY			
Chair Yoga 1	9:30-10:30	Mar 15—May 10. (no class 4/19). 8 wks. \$16. Members Only	
Chair Yoga 2	10:40—11:40	Mar 15—May 10. (no class 4/19). 8 wks. \$16 Members Only	



Cheer Report



Get Well & Thinking of You Cards were sent to:

Patricia Backus, Johanna Zielinski, Evelyn Case, Joseph Plourde, Marjorie Erb, Laurie Davies, Rita Dewyea, Anne McCarthy, Peg Nappier

Sympathy Cards were sent to:

Robert Marcellaro, Anna Smedick, Family of Domenic Main, Emilio & Olimpia D’Ascanio, Pierre & Evelyn Morin, Family of Jeanne Shugrue, Bette Green, Family of Bernard Reiske

If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and help us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out “cheer” on behalf of the Plainville Senior Center.

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of this medium, plus some special techniques. A supply list will be given to you at registration. If you're unsure whether 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 info.

Instructor: Abbe Wade

AQUA ARTHRITIS WATER FITNESS AT THE Y:

This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of the water. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

BEGINNER TAI-CHI FOR HEALTH AND BALANCE:

The core of this program covers the most important Tai-Chi principles, safety, balance, health and growth. This class is designed for beginners. Why try Tai-Chi? When learned correctly and practiced regularly, Tai-Chi can be a positive part of an overall approach to improving your health. Some of the benefits include: decreased stress and anxiety, increased energy and stamina, increased flexibility, balance and agility, increased muscle strength and definition, reduce risk of falls. Walter Bruce has 35 years of experience teaching and studying Yang and Sun style Tai-Chi.

Instructor: Walter Bruce

CERAMICS: Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners are 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 mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

GENTLE YOGA FOR BEGINNERS—LEVEL 1

This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Library.

GENTLE YOGA FOR EXPERIENCED — LEVEL 2

This class is for experienced students who are ready for 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. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class.

Please see Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Public Library.

iPAD BASICS

WEDNESDAYS, APRIL 10– MAY 8, 1-3 P.M.

Learn the basics of your Apple iPad in this fun and informative class. Discover your iPad's main components including the keyboard, internet, camera and basic apps, and its intermediate functions such as email, music and using social media sites like Facebook. **Instructor: Evelyn Morin.** Open to all skill levels.

KNITTING & CROCHET: Here's your opportunity to enjoy the company of others while getting some help if you need it! 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. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or on their own projects. **Instructor: Karen Kebinger**

UKULELE LESSONS

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.

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**



Trips

Sign-Up Info Current Trips

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. Early each month we offer Mega Sign-up for new trips. This month it is on **April 2** from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

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 most 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 up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.

**Flyers are available
for most trips on the Trip Rack
at the Senior Center!**

WINNER, WINNER, CHICKEN DINNER: WRIGHTS FARM, RI, BLACKSTONE VALLEY, TWIN RIVER CASINO
FRIDAY, APRIL 26, 9:30 A.M. OPEN TO THE PUBLIC
Wright's Farm serves a classic chicken dinner, all-you-can-eat: Rolls, Salad, Pasta, Wright's amazing French Fries and of course Wright's famous, tender and juicy Baked Chicken. Leave room for ice cream! Next, visit the Twin River Casino with 4,000 slots and live table games. **COST:** \$67.00 PP. Depart 9:30 A.M. from Our Lady of Mercy lot. Estimated return: 6:30 P.M. Sign up has begun.

MAMMA MIA, WARNER THEATRE, TORRINGTON, CT
SUNDAY, MAY 5, 11:00 A.M. OPEN TO THE PUBLIC
Enjoy a matinee performance of "Mamma Mia". It's Abba's greatest hits woven into 3 wonderful love stories. A great fun show with lots of energy! Pre-show lunch at Black Rock Tavern in Thomaston: Salad, Choice of Grilled Beef & Vegetable Kabob with Couscous or Grilled Chicken Breast with Baked Mac & Cheese & Vegetables, Seasonal Dessert & Beverage. **COST:** \$99. Departs Senior Center 11:00 a.m., estimated return 5:30 p.m. Choose entrée at time of registration. Sign up has begun.

ALL-YOU-CAN-EAT BBQ, GAVIN IRISH COUNTRY INN, CORNWALLVILLE, NY IN THE CATSKILLS
WED., MAY 22, 7:00 A.M. OPEN TO THE PUBLIC
Homemade scones upon arrival! BBQ Luncheon Menu includes: BBQ spare ribs, BBQ chicken, corn on the cob, potato salad, tossed salad, baked beans, lemonade, iced tea, apple crisp ala mode. Enjoy Bingo and live traditional Irish music. **COST:** \$90 pp. Depart OLM at 7:00 a.m. Estimated return at 6:15 p.m. Sign up has begun.



JESUS – LIVE ON STAGE, AMISH COUNTRY AND PHILADELPHIA
TRIP IS FULL. YOU MAY SIGN UP FOR THE WAIT LIST.
JUNE 4-6, 2019

This trip to Amish country will be one to remember! Itineraries are at the Senior Center.

ON YOUR FEET! at the WESTCHESTER DINNER THEATRE, ELMSFORD, NY
WEDNESDAY, JUNE 12, 8:15 A.M.
"On Your Feet" is the inspiring true story about Gloria & Emilio Estefan, whose heart, heritage, talent and faith in each other led them to become an international Latin-pop music sensation. Once seated at your reserved table, you will select from an excellent menu and enjoy a pre-show lunch. Westchester Dinner Theatre is an elegant year round equity theater featuring fine dining and full scale musical productions. **COST:** \$107 per person. Trip departs at 8:15 a.m. from OLM and returns at 5:30 p.m. Sign up has begun.

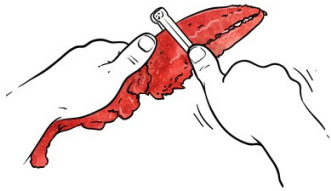
More current trips, next page



More Current Trips

ALL-YOU-CAN-EAT-LOBSTER, THE DELANEY HOUSE, HOLYOKE, MA.

TUESDAY, JULY 9, 10:15 A.M.



Join us for another wonderful Lobster event! The buffet menu includes: Salads, Fresh Fruit, Pork Marengo, Grilled Focaccia Had-dock, Chicken Marsala, Baked Ziti, Vegetables, Deli-

cious Dessert & Beverage. In addition, Cheese & Vegetable Platter, Shrimp Cocktail & Salad and Bread Basket will be served at your table. Entertainer **John Timpanelli** returns to the stage! He'll make you laugh with his great comedic timing and his outstanding singing voice will make for a great afternoon! **COST:** \$101 per person. Trip departs from OLM at 10:15 a.m. and returns about 5:15 p.m. Sign up has begun.

CELEBRATE ITALIA!! AT THE AQUA TURF

TUESDAY, JULY 16, 11:00 A.M.-3:30 P.M.



Dance to an amazing band from New Jersey! Polished, sophisticated and versatile, First Kiss Orchestra is the perfect fit to "Celebrate Italia." The dance

floor will be open! Enjoy Salad, Penne Norma, Chicken Parmesan, Veal & Peppers, Vegetable and Dessert. Drive on your own. **COST:** 43.00 per person. Sign up has begun.

RIVERBOAT CRUISE ABOARD THE INDIAN PRINCESS ON LAKE CHAR-GOGGAGOGGMANCHAUGGAGOG-GCHAUBUNAGUNGAMAUGG (AKA WEBSTER LAKE), WEBSTER, MA

TUESDAY, JULY 30, 9:30 A.M.

TRIP IS FULL. YOU MAY SIGN UP FOR WAIT LIST.

You won't forget your scenic 90-minute cruise aboard this 19th century Mississippi Riverboat. Lunch at the Indian Ranch includes a plated meal in the waterfront dining room with large beautiful windows. Enjoy a seasonal salad with warm rolls, followed by your choice of 3 entrees: Baked Cod, Tuscan Steak Tips or Maple Glazed Grilled Chicken — all served with potato, vegetable and dessert. **COST:** \$90 per person. Choose entrée upon registration. Trip departs at 9:30 a.m. from OLM and returns at approximately 6:15 P.M. Sign up has begun.



TOGETHER AGAIN! AT THE AQUA TURF

MONDAY, AUGUST 12, 11:30 A.M.

"Together Again" recreates the musical magic of Dolly Parton and Kenny Rogers, as two professional impersonators deliver the incredible songs and onstage playfulness of Kenny & Dolly's "Real Love Tour." This tribute act has it all... the songs, the mannerisms, the vocals, and the professionalism. Coffee & donuts upon arrival. Your family style menu includes Garden Salad, Pasta, Chicken Francaise, Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Rolls, Dessert and Beverage. **COST:** \$76.00. Drive on your own and arrive at the Aqua Turf at 11:30 a.m. Sign up has begun.



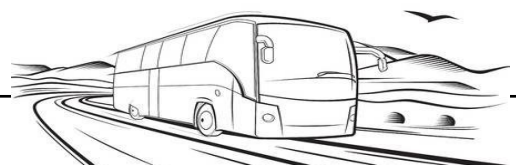
OGUNQUIT MAINE/PORTLAND CITY TOUR/FOSTER'S CLAMBAKE/NUBBLE LIGHTHOUSE CRUISE

TUESDAY, OCTOBER 8 to THURSDAY, OCTOBER 10

Experience this deluxe motorcoach trip to the coast of Maine! Enjoy 2 nights at **THE MEADOWMERE RESORT**, centrally located within walking distance from Ogunquit Village, Perkins Cove, and Ogunquit Beach. Enjoy a room with a balcony or patio and relax by the indoor and outdoor pools, all set on 4 acres in beautiful Ogunquit. A delicious welcome dinner will mark our arrival the first evening.

DAY 2: We depart for Portland and join our local guide for a delightful city tour highlighting the historic district, the Longfellow House, Victoria Mansion and sea captains' homes, along with a stop at Portland Head Light. Enjoy some free time for lunch and exploring at the Old Port before returning to Ogunquit...many great shops, galleries, and innovative restaurants line cobblestone streets. This evening, it's off to Foster's Downeast Clambake to dig into their prize-winning chowder, mussels, lobster, corn, potatoes, onions, rolls, and fresh Maine Blueberry Crumb Cake!

DAY 3: We're off to view the picturesque Nubble Lighthouse. You'll have time to stroll Perkins Cove, a quaint little fishing village that's home to local artisans, specialty shops and oceanside eateries. We'll then head for home with fun memories of our Maine getaway! **COST: \$471 per person double/triple, \$591 single.** Trip includes: Deluxe motorcoach, 2 nights hotel, 2 dinners, 2 breakfasts, sightseeing & admissions as per itinerary, and a Friendship Tours Escort. \$150 deposit due at sign-up. Balance will be due by August 20th. If you want trip cancellation insurance that includes pre-existing conditions, you must pay for the insurance within 10 days of your deposit. Sign up has begun.



THESE GREAT TRIPS ARE ALSO ON THE WAY FOR 2019!

Sept. 19: Frankie Pizzaro - Platters lead singer
Sept. 24: Berkshire Gilded Age
Oct. 6-16: Spain—History to Heart
Oct. 16: Delaware & Ulster RR — Fall Foliage
Oct. 20: Barry Manilow Tribute
Nov. 13-15: Miracle of Christmas Sight & Sound

Any other ideas for trips?

We are hoping to get shares for:

- Historic Isle of Shoals, NH
- Secrets of Grand Central Terminal
- Shear Madness, Boston
- Andy Warhol Exhibit
- United Nations
- Libraries of Manhattan

New Trips

FRIESIANS OF MAJESTY, TOWNSHEND, VERMONT

WEDNESDAY, AUGUST 21, 8:00 A.M.

The Friesians of Majesty center is the only Friesian farm in North America devoted exclusively to this breed of jet-black horses from the Netherlands. Tour the European style stables and meet these gentle and friendly beasts. The elegant Friesians will perform a choreographed musical show for your enjoyment in an impressive arena. Before the Friesians visit, we will stop at Kringle Candle in Bernardston, MA, and then enjoy a classic hot lunch at the New England House in Brattleboro, Vermont. Our menu will include fresh-baked bread, Mesclun green salad with House dressing, choice of Herb-Crusted White Fish, Peach-Glazed Chicken Breast, Maple Barbecue Pork Loin, side dishes, vanilla ice cream with berry compote and soda, iced tea or coffee. Cost is \$100 for this unique day trip! We will leave OLM parking lot at 8:00 a.m. and return approximately 7:00 p.m. Sign-up begins April 2.



CIRCLE LINE CRUISE OF NEW YORK CITY

THURSDAY, SEPTEMBER 5, 7:15 A.M.



Experience the "Best of NYC" Cruise aboard the only sightseeing cruise vessel in Manhattan that travels completely around the island! This 2.5 hour cruise will show you all five boroughs, three rivers, all major bridges and City highlights including the Manhattan skyline, the growing Brooklyn waterfront, Yankee Stadium, Harlem Heights, and a close-up view of the Statue of Liberty. While aboard, you'll enjoy live descriptions about the legends and lore of Manhattan, the "City that Never Sleeps." You'll have free time before the cruise to enjoy lunch on your own at Gotham West Market, one of the best food halls in the City. The cost of \$96 per person includes your deluxe motor coach transportation, the cruise with cruise director and all gratuities. Trip leaves at 7:15 a.m. from OLM parking lot and returns at about 8:00 p.m. Sign up begins April 2.

COME FLY WITH ME — THE MUSIC OF FRANK SINATRA AT THE AQUATURF

TUESDAY, SEPTEMBER 17, 11:00 A.M.

Entertainer Rob Zappulla celebrates the music of Frank Sinatra in a stellar afternoon show. Drive on your own and start off with coffee and donuts on arrival, followed by a delicious family-style lunch that includes salad, pasta, Chicken Florentine, Baked Scrod, potato, vegetable and dessert. A complementary glass of wine or beer will enhance your meal. Free door prizes will also be provided! Cost is \$43 per person. Sign up begins April 2.



Please help us by signing up for Trips, Outdoor Adventures and Quick 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!

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.

QUICK TRIP GUIDELINES: All Quick Trips charge \$8.00



for transportation, payable at registration. No phone reservations are accepted. Refunds are 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. After hours, you may call Ceal DiFrancesco at 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.

CHRISTMAS TREE SHOP AND RED ROBIN MANCHESTER

SATURDAY, APRIL 6, 2019, 9:15 a.m.

There is still space on the trip to look for all the spring bargains at the Christmas Tree Shop and enjoy lunch at Red Robin. \$8 for transportation is payable at registration. Home pick-ups **for those who do not drive** begin at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-up has begun.

BUSHNELL THEATRE BACKSTAGE TOUR and LUNCH AT THE CHOWDER POT OF HARTFORD

FRIDAY, APRIL 26, 2019, 9:00 a.m.

Join us on a Bushnell Backstage Tour! This is a guided tour of The Bushnell's spaces, including the dressing rooms, lobby spaces, a special view from the stage and the famous Autograph Room. Your guide will share information about the history, the art and even some stories about the shows and artists who have performed at the Bushnell. The tour is free. The group will then go to the Chowder Pot of Hartford for lunch. Cost of \$8 for transportation is payable at registration. Lunch and gratuity are on your own. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville by 2:00 p.m. Sign-up begins April 2.

DAFFODIL FESTIVAL at HUBBARD PARK, MERIDEN

SATURDAY, APRIL 27, 2019, 9:15 a.m.

This is a great opportunity to visit the 2019 Daffodil Festival. This annual event features 600,001 sunny daffodils (61 varieties) in bloom, about 30 food tents, 100 arts and craft booths, musical entertainment, as well as a parade. There is walking involved. There is no charge for admission. The entire festival is cash only—no credit cards. There are two ATM's available. \$8 for transportation is payable at registration. Home pick-ups **for those who do not drive** begin at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-up begins April 2.

More Quick Trips, next page

More Quick Trips



MAGIC WINGS BUTTERFLY CONSERVATORY & GARDEN, YANKEE CANDLE and LUNCH AT WOLFIE'S RESTAURANT, SOUTH DEERFIELD, MA
SATURDAY, MAY 11, 9:00 A.M.

Enjoy a day at the 8,000 square foot indoor tropical conservatory which is home to nearly 4,000 exotic and domestic butterflies. Magic Wings' Senior admission (\$14.00), as well as lunch and gratuity, are on your own. Lunch will be at Wolfie's Restaurant, after which the group will visit the Yankee Candle Company. \$8.00 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville by 4:30 p.m. Sign-up begins April 2.

Big Trips 2019

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS
OCTOBER 6 — 16, 2019

Explore historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid, Valencia Lladro, Granada. Highlights: works by Gaudi (a UNESCO World Heritage Site), the Gothic Quarter, burial spot of Christopher Columbus, ride by rail to Madrid for an evening Flamenco show, the Prado Museum, the Royal Palace, a magnificent Gothic cathedral and 13th century synagogue, canal boat ride, Alhambra Palace and **much more**. Costs include international airfare, 16 meals with wine at dinner and more. Pick up a trip flyer at the Senior Center!

UTAH'S NATIONAL PARKS FROM LAS VEGAS
MAY 14—22, 2019

See the Grand Canyon, Monument Valley, Route 66 and the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce and Zion National Parks. Add to that a brief stop in Las Vegas for the trip of a lifetime! Added tours and adventures include: Antelope Canyon, 4-Wheel Drive Tour of Monument Valley, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, Jeep Tour of Canyonlands National Park, Moab, and more! Pick up a trip flyer at the Senior Center!

ALASKA & THE YUKON JUNE 10-22, 2019

TRIP IS FULL. If you have any questions, please call Shawn at the Senior Center.

Tuesday Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early! In order to ride the Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

April 9: Price Chopper, Southington
April 23: Walmart, Bristol
May 7: Bristol Shopping Plaza

Outdoor Adventure

RAILS TO TRAILS BICYCLE: PLAINVILLE TO AVON
WEDNESDAY, APRIL 10, 10:00 A.M.

Meet at Northwest Drive near Robinson Airport. We will ride to Avon and back, about 60 to 90 minutes, on paved rails-to-trails paths. You can go at your own pace; the leader will check on everyone along the way. Dress for the weather and have your bike in good working condition. A helmet is required. Bring a water bottle and a light snack. Cost is \$3.00, due to leader Eileen Cyr on day of trip. After the ride, join us for lunch (optional, on your own) at Lola's Bistro and Grill in Plainville. Sign up begins April 2.



PENWOOD STATE PARK HIKE, BLOOMFIELD
SATURDAY, APRIL 13, 9:30 A.M.

This hike features a ridge-top pond and nice views looking out towards Heublein Tower and the Hartford skyline. Hike is about 2 hours over wooded trails with rolling hills; great for someone who is active and walks and exercises regularly. Wear waterproof hiking boots in case of wet and muddy conditions, and a jacket or windbreaker. Pack a lunch, snacks and water. Bus departs from the Senior Center at 9 a.m. and returns approximately 1 p.m. Cost is \$8.00; led by Jared Scoville.

WADSWORTH FALLS & STATE PARK, MIDDLETOWN
SATURDAY, APRIL 20, 9:30 A.M.



This beautiful hike to see Little Falls and Big Falls is Part 3 of our Connecticut waterfall hike series! Walk mainly on relatively flat trails through the woods to view the falls, with just a few areas of slightly steeper terrain.

Appropriate for both active persons and those who may not yet be exercising regularly but are able to walk for an extended time, approximately 2 hours total. Wear supportive footwear with good treads and bring warm layers, snacks and water. Bus departs from Senior Center at 9 a.m. and returns about 1 p.m. Cost is \$8.00; led by Jared Scoville. Sign up begins April 2.

RED BRIDGE TRAIL WALK, MERIDEN
WEDNESDAY, APRIL 24, 9:30 A.M.

This easy walk is 45 to 60 minutes and is great for beginner outdoor enthusiasts! Walk along the river on a paved trail. Bring a water bottle and a snack. Meet at Our Lady of Mercy parking lot at 9:30 a.m. to caravan. Enjoy lunch at Avanti in Meriden if you wish. Pay \$3.00 to leader Eileen Cyr on day of walk. Sign up starts April 2.

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC
FRIDAY, JULY 12, 7:45 A.M. - 3:00 P.M.

Join us as we sail away with Outdoor Adventure enthusiasts from other Connecticut senior centers! The Schooner ARGIA is one of the last sailing ships in New England. Discover islands, lighthouses and the beauty of sailing. Trip sails even in cloudy and light drizzle weather conditions; wear an extra layer and bring a jacket. There is a bathroom on board but you need to climb a ladder to access it. After the cruise, enjoy about 2 hours for lunch (on your own) and/or shopping in downtown Mystic. Leaves Senior Center at 7:45 a.m. and returns at about 3:00 p.m. Cost of \$26.00 includes Schooner Sail and transportation. Sign up begins April 2.

Transportation

DIAL-A-RIDE

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.*



ADA Para-Transit

Another option with more hours and destinations

The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

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 usage of the CT Transit buses. ADA can transport you to many more towns during 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.



You Must be Pre-Approved — How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be found 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 as well. 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.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 5:00 p.m. So give it a try — broaden your horizons, go shopping or 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).

2019 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 date of the next meeting is May 8, 2019. Free ADA Transportation is available to attend the Forum. Please 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** at least 48 hours before the meeting.

You may call Bette or Stephanie at 860-747-5728 with any questions you may have about transportation.

Please Remember: The Plainville Senior Center AND Senior Center Trips are Scent-Free Zones!

Please help us to keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other respiratory conditions. Please do not wear perfume, cologne, aftershave or other fragrances!



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This & That

AARP Trips ... Call Sally Miller

- Tuesday, April 16: Mohegan Sun Casino, \$25. Leave OLM 8:00 a.m.
 - Tuesday, May 14: Foxwoods Casino, \$25. Leave OLM 8:00 a.m.
 - July 22—July 24: New Hampshire-Riding the Rails
 - Nov. 9—Nov. 24: New York to Panama Canal Cruise
 - Reservations: Call Sally Miller at 860-747-1732.
- For information on these trips or to sign up, please call Sally Miller at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.*

CHORAL GROUP The next rehearsal dates are Friday, April 5 and Friday, May 3 at 9:30 a.m.

DO YOU HAVE A TRANSIT CHAIR TO DONATE? The Senior Center is looking for a transit wheel chair (lightweight and easy to use). Does anyone have one to donate? Contact Ronda or Shawn at the Senior Center, 860-747-5728.

SAVE THE DATE! The South Central Area Agency on Aging will host:
The Art of Aging Art Exhibition
May 16, 2019

Artists 60 & over are encouraged to enter their photography or paintings. There is **NO** entry fee, and prizes are awarded. Registration information will be at the Senior Center when it becomes available. Please check with the Plainville Senior Center front desk for information and a packet.

SENIOR CENTER DISPLAY CASE
If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

CONGREGATE MEAL PROGRAM
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. **WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only.** A suggested donation is \$2.50.

PLAINVILLE SENIOR CENTER AT-RISK LIST
The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We update this list during 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 health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Our social workers Bette and Stephanie can help you develop a plan for power outages and weather emergencies. Please call 860-747-5728.

PLAINVILLE HOUSING AUTHORITY



The Plainville Housing Authority Wait List is closed. A list of regional housing authorities and housing options is available at the Front Desk.

GARAGE RENTAL NEEDED! Looking to rent a garage. In winter, used only for storage. Will not be used every day, even in warmer months. Please call Shawn at the Plainville Senior Center at 860-747-5728.

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 Senior Center members who live in Plainville and \$28.00 for out-of town Senior Center members.** You may pay with cash or check made out to the Plainville Senior Center. 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 in to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

FREE BLOOD PRESSURE SCREENING

- **Monday, April 1** and on **Monday, May 6** from 11:30 a.m. to 12:30 p.m. — by Bristol Hospital
- **Wednesday, April 10** from 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, April 29** from 12:00 —12:30 p.m. — by our Nurse

CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This 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.

Energy Assistance

The State of CT Energy Assistance Program is offered to income-eligible residents to help in lowering winter heating costs. To be eligible for the program, a family of one could possibly make \$34,366 (gross); a family of two could possibly make \$44,941 (gross). For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** See Bette or Stephanie with any questions.



QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, APRIL 1 and APRIL 22, 12:30 P.M.



When you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find help in the community or homecare. Stop by Stephanie’s office to have a private chat. **This service is for Plainville residents 60 and over only.** No sign-up needed and no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, APRIL 30, 10:00 A.M.

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 households where grandparents and relatives are responsible for their needs. Come and 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. Sign-up begins April 2.

CAREGIVING CONNECTIONS

TUESDAY, APRIL 16, 10:00 A.M.

We made it! Winter caregiving is behind us...longer, sunny Spring days warm and brighten our world. However, caregiving does not go away and is often fraught with seasonal challenges. Your support group friends are ready to share their experiences and to seek your suggestions as we all try to do our best in this important role we have found ourselves. Caregivers from neighboring towns are welcome. Call Bette with any questions, concerns or to meet individually. Sign-up begins April 2.



BRIGHTER FOCUS

THURSDAY, APRIL 25, 10:00 A.M.

T.S. Eliot described April as “the cruelest month....as winter kept us warm under forgetful snow...providing a “comfortable emotional hibernation!” He found that “the life and color of Spring throws one’s depression into stark relief and forces painful memories to surface.” **Wow!** Join us as we prove Eliot wrong and experience April as a gateway to the joyful advent of Spring, with its warm sunny days, gentle rains and flowers in bloom. New members always welcome. Call Bette with any questions. Sign-up begins April 2.

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS

EFFECTIVE MARCH 1, 2019

The new income limits for the Medicare Savings Program (MSP)

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

There is No Asset Limit AND There is No Estate Recovery

The State of CT 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 \$3.40 for generic medications and \$8.50 for brand name medications. Please see Stephanie or Bette to review your eligibility for MSP.

APRIL 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div>KEY: GR: Green Room BR: Blue Room GA: Game Room CR: Craft Room C: Café, CL: Computer Lab OS: Old Store K: Kitchen L: Library</div> <div>*By Appt.</div> <div>Looking for an apartment? Marian Heights in New Britain is taking applications for wait list. Call 860-515-5427. Flyers are at Senior Center.</div>	1 *9:00 NURSE 9:00 Walking GR 9:00 Talk to Trainer 9:30 Zumba Tone BR *10:00 Income Tax GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 11:30 BP Clinic 12:00 Mahjong GA 12:30 Setback BR 12:30 Questions for Social Worker 12:45 Bowling 4:00 Walking BR	2 MEGA/FREE SIGN UP *9:00 NURSE 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Vet Coffee CR 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Tai Chi 1 BR 2:45 Tai Chi 2 BR 4:00 Walking BR	3 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	4 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:00 Healthy Eating GR 10:45 Aqua Fit 2 YMCA 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:00 Knit/Crochet GR 1:00 Scrabble C 1:30 Ukulele CR 3:00 Talk to Trainer 4:00 Walking BR	5 9:00 Walking GR 9:00 Mahjong GA 9:30 Choral Grp BR 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	6 9:15 a.m. Christmas Tree Shop/Red Robin
	8 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	9 *9:00 NURSE 9:00 Walking BR *10:00 Income Tax GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Inter. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Tai Chi 1 BR 2:00 Cooking for One C 2:45 Tai Chi 2 BR 4:00 Walking BR	10 9:00 Walking GR 9:30 Quilt Class Trip 10:00 J Coppola Vet Appt CL 10:00 Avon Bike Ride 10:00 Zumba Gold GR 12:30 BP Clinic 12:30 Memory Screen CL 1:00 Open Paint CR 1:00 Bingo GR 1:00 I-Pad Basics GA 1:15 Charlemagne C 3:00 Color Club GR 4:00 Walking BR	11 *9:00 NURSE 9:00 Walking GR 9:30 Mexican Train GA 9:30 Ceramics CR 10:00 Trivia Prog. GR 10:45 Aqua Fit 2 YMCA 12:00 COA Mtg GA 12:30 Pool Tourn. 12:30 Bridge OS 12:30 Pinochle CL 1:00 WomanHeart CR 1:00 Knit/Crochet GR 1:00 Scrabble C 1:30 Ukulele CR 4:00 Walking BR	12 9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	13 9:30 a.m. Penwood State Park
	15 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Acrylic Paint CR 10:00 Curr. Events OS 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	16 *9:00 NURSE 9:00 Walking BR 10:00 Caregiving GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Wii Bowling CL 1:00 Bridge OS 3:00 B. Boukus Celeb.BR 3:00 French Class 4:00 Walking BR	17 9:00 Walking GR 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:00 I-Pad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	18 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:00 Snappy Srs. L 10:45 Aqua Fit 2 YMCA 12:30 Pool Tourn. 12:30 Pinochle CL 12:30 Bridge OS 1:00 Knit/Crochet GR 1:00 Scrabble C 1:30 Ukulele CR 4:00 Walking BR	19 Good Friday Senior Center is Closed	20 9:30 a.m. Wadsworth Falls State Park
21	22 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	23 *9:00 NURSE 9:00 Walking BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle GR 1:00 Ice Cream & HumbleBees GR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Tai Chi 1 BR 2:45 Tai Chi 2 BR 3:00 French Class 4:00 Walking BR	24 9:00 Walking GR 9:30 Quilting CR 9:30 Red Bridge Trail 9:30 Books & Bagels GA 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:00 I-Pad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	25 *9:00 NURSE 9:00 Walking GR 9:30 Mex. Train CL 9:30 Ceramics CR 10:00 Bright. Focus GA 10:45 Aqua Fit 2 YMCA 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C 1:00 Open Knit GR 1:30 Ukulele CR 4:00 Walking BR	26 9:00 Walking GR 9:00 Mahjong GA 9:00 Bushnell Tour 9:30 Chicken Dinner Trip 9:30 Chr Yoga 1 GR 10:00 Periph. Artery Dis. CR 10:40 Chr Yoga 2 GR 11:30 Friends 12:00 Pinochle L	27 9:30 a.m. Daffodil Festival, Meriden
28	29 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Paint CR 10:15 Beginner Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 4:00 Walking BR	30 *9:00 NURSE 9:00 Walking BR 10:00 Navig. Health BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:30 Grandparents GR 10:15 Int. Yoga L 10:45 Aqua Fit. YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Wii Bowling CL 1:30 Tai Chi 1 BR 2:45 Tai Chi 2 BR 3:00 French Class 4:00 Walking BR	MAY 1 9:00 Walking GR 9:30 Quilting CR 10:00 J. Coppola Vet Appt. CL 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:00 I-Pad Basics GA 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	MAY 2 9:00 Walking GR 9:30 Mex. Train CL 9:30 Ceramics CR 10:45 Aqua Fit 2 YMCA 12:30 Bridge OS 12:30 Pool Tourn. 12:30 Pinochle CL 1:00 Scrabble C 1:00 Open Knit GR 1:30 Ukulele CR 4:00 Walking GR	MAY 3 9:00 Walking GR 9:00 Mahjong GA 9:30 STS Driver Vol. Meeting 9:30 Choral Grp. 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	MAY 4
<div>Corrections:</div> <div><ul style="list-style-type: none">Vet Appts. with J. Coppola is May 1, not May 7 as listed on page 4Grandparents meeting on April 30th begins at 10:30 a.m. not 10:00</div>						