



## NEWS & EVENTS

APRIL 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

[www.plainvillect.com/senior-center](http://www.plainvillect.com/senior-center)

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

### HAPPY SPRING!!

With warmer weather ahead and many people getting vaccinated, people are asking “when will you be open”? The answer is: ***we have been open!*** The Senior Center has been open since November. Although we may not operate the way we did before the pandemic, you can still come to the Center to participate in many activities. The Governor’s recommendations, however, still require that people “register” in advance for programs and activities. Masks must still be worn at the Senior Center. Congregate lunch and the café are not open at this time. Give us a call if you’d like to sign up for any of the following in-person activities: PEAK Fitness Center, indoor walking, Nurse appointments (foot care, ear wax removal, cholesterol, blood pressure), visiting, billiards, computers, Power Burst Fitness class, current events, open quilting, open knitting/crochet, bingo, coloring club, book club. Check the calendar for dates and times and give us a call if you’d like to come in! Space limitations vary per activity. At this time, we are not able to offer puzzles, cards, Mexican Train, Scrabble, etc. We must maintain a 6-foot distance and these activities cannot be played while maintaining a social distance of 6-feet.

### COVID Information

The Senior Center hopes to offer another COVID Vaccine Clinic for Plainville residents 60+ in April or May. Please call the Senior Center beginning April 7th to be put on our waiting list. We will call people to schedule an appointment once we have a date. In the meantime, below are resources for scheduling a COVID vaccine at other locations. If you need assistance, please contact Stephanie at the Senior Center. If you are physically or medically unable to go to a vaccination clinic, please contact Stephanie at the Senior Center.

**Call the CT COVID Vaccine Appointment Assistance Line at 1-877-918-2224**

**Hartford HealthCare** <https://hartfordhealthcare.org/health-wellness/covid-vaccine/schedule-your-vaccine>.

**Hartford HealthCare Access Center** 860-827-7690 or toll-free 833-943-5721.

**Visit UConn Health** <https://health.uconn.edu/coronavirus/covid-vaccine/> or call 860-679-5589

**CVS:** <https://www.cvs.com/immunizations/covid-19-vaccine#statetool>

**Walgreens:** <https://www.walgreens.com/topic/covid19vac/CT>

**Walmart:** <https://www.walmart.com/cp/1228302>

**Create a VAMS Account.** Visit <https://dphsubmissions.ct.gov/OnlineVaccine>

Once an account is activated, you can search available locations and times for vaccination appointments. You will need an email address to use the VAMS system. Married couples will need separate email addresses.

## CLASS & ACTIVITY DESCRIPTIONS

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

**BILLIARDS:** You must call the Senior Center to reserve a play time. Two players maximum. No spectators. Bring your own cue stick (if possible). Play time is limited to 1 hour. Call the Senior Center or register on line to reserve your space.

**BINGO:** Wednesdays 1:00 p.m. Bingo will be allowed for up to 20 people including Bingo volunteers. Paper bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1.00) or you can bring your own. You are not allowed to borrow other people's dabbers. If you forget your dabber, you can purchase another one (\$1.00) from the Senior Center. Bingo will be 1 hour per State guidelines. Call the Senior Center to reserve your space.

**COLORING CLUB:** Wednesdays 3:00—4:00 p.m. Call the Senior Center or sign up on-line to reserve your space. Participants are not allowed to share supplies. The Senior Center has coloring books, colored pencils, crayons, etc. if anyone needs coloring supplies (free).

**COMPUTERS:** Advance appointments to use the computers are necessary. For Senior Center members only. Time limit is 1 hour. Individuals must sanitize the keyboard and mouse prior to and after using the computer. Masks must always be worn. Call the Senior Center or register on line to reserve computer time.

**CURRENT EVENTS DISCUSSION GROUP:** Tuesdays 1:00 p.m. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more. Call the Senior Center to sign up.

**OPEN QUILTING:** Wednesdays 9:30 – 10:30 a.m. Call the Senior Center or register on line to reserve your space. Participants are not allowed to share supplies.

**OPEN KNITTING/CROCHET:** Thursdays 1:00 – 2:00 p.m. Call the Senior Center to reserve your space. You must call each week to reserve a seat. Participants are not allowed to share supplies.

**PEAK CENTER:** If you would like to resume your PEAK Fitness Center membership, you must attend a free review session with our Fitness Trainer. We must be certain that everyone remembers how to use the equipment safely and correctly. Please call the Senior Center to schedule an appointment. The Fitness Center is open by appointment for people who have gone through the review session. Equipment will be limited and spaced to allow for a 6 foot social distance between individuals. MASKS MUST BE WORN AT ALL TIMES. Participants will be required to sanitize the equipment before using and after using each piece. Spray sanitizer and paper towels will be available. Call the Senior Center to schedule your workout time.

**POWER BURST:** Mondays 1:00 p.m. **GOOD NEWS! THE CLASS HAS BEEN EXTENDED TO 12 STUDENTS!** Class limited to 12 students. Students must stay within their predesignated 6-foot square. Masks must be worn at all times. Must reserve a space for every individual class. Call the Senior Center on the Wednesday prior to the following Monday class. Pay \$2.00 at each class. Check or exact change a must.

**Description:** 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**

**Continued next page**

## CLASS & ACTIVITIES DESCRIPTIONS (continued)

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

**TELEPHONE BINGO:** Thursdays at 1:00 P.M. If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in or Zoom information. We will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets, paper towels.

**VISITING:** Per state guidelines, people will not be allowed to drop-in and “visit”. We have established “visiting” times throughout the week. Visiting times will be limited to 1 hour per person. Call the Senior Center or register on line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to reserve a visiting time (check the calendar for dates and times).

**WALKING:** Daily indoor walking. Call the Senior Center or register on line to reserve your walking time. Limited to 30 minutes and 3 walkers per appointment time. Masks must always be worn, and walkers must adhere to 6-foot social distancing.

### **NEW ZOOM/VIRTUAL PROGRAM OPTION!**

With any of our advertised Zoom/Virtual Programs, if you prefer, you can now come to the Senior Center to participate in a program on our public computers through Zoom (we will set it up for you). Space is limited. Call the Senior Center to register for any of our interesting and fun programs!

### **ZOOM HELP AVAILABLE BY PHONE THROUGH THE SENIOR CENTER**

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, you can take advantage of many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center and schedule your telephone appointment, 860-747-5728.



### **CARING AND CONNECTING**

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say “hello” and to help brighten someone's day, especially during these difficult times. Call Morgan at the Senior Center, if you'd like a call or if you would like to volunteer.

### **WOULD YOU BE INTERESTED IN A BELLY DANCING CLASS?**

If you'd be interested in learning how to belly dance (on Zoom either from your home or at the Senior Center), give us a call by April 15<sup>th</sup>. The class features simple, fun movements to authentic music. You'll learn short, easy dances that work every part of your body. If we have enough interest, classes would be held on Wednesdays at 2:00 p.m. beginning in May. Call the Senior Center if you'd be interested.



### **PLEASE STAY HOME IF YOU FEEL SICK**

Please do not come to the Senior Center if you are under quarantine or have been exposed to COVID19. Please do not come to the Senior Center if you feel ill. We cannot transport you on Dial-A-Ride if you feel sick. Please contact your doctor if you feel ill.

# PROGRAM AND EVENTS

## **"BIRCH BRANCHES" PAINTING**

**TUESDAY, APRIL 13, 2:00 P.M.**

Join us and learn how to paint a whimsical birch forest in bright colors that are perfect for spring.

**THIS CLASS IS FULL. Please call the Senior Center to add your name to the wait list.**

## **HEART HEALTH**

(Zoom at home or at the Senior Center)

**WEDNESDAY, APRIL 14, 3:00 P.M.**

Join Jessica Dorner, ShopRite of Bristol's Registered Dietitian for a virtual presentation all about heart health. We'll discuss heart disease, blood pressure, how to make heart-healthy food choices, and more! Register early to get a swag bag that includes heart-healthy goodies and recipes. Call the Senior Center or register on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) beginning April 6.

## **BEYOND THE BREED: EXPLORING DOG DNA**

**THURSDAY, APRIL 15, 11 A.M.**



Test your knowledge of different dog breeds and learn how genetics contribute to pet health.

Want to reveal your dog's DNA results at the program? Just email a photo of your dog and their results to:

[outreach@cthumane.org](mailto:outreach@cthumane.org). Co-sponsored by the Plainville Public Library. **Call the Senior Center or go on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register. You may attend the program on Zoom at home or on Zoom at the Senior Center.**

## **"COMANCHE AND HIS CAPTAIN" AUTHOR TALK**

**THURSDAY, APRIL 22, 10:00 A.M.**

Author Janet Barrett will talk about her book "Comanche and His Captain", a story of two brave individuals and the incredible power of the human and horse connection. Janet remembers her father first telling her about Comanche when she was about eight years old, a simple story then about a horse that survived a battle. **Call the Senior Center beginning April 6 to register or register on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville). Zoom from home or at the Senior Center.**

Plainville Senior Center 860-747-5728 April 2021

## **HILL-STEAD MUSEUM HIKE**

**SATURDAY, APRIL 24, 9:00 A.M. — 11:00 A.M.**

LEADER: JARED SCOVILLE



Join us for a great, very manageable 1 hour 15 minute hike in Farmington! This hike boasts nice wooded trails, beautiful grounds and landscaping, and a nice view from one of the small vistas

overlooking the Farmington Valley. This hike is appropriate for both intermediate and beginner level hikers who walk regularly. We will meet at the Hill-Stead Museum at 9 a.m. at 35 Mountain Rd in Farmington. Make sure to wear waterproof or water repellant boots for the muddy trails often seen in spring. **Call the Senior Center or register on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)**

Sign up begins April 6. COST: \$3.00. Space limited.

## **UCONN DROP THE BASS**

### **A CAPPELLA CONCERT**

(Zoom from home or the Senior Center)

**TUESDAY, APRIL 27, 1:00 P.M.**

Drop the Bass is an all-female a cappella group at the University of Connecticut. They

are a competitive performance group with the intention of spreading their love for music through out a wide variety of

performance spaces. The group currently consists of sixteen girls ranging from freshman to senior year with the talent and passion for vocal performance (including Ronda's daughter, Lily!) . Call the Senior Center or register on-line at:

**[www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) beginning April 6.**

## **VETERANS' SOCIAL HOUR IN PERSON**

**TUESDAY, APRIL 27, 10:30 A.M.**

These monthly information and support meetings are conducted by Sherry Vogt, Veteran's Liaison for Hartford HealthCare at Home.

**FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Senior Center at 860-747-5728 to register or register on-line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville). Sign-up begins April 6.





# MORE PROGRAMS & EVENTS



## **APRIL BIRTHDAY BASH**

WEDNESDAY, APRIL 28,

2:00 P.M. — 3:00 P.M.

PICK UP AT THE SENIOR CENTER

If you have a birthday in April, please join us for a birthday treat!

**Call the Senior Center by April 23rd to register or register on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) so that we know how many birthday surprises to prepare.**

## **THE NUTRITIONIST IS IN (ZOOM FROM HOME OR THE SENIOR CENTER)**

THURSDAY, APRIL 29, 1:00 P.M.

Join this virtual Q&A meeting for all your nutrition and diet questions with registered dietician, nurse, diabetes educator, Miles Everett. Here's your chance to get guidelines on how to eat your best and how best to stay informed. Call the Senior Center or register on-line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) beginning April 6.



## **BOOK BUDS IN PERSON**

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

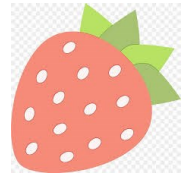
Love a good mystery book? How about one that starts with a husband getting an anonymous email telling him to log on to a certain website. **"Tell No One" by Harlan Coban** is a great "who done it". Curious on who he sees? Pick up the book from the library or on your ebook, kindle or audio book. Join us with fellow amateur sleuths to discuss all the twists and turns of this mystery. A great read for Spring! The group is limited to 8. **Call the Senior Center or register on-line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) beginning April 6.**

## **STRAWBERRY CRUMB BARS COOKING CLASS**

TUESDAY, MAY 11, 2:00 P.M.

(on Zoom at home)

Join Katie, Registered Dietitian from Food Explorers to make Strawberry Crumb Bars! These bars can be made with any berry, fresh or frozen, or a mixture! You'll need the following ingredients: flour, butter, sugar, oats, strawberries (or raspberries, blueberries, blackberries), lemon juice, baking powder, salt, 1 egg and optional vanilla. **Call the Senior Center to register or register on-line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) beginning April 6.**



## **KATHARINE HEPBURN: FROM HARTFORD TO HOLLYWOOD**

WEDNESDAY, MAY 12, 3:00 P.M.

With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. Born and raised in Connecticut,

Hepburn had a career in stage, film and television that reflected the changing role of women in broader society. The story of her life-long ties to Connecticut offers a complete picture of how Hepburn became the woman and the star she was. Presented by The Connecticut Historical Society and presenter is Jennifer Busa. Jennifer is the Public Programs and Special Events Coordinator at the Connecticut Historical Society. She develops and presents adult programs, as well as plans special events at the CHS. Jennifer is a former middle school social studies teacher, with a B.A. in anthropology from the University of Connecticut and an M.A. in anthropology from the University of Minnesota. Call the Senior Center to register or register on-line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) beginning April 6.

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare options, Medicare Savings Program, Open Enrollment for health insurance, assistance at home and more. No question is too small. Please call Stephanie at 860-747-5728.

## AND MORE PROGRAMS & EVENTS

### **BEREAVEMENT SUPPORT WORKSHOP via Zoom**

*EACH WEDNESDAY THROUGH TO APRIL 28*

*WEEKLY; 3:30-5:00 OR 5:30-7:00*

Join us for a **7 week program** providing professional and peer support through the Wolfson Palliative Care Program. This program is a Webinar via Zoom. There is no fee to participate. The space is limited. **To register: [Hartfordhealthcare.org/virtualclasses](https://Hartfordhealthcare.org/virtualclasses) or call 1-855-HHC-HERE (1-855-442-4373).**

After registering, you will be contacted by the group leader to confirm interest and eligibility. Log-in information will be provided at that time. For more information, please call Nadine Toce, LCSW at 860-224-5463.

### **THE MEMORY EXCHANGE**

*THURSDAYS, MAY 13—JULY 1, 10:00 – 12:00 P.M.*

Class will be held in-person at the Plainville Senior Center. Class limited to 10 students. ***Call the Plainville Adult Education Department: (860) 793-3209 to register. FREE: Generously Funded by the Elizabeth H. Norton Trust***

Join the memoir writing and discussion group, where pen meets paper. Reminisce and record your most cherished memories within a structured, supportive environment. Relive your “growing up” days, and record your personal history. Stories shared will be passed down, preserving history, for future generations to treasure. Memoirs may include personal artifacts, maps of your birthplace, pictures of pets, family, and friends. Materials provided. Midge Bresnahan will instruct this course.

### **OPEN KNITTING/CROCHET**

*THURSDAYS 1:00 – 2:00 P.M.*

Come and knit away with your friends at the Senior Center!

Call the Senior Center to reserve your space or register on-line at: [www.schedulesplus.com/plainville](https://www.schedulesplus.com/plainville).

***(Participants are not allowed to share supplies)***



### **OPEN QUILTING**

*WEDNESDAYS 9:30 – 10:30 A.M.*

Come and join your friends every Wednesday for a fun quilting session!

Call the Senior Center to register or register on line at: [www.schedulesplus.com/plainville](https://www.schedulesplus.com/plainville) to reserve your space. ***(Participants are not allowed to share supplies)***



### **HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS**

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist individuals with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. If this is something that you would be interested in or like more information about, please call Stephanie Soucy at the Senior Center.



### **AARP VIRTUAL COMMUNITY CENTER EVENTS**

AARP Virtual Community Center is offering a wide variety of online events and classes designed for learning, self-improvement and fun! Just go on-line to: <https://local.aarp.org/virtual-community-center/>

Once on-line, you will see a variety of interesting topics such as Entertainment, Live Healthier, Drive Safely, Classes and more!

# VIRTUAL FITNESS PROGRAMS

## **BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS (IN-PERSON)**

MONDAYS, MAY 3 – JUNE 14 (6 weeks. No class May 1), 2:15 P.M. – 3:15 P.M.

This class combines gentle chair Pilates to release tensions, stress and calm the mind. Build core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at the own pace. Limited to 12 students. Masks must be worn during class. Bring a water bottle. Sign up begins April 6. Pay \$12.00 when registering. Limited to 12 students. Instructor: Caroline Dube. **Call the Senior Center at 860-747-5728 or register on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)**

## **SILVER SNEAKERS CHAIR EXERCISE CLASS on Zoom**

WEDNESDAYS AT 2:30 P.M.

Free for people with Silver Sneakers through their health insurance. If you do not have Silver Sneakers, please contact Nancy Pandolfo, to make arrangements to pay for the class. If you are not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. New Silver Sneakers students must sign a waiver prior to taking the class. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions: [Fitness123@live.com](mailto:Fitness123@live.com).

## **YOGA-LATES FITNESS CLASS ON ZOOM**

FRIDAYS AT 11:00 A.M.

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link. This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. This is a chair class using light weights (if desired). For all fitness levels.

## **CARDIO CHAIR FITNESS WITH NANCY ON ZOOM**

Mondays and Wednesdays 10:00 A.M.

*Call the Senior Center to register and receive the Zoom link.*

Everything you can do standing you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home! Instructor: Nancy Pandolfo

## **CHAIR YOGA with DIANA GUNTER—South Windsor Senior Center**

Every Thursday at 12:00 noon on Zoom. **Zoom Meeting ID: 8993401834 Password: breathe**

## **BETTER BREATHERS CLUB**

TUESDAY, APRIL 13, 2:30 P.M.

We are always welcoming new members to our Better Breathers Club. Caregivers are also welcome! Call or email Susan at: 860-648-6398, [Susan.gouin@southwindsor.org](mailto:Susan.gouin@southwindsor.org) to register, to get the schedule and to get the zoom link.

## **WELLNESS WEDNESDAYS—APRIL IS NATIONAL STRESS REDUCTION MONTH**

WEDNESDAYS at 2:30 PM

Every Wednesday we will discuss a new topic (listed below) on Heart Health. Sessions are 1 hour long. **4/7:** Stress Reducing Benefits of Yoga; **4/14:** Learn to Meditate; **4/21:** Stress Reducing Super Foods; **4/28:** How to be More Mindful. *Presented by Susan Gouin, MS, Health Educator. Meeting Info: ID 8908984476; Password 006420*

## FOODSHARE AND SUPPORT GROUPS

### **MOBILE FOODSHARE SITE IN PLAINVILLE: NORTON PARK, 15 Norton Park Road**

**MONDAYS: APRIL 5, APRIL 19, MAY 3 11:00 A.M.—11:30 A.M.**

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please remember to bring your own bags. For the entire Mobile Food Share schedule visit: [www.Foodshare.org/mobile](http://www.Foodshare.org/mobile). To check other locations around Plainville and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellation alerts directly to your phone.



### **THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH**

Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!

The City of Bristol and United Way are partnering with Foodshare to bring FREE food boxes filled with fresh produce, meat and dairy on Saturdays April 10th & April 24th, at Bristol Public Works, 95 Vincent P. Kelly Road. Open to the public.

### **CAREGIVING CONNECTIONS-IN PERSON**

**TUESDAY, APRIL 13, 10:00 A.M.**

Join your caring friends **IN PERSON** as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Come share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 or go on-line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register. Masks must always be worn and social distancing must be followed. You must register to attend.



### **GRANDPARENTS RAISING GRANDCHILDREN-IN PERSON**

**TUESDAY, APRIL 20, 10:30 A.M.**

If you are raising a grandchild or other young relative, you are not alone. Join us **IN PERSON** for our Grandparents/Relatives Raising Grandchildren Information and Support Meeting. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Please call the Plainville Senior Center at 860-747-5728 or go on-line at: [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to register and receive the Zoom link. *Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act.*



### **VETERAN'S BENEFITS**

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance is available by phone to help you with all your Veteran Benefit needs. You can reach Jason at 203-805-6340 (please leave a message).



## Donations

FEBRUARY 24-MARCH 24

*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.*

### MEMORIAL DONATIONS

**In Memory Of:** Barbara Hardy by Charlie & Olga Stepney; Carol Harmon by Sandra Therrien; William Furlong by Pina & Joe Fortuna; Lynne Krakauske by Susan DesRochers

### GENERAL DONATIONS:

Robert Pysar, Eileen Daverio, Joe and Pina Fortuna, Kathleen Marsan, Richard Vieira, Anonymous, Sue Cassile, Kathryn Egri, Barbara Wallace, Collin Kempf, Verna Pekrul, Gene Kelsey, Rosaleen Peters, Gladys Berry, Arlene Parker, Virginia Salmon, Marjorie Rio

### DIAL-A-RIDE DONATIONS:

Tim and Carol Bianco, Rosalie Sastre, Robert and Mary Pysar, Marianna Tabaka, Sharon Jalowicki, Charlotte Politis, Rosaleen Peters, Carol Wright, Marjorie Rio

*Please note: When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. (If you wish your donation to remain anonymous, please let us know.) 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.*



Our Facebook page is up and running! Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and logo is our "cover page".

## Cheer Report

FEBRUARY 19—MARCH 23

*The Plainville Senior Center makes every effort to send **cheer, get well and sympathy** cards to our members who could use a lift of their spirits. 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 the info helps 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.*

### GET WELL & THINKING OF YOU CARDS WERE SENT TO:

JoAnn Cephas, Marilyn Borry, Pat Cancelli, Judy Silvia, Phillip Heim, Paul Schaffrick, Celestia Simmons, Ed Stagis, Jennie Asensio, Amy Gray, Robin Brown, Anna Smedick, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Rosaleen Peters, Helena Niziolek, Norma Weisenburger, Elaine Wyzga, Wendell Copeland, Cathleen Macca, Marilyn Petit.

### SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

**FAMILIES OF:** Carol Harmon, Agatha Hall, Mary Cassidy, Thomas Well, Katherine Kraus, Donald Hallin, Mother Mary Jennifer, Lynne Krakauske, John Nelson, Ruth Dinda, Alfonso Asensio, Loretta Martin, Gladys Pietrowicz, Helen Thompson, Diane Doner, Mary Jane Poulin

Plainville Police Department Chief Catania, Eileen Cyr, Jerilyn Kindelan, Dennis Martin

*The Senior Center **ALWAYS** Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or mass cards. If you wish to donate cards, please drop them off at the Senior Center (ring door bell). We appreciate it!*

### NEW MEMBERS

February 1—February 28

Marian Royce, Beverly Hanford, Phyllis Whyte, Jerilyn Kindelan, Eleanor Sharp, Lisa Johnson, Kathleen Bernavage, Linda Dutter, Marilyn Ruel and Thomas Malone

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BC= Back of Calendar

# VOLUNTEERING

## VOLUNTEER GREETERS/CHECK-IN NEEDED:

**Greet members coming into our Center.**

Following the CDC/State guidelines, you will have our guests fill out the COVID-19 Screening Form, have them scan their membership card and direct them to their appointments, classes, etc. We are looking for both weekly volunteers as well as floaters to fill in when needed. Morning hours are 9-1pm and afternoon hours are 1-4pm Monday through Thursday. Friday hours are 9-1 p.m.

## THE NURSE IS IN!

GEORGIA STERPKA, APRN IS AVAILABLE BY APPOINTMENT FOR:

### **REGULAR AND DIABETIC FOOT CARE**

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

### **EAR WAX REMOVAL**

### **FREE BLOOD PRESSURE SCREENINGS**

### **CHOLESTEROL SCREENING**

This type of test does not require fasting. Cost is \$12.00.



## STATE AND LOCAL BENEFITS FOR ELDERLY/DISABLED HOMEOWNERS AND/OR ADDITIONAL VETERAN TAX EXEMPTION PROGRAM

State and Local Benefits for Elderly/Disabled Homeowners, and/or Additional Veteran exemption programs will be auto renewed for (2021) for individuals who previously qualified for the program. New applicants can still apply by May 15, 2021. Call the Town of Plainville Assessment and Revenue Department for an appointment. 860-793-0221 ext. 7136.

## UR COMMUNITY CARES

Volunteers provide help with light household chores, grocery shopping etc. Call Stephanie at 860-747-5728 for more information.

## COMPLIMENTARY JIGSAW PUZZLES AND BRAIN GAME BOOKS



Do you like sudoku, word searches, crosswords, jigsaw puzzles, and other stimulating games? Not only are these challenges fun but they can also benefit your brain. Studies have shown these puzzles can help improve memory, focus, vocabulary and much more. Give the Senior Center a call if you'd like some complimentary jigsaw puzzles or a book of brain games funded through a grant. The grant is provided through a grant from the Department on Aging & Disability Services, CT Senior Center Project: CARES Act .

## PRESCRIPTION DRUG TAKE BACK EVENT

**SATURDAY, APRIL 24 , 10:00 A.M. — 1:00 P.M. Location: Meadow Street (Between Police Department and City Hall)**  
You may drop off any unused/unneeded prescription drugs so that they do not end up in the wrong hands. This is a drive-thru event. Drive through—Drop Off—Stay in your Car. **Sponsored by the Bristol Police Department.**