

NEWS & EVENTS

APRIL 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

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

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare, assistance at home and more. No question is too small. Call (860)747-5728.

MEALS ARE BACK! Beginning Monday, April 4.
Call Bonnie here at the Senior Center
between 10 a.m. to noon to reserve a meal.

EDIBLE EASTER TREATS

- THURSDAY, APRIL 14, 3:00 P.M. COST \$3.00.
- SIGN-UP BEGINS APRIL 6.
- LIMITED TO 15 STUDENTS.
- MUST REGISTER BY MONDAY, APRIL 11.
- INSTRUCTOR: SHARON DINA.
- Each student will learn to construct and decorate a graham cracker Peep house and Easter Bunny Pretzel treats. Everyone will be given a treat tray to display their Peep house and pretzel treats for Easter! Call the Senior Center or register online at: www.schedulesplus.com/plainville.



FORMER WHITE HOUSE BUTLER SHARES STORIES

THURSDAY, MAY 5, 2:00 P.M. COST: FREE.

SIGN-UP BEGINS APRIL 6. OPEN TO THE PUBLIC!

Former White House butler Alan DeValerio is coming to Plainville Senior Center!! He's going to give you the inside details about all the preparations involved in White House entertaining. Not only will he relate his first-hand experiences with history, but he will pass on the stories from those people that he worked with who have been taking care of our First Families since the Franklin Roosevelt administration! Alan will also display many of the White House artifacts he's collected over the years. **After the program, his new book "A History of Entertainment in the Modern White House" will be available for purchase and signing. This is a presentation that you won't want to miss!** Call the Senior Center or register online at: www.schedulesplus.com/plainville.



MEET & GREET PLAINVILLE'S NEW POLICE CHIEF
PRESENTATION ON SCAMS AND CRIMES

TARGETING OLDER ADULTS, TUESDAY, APRIL 19 11:00 A.M., COST: FREE! OPEN TO THE PUBLIC!

Join us as we welcome Plainville's New Police Chief Christopher Vanghele. His previous position was Captain at the Newtown Police Department and he is looking forward to visiting the Senior Center and meeting our members. The Chief, along with another Police Officer, will speak about scams and crimes targeting older adults with an emphasis on keeping your identity safe. Refreshments will be served. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**

GOAT & ICE CREAM PARTY

TUESDAY, MAY 17, COST: FREE! RAIN DATES: MAY 18 OR 19, REGISTER FOR A TIME SLOT: 1:00-1:30 PM., 1:30-2:00 P.M., 2:00-2:30 P.M. NORTON PARK. SIGN-UP BEGINS APRIL 6. SPACE IS LIMITED.



Pet, feed and snuggle with the goats and enjoy a free ice cream from the ice cream truck. Ice cream provided by National



Health Care & The Pines of Bristol. Goats are from Got Your Goat in Washington Depot, CT. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**



SPRING CUPCAKE DECORATING CLASS

THURSDAY, APRIL 28, 10:00 A.M. - 12:00 P.M.

COST: \$10.00 (INCREASE DUE TO INCREASE OF SUPPLY COST). SIGN-UP BEGINS APRIL 6.

LIMITED TO 12 STUDENTS. MUST REGISTER BY APRIL 25.

INSTRUCTOR: MIMI'S CAKE DECORATING SCHOOL

Each student will learn to decorate 1 dozen (6 chocolate and 6 vanilla) cupcakes with vanilla buttercream icing. You will learn how to use a piping bag, mix colors and basic decorating techniques. Everyone will get a cupcake container to go home with. Learn something new while enjoying delicious cupcakes for yourself or to share!

OUTDOOR ADVENTURE

GASTROPARK FOOD TRUCKS & TROUT BROOK TRAIL WALK WEST HARTFORD –TRIP IS FULL. SIGN UP ON THE WAIT LIST .

FRIDAY, APRIL 8, (RAIN DATE APRIL 22)
LEAVES FROM THE PLAINVILLE LIBRARY
AT 10:35 A.M. RETURNS APPROXIMATE-
LY 2:30 P.M., \$3.00 PER PERSON.

DISC GOLF, TOWER RIDGE, SIMSBURY
ONE SEAT WAS AVAILABLE AT TIME OF PRINTING.
FRIDAY, APRIL 29 (RAIN DATE: FRIDAY, MAY 6).
LEAVES FROM THE SENIOR CENTER AT 1:00 P.M.
RETURNS APPROXIMATELY 6:00 P.M. COST: \$12.00
(INCLUDES TRANSPORTATION & 9 "HOLES" OF DISC
GOLF).

MCLEAN GAME REFUGE HIKE
& THE BREWERY AT MAPLE VIEW FARM
FRIDAY, MAY 13 (RAIN DATE FRIDAY, MAY 20)
LEAVES PLAINVILLE AT 1:00 P.M.
RETURNS APPROXIMATELY 6:00 P.M. COST: \$5.00.
SIGN-UP BEGINS APRIL 6

Join adventure leader, Eileen Cyr, as we travel on the Senior Center bus to the McLean Game Refuge in Granby. We will walk on the blue and yellow easy trail loop (3.3 miles) for approximately 2 hours. After burning some calories, we will go to the Brewery at Maple View Farms. You can bring your own food/snacks or purchase (on your own) light snacks from the Farm Store or from the food truck (at the time of printing, we did not know what food truck will be on-site). Bring a lawn chair or blanket, in the event that the comfy Adirondack chairs are all occupied.

SENIOR CENTER SEEKING YARN DONATIONS

The Senior Center is looking for donations of yarn. Please call us at (860)747-5728 for more information.



TREE WALK AT CEDAR HILL CEMETERY HARTFORD

SATURDAY, JUNE 4, LEAVES SENIOR CENTER
9:15 A.M. RETURNS APPROXIMATELY 12:45
P.M. SIGN-UP BEGINS APRIL 6. COST: \$5
(INCLUDES TRANSPORTATION)

Join us for a guided walk through the Cedar Hill Cemetery featuring rare and notable trees. The tour, through the ornamental foreground and historic memorial sections of the cemetery, will highlight trees such as the beautiful European Weeping Beech, the unusual (for the Northeast) Umbrella Magnolia, and the Huss Hemlock, named for a resident of Cedar Hill. Cedar Hill Cemetery was established in 1864 and encompasses 270 acres. It is a sanctuary for memorial artworks, Hartford history, wildlife and offers arts, culture and heritage programming to the community.



POOL BRUSH-UP GROUPS

LADIES BILLIARDS BRUSH-UP GROUP

Ladies, if you've never played pool before or you haven't played in a while and want to work on your game, come each Tuesday at 10 a.m. and Ellen will help you. Other dates and times may be available. Call the Senior Center at (860)747-5728 to register.



MENS BILLIARDS BRUSH-UP GROUP

Guys, if you want to brush up on your pool skills or even if you've never played before, John can help you on Thursdays at 11:00 a.m. Other dates and times may be available. Call the Senior Center to register.

PROGRAMS

DOWNTON ABBEY MOVIE

TUESDAY, APRIL 5, 1:00 P.M. COST: FREE!

Call the Senior Center to register. Movie will be shown at the Plainville Public Library. To help get you excited about the Downton Abbey Style & Tea Party (**SEE BELOW**), we have reserved the auditorium at the Plainville Public Library to show the Downton Abbey Movie!

NUTRITION TRIVIA BINGO

TUESDAY, APRIL 19, 2:00 P.M. FREE & IN-PERSON.

Test your nutrition knowledge and play Bingo with ShopRite Dietitian Jessica! Everything you need to play will be provided, and Jessica will have prizes for BINGO winners. **Call the Senior Center or register online at www.schedulesplus.com/plainville.**

DOWNTON ABBEY STYLE & TEA PARTY

WEDNESDAY, APRIL 20, 2:00 P.M.

COST: \$10.00 PER PERSON. SIGN-UP HAS BEGUN.

Join the fun on a beautiful spring afternoon, Downton Abbey Style. "Downton Abbey Style: Influences on Fashion, 1912-1925" explores the social, technological and political developments of the early 20th century as reflected in the notable evolution of women's and men's clothing. Presented by Susan J. Jerome, Collections Manager at the University of Rhode Island Historic Textile and Costume Collection. Afterward, enjoy an English-style tea with small tea sandwiches, lavender scones and chocolate, presented by Kim Larkin.

DOLLY PARTON— THE LIFE & TIMES OF DOLLY PARTON

THURSDAY, APRIL 21, 10:00 A.M. COST: FREE!

INSTRUCTOR: JOE THE HISTORY GUY.

Dolly Parton—her life and career together make a rags to rhinestones story. Dolly Parton is a larger-than-life living legend. American singer, songwriter, actress, author, businesswoman and humanitarian. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**

LUMINARY DECORATING

FOR BRISTOL/PLAINVILLE RELAY FOR LIFE

FRIDAY, APRIL 22, 10:00 A.M., COST: FREE! CALL TO REGISTER.

Join us as we color, paint, draw and decorate luminary bags for the Bristol/Plainville Relay for Life American Cancer Society event scheduled for June 4 & 5 at Norton Park. No artistic skills necessary! These beautiful bags will be lit and on display during the event celebration on June 4. All materials provided.



EVERY SMILE COUNTS!

FREE ORAL HEALTH SCREENING & GIFT BAG

THURSDAY, MAY 5, 10:00 A.M. –2:00 P.M.

Licensed dental hygienist provides five-minute screening to help the CT Dept. of Health collect oral health information from older adults. This survey helps DPH advocate for better oral health services. Free gift bag includes toothbrush, toothpaste, floss and more.



BRAIN HEALTHY COOKING ...FOR ONE!

WEDNESDAY, MAY 11, 2:00-3:00 P.M. COST: FREE!

SIGN-UP BEGINS APRIL 6. RSVP BY MAY 6.

Senior Living Residences' chefs will show you how to prepare multiple tasty dishes using a short list of healthful staples, helping you cut the waste and stretch your shopping budget when cooking for one. This award-winning brain healthy cooking program offers protective benefits and enhances cognitive function. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.** Sponsored by Farmington Station Senior Living Residence.

BACK PAIN & ORTHOPAEDICS LUNCH & LEARN

THURSDAY, MAY 12, NOON. COST: FREE.

PLEASE CALL THE SENIOR CENTER TO REGISTER BEGINNING APRIL 6. MUST REGISTER BY MAY 9. .



Comprehensive Orthopaedics surgeon and back specialist Dr. Stockton and pain management specialist Dr. Rifeay will discuss different ways to manage spine injury pain. Bag lunch will be provided and includes bottled water, cookies, chips and a deli turkey sandwich with lettuce and tomato. Co-sponsored by Comprehensive Orthopaedics and National Health Care.

PLAINVILLE SENIOR CENTER CHORAL GROUP

will be rehearsing on **Friday, April 1,** and **Friday, April 29, at 9:30 a.m.** here at the Senior Center.



HOLD THE DATE: HEALTH FAIR, JUNE 7—MORE DETAILS TO COME IN THE MAY NEWSLETTER.

PROGRAMS

SNAPPY SENIORS PARTY

FOR JUDY HUMPHREY, FOUNDER OF SNAPPY SENIORS CAMERA CLUB. THURSDAY, APRIL 14 10:00 A.M. COST: FREE! CALL TO REGISTER.

Join us on **Thursday, April 14, at 10 a.m.** to thank Judy Humphrey for 10 incredible years of organizing, leading, coordinating, planning, teaching and facilitating our photography group, Snappy Seniors. Bring a photo that reminds you of help you received from her or tell a story that shows how Judy impacted your photography!

"BETWEEN HEARTS" BOOK DISCUSSION

THURSDAY, APRIL 14, 11:00 A.M. COST: FREE! CALL TO REGISTER.

Judy Humphrey used the Pandemic to write a book! "Between Hearts" is her life, with its ups and downs, as a military wife, covering her work, travel, family and loves. Judy will discuss her experience writing and publishing.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, APRIL 21, 2:30 P.M. SIGN-UP BEGINS APRIL 6. CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.



BOOK BUDS: APRIL BOOK: "THE VANISHING HALF" BY BRITT BENNET, FRIDAY, APRIL 22, 10:00 A.M.

COST: FREE! SIGN-UP BEGINS APRIL 6.

INSTRUCTOR: KATHLEEN MARSAN

Historical fiction, this read explores the life of two sisters, exploring the question why members from the same family choose to explore or live differently than their origin. The book is available at the library. **Call the Senior Center or register online at:**

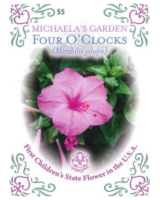
www.schedulesplus.com/plainville.



WELCOME SPRING

WITH MICHAELA'S 4 O'CLOCK PLANTS!

We are looking for volunteers to sell 4 O'Clock plants at the Plainville Senior Center, Monday through Thursday, **May 2,3,4 & 5**. The hours are: **9-11, 11-1 and 1-3**. Please call Sue DesRochers at (203)910-7698 and leave a message to let her know what hours you would be available. Any time would be appreciated. This fundraiser benefits the Petit Family Foundation and the Plainville Library.



EMMY AWARD WINNER WILL TOMLINSON

FRIDAY, MAY 6, 10:00 A.M. COST: FREE!

CALL THE SENIOR CENTER TO REGISTER BEGINNING APRIL 6.

Join us as we welcome Will Tomlinson to the Senior Center. Will is a 2020-2021 Emmy Award Winner as a Producer on SportsCenter, which won for "Outstanding Sports Show - Daily." He will bring his beautiful Emmy Trophy and speak about his award winning program. Will was a Producer with ESPN for 12 1/2 years and is currently a Producer for CBS News Streaming Network's show "Red & Blue" about politics. If you've never seen a golden Emmy in person, you're in for a big treat!

NEW PHOTOGRAPHY GROUP

THURSDAY, MAY 19, 10 A.M. COST: FREE!

CALL TO REGISTER.

Informational meeting for people who might be interested in learning about photography, sharing pictures and possibly getting involved in a photography group at the Senior Center. Beginners welcome! You don't need a fancy camera. Cell phones work great or whatever you use to take photos.



DID YOU KNOW? There are more than 11,400 senior centers across the country that together serve more than 1 million older adults every day. The average age of a senior center participant is 75.

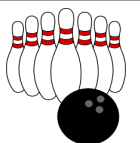
Source: Pew Research Center

PLAINVILLE BOWLERS!

EVERYONE WELCOME! MONDAYS, 1:00 -2:00 P.M. LESSARD LANES. \$12.00 A WEEK.

Thanks to our great leader, Frank Robinson. Three games, shoes, free beverage.

Call the Senior Center to join and for more information.



FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with 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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

CARDIO CHAIR FITNESS WITH NANCY

TUESDAYS, 1:00–1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.

BALANCE CLASS

TUESDAYS, 2:00–2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

This 45-minute balance class works on balance with holding poses, adding movement, and sometimes one light free weight. Working on balance is perfect for keeping you from slipping and falling and helps work on core and leg strengthening.

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: AMY GRAY

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

SILVER SNEAKERS & PLAINVILLE SENIOR CENTER YOGA/PILATES(YOGA-LATES)

FRIDAYS, 11:00–11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. *IN-PERSON OR ON ZOOM.*

This 45-minute class includes both chair and standing yoga poses, a lot of stretching and Pilates. In Pilates, you will target a specific muscle, squeeze it and work through a motion which also tones your lower body and core.

THE PEAK FITNESS CENTER IS OPEN

NO APPOINTMENTS NEEDED!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. New PEAK Center hours are: **Monday-Friday, 9:00 A.M.-1:00 P.M.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING IS BACK!

MONDAYS, 10:00 A.M.—12:00 P.M.

INSTRUCTOR: ABBE WADE

Instructor Abbe Wade teaches four unique techniques using acrylic paints. Students must provide their own supplies.



CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to

choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 – 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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.

CLASS SCHEDULE Class descriptions on pages 5

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, April 6, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **April 13** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

Class	Time	Current Session	Next Session Sign-Up Begins April 6. Payment Due Upon Registration
MONDAY			
Acrylic Painting	10:00-12:00	March 14-May 9. No class March 21. 8 weeks. \$16.00.	
Power Burst	1:30-2:30	April 4-May 23. \$16.00. 8 weeks.	
Chair Pilates & Balance	2:45-3:45	April 4-May 23. \$16.00. 8 weeks.	
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00-1:45	March 15-May 17. \$16.00. 8 weeks. No class March 29 & April 5.	
Balance Class	2:00-2:45	March 15-May 17. \$16.00. 8 weeks. No class March 29 & April 5.	
WEDNESDAY			
Zumba Gold	9:30 -10:30	March 23-May 11. \$24.00. 8 weeks.	May 18-June 29. 7 weeks. \$21.00.
THURSDAY			
Ceramics	9:30 – 11:30	March 17-May 5. \$32.00. 8 weeks.	May 12-June 30. 8 weeks. \$32.00.
Knitting/Crochet	1:00-3:00	March 24-May 12. \$16.00. 8 weeks.	
FRIDAY			
Yoga-Lates	11:00-11:45	March 25-June 3. No class April 15. \$16.00. FREE if you have Silver Sneakers. 8 weeks. No class April 1, 8 & 15	

HOW TO REGISTER FOR A CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. And You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

PROGRAMS, ETC.

SENIOR CITIZEN PROM SET FOR APRIL 21 AT BRISTOL SENIOR CENTER

A Senior Citizen Prom will be held on **Thursday, April 21**, from **5-8 p.m.** at the **Bristol Senior Center**, 240 Stafford Ave. Enjoy live music, dancing, a photo booth, and door prizes. Dinner will be provided by The Pines at Bristol. Tickets will be available starting April 1 at the Bristol Senior Center's main office on weekdays between 8:30 a.m. and 5 p.m. The event is sponsored by the United Way of West Central CT's Youth Board, the West Central CT TRIAD and The Pines at Bristol. Call (860)584-7895 for more information.



RAINBOW LUNCH HOUR - APRIL 28

Join LGBT adults and allies for the Rainbow Lunch Hour on **Thursday, April 28, from 12:00—1:00 p.m. via Zoom from home or from the Senior Center.** Presented by the CT LGBT Moveable Senior Center and the CT Healthy Living Collective. April conversation starter: Tell us a short story. It can be funny, inspirational, a favorite memory, a learning experience, about a person, place or event—your choice. Storytellers & good listeners welcome! Pre-registration is required. Bringing your own lunch is optional. For more information, contact Karen Green at (860)589-6226, ext. 2226. **Register at www.cthealthyliving.org. If you are coming to view the program here, call the Senior Center or go online to register at www.schedulesplus.com/plainville.**

ATTENTION, GRANDPARENTS, RELATIVES...LET YOUR FAMILIES KNOW ABOUT...DADDY BOOT CAMP

A Workshop Designed for Expectant & New Dads. Schedule a single session that fits your schedule: **Thursday, April 28** (register by April 14), or **Thursday, June 2** (register by May 19). Both sessions will meet from **5:30-8:30 p.m.** at **Plainville High School, Room 123**, with Coach Smith. Tuition: \$8. Full scholarships for those in need are available upon request. Please call (860)793-3209. Go to: [http://www.plainvilleschools.org/departments/adult ed](http://www.plainvilleschools.org/departments/adult%20ed). Participants will also get the book: "Crash Course for Dads-to-Be." For more information, call Plainville Adult Education at (860)793-3209.

UPCOMING CHANGES TO 3G WIRELESS NETWORK

Did you know that service providers will be shutting down their 3G networks beginning in early 2022? The Federal Communications Commission (FCC) has developed a consumer guide with more information on the 3G shutdown. Anticipated shutdown dates by provider include: AT&T on Feb. 22; T-Mobile/Sprint between March-July; and Verizon by end of the year. Providers like Boost, Cricket, and Straight Talk also use the networks of the larger providers. The FCC encourages customers of any network to contact their carrier for more information. Many carriers may offer free or low-cost replacement phones or devices. In addition to cell phones, this will also affect older devices made for the 3G network, including tablets, personal emergency response system devices, smart watches, assistive technology devices with SIM cards, certain medical devices and home alarm systems.



FOR MORE INFORMATION, GO TO:

<https://www.fcc.gov/consumers/guides/plan-ahead-phase-out-3g-cellular-networks-and-service>.

LIMITED SENIOR CENTER FREE TAX PREP APPOINTMENTS, ALTERNATIVES AVAILABLE

At the time of printing, the Senior Center has several free income tax prep appointments available. Call the Senior Center at (860)747-5728. Free income tax prep appointments are also available in either Bristol or New Britain through the **Volunteer Income Tax Assistance Program (VITA)**. Call: **(860)356-2000** for appointments at United Way of West Central CT in Bristol or Human Resources Agency (HRA) in New Britain and Bristol. Dial-a-Ride can also bring you to either place if you need a ride.

MEGA SIGN-UP DAY is set for WEDNESDAY, APRIL 6, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

NOTEWORTHY

DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly range between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are needed. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks.

Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.

CONGRATS, MAUREEN!

One of our members, Maureen Briggs, has joined Experience Corps and was highlighted in an article from the Agency on Aging of South Central CT. Maureen learned about Experience Corps from a teachers retiree group – she taught special education in Plainville and recently retired. Maureen now volunteers for Experience Corps tutoring and reading to a child in Waterbury virtually from her home. Experience Corps described Maureen as a talented and enthusiastic champion of resilience and hope. Ask at the front desk to read the entire tribute to Maureen! Congratulations! Check out Experience Corps – a volunteer organization. You might find a volunteer opportunity too.



WE NEED YOUR HELP! DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?

Once in a while, someone comes to us for help or calls and we cannot communicate because of language. Would you help us understand and translate? Call Shawn or Ronda at the Senior Center.

CONGRATULATIONS TO OUR PRIZE-WINNING VOLUNTEERS!

In a special raffle held on March 11 for our volunteers, **DOUGLAS KALLER** won a Starbucks gift card and **GLORIA CASSIDY** won a giant box of Russell Stover's candy. Thanks to all of our volunteers who help our Senior Center to continue to run so smoothly! To sign up as a volunteer, call the Senior Center at (860)747-5728.



PUZZLES RETURN TO THE SENIOR CENTER

Do you love to put puzzles together? Remember how much fun we've had doing puzzles together at the Senior Center – after two years, puzzles are back. Come puzzle with us.



CALENDAR & READING MATERIAL COLLECTION FOR VETS

- Please help our Vets by donating
- 2022 calendars, current magazines,
- soft cover books (no hard cover books) for Rocky Hill Veterans Home. Please bring to the Senior Center for collection.



SENIOR MEDICARE PATROL SEEKING VOLUNTEERS

The Senior Medicare Patrol (SMP) is looking for volunteers interested in helping Medicare Beneficiaries protect themselves from scams and improper billing. **A free, one-day volunteer online training session is scheduled for April 21. To participate, call your local Area Agency on Aging at 1-800-994-9422 and ask to speak with the SMP Coordinator of Volunteers. The last day to register for training is Friday, April 1.** Volunteers can attend community events, conduct presentations, participate in office projects, distribute SMP materials, offer one-on-one counseling, write articles for newsletters, or create other media messages.

PLAINVILLE PET CEMETERY CREATED

To honor your beloved pets, the Plainville Cemetery Association has created a Pet Cemetery at the West Cemetery at 180 North Washington Street. Located in a wooded area behind the office, there is a beautifully landscaped area with grass, plants, benches, bird baths and a walkway leading to the brick memorial area. Brick pavers can be purchased to memorialize your pets. For more information, call the Plainville Cemetery Association at (860)747-2314.



TRIPS

PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS ON THE BUS. DESTINATIONS—BOATS, RESTAURANTS, MUSE-UMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES

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. One day a month, we also offer **Mega Sign-up Day**. This month it is **April 6** 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 Angela at (860) 612-9892 that evening or before 9:00 a.m. the day of the trip.*** Angela 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. Once we pay, refunds are not guaranteed. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

PARKING: Parking for most trips is at Our Lady of

Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another.

For many overnight trips, parking is provided at Our Lady of Mercy Parish Center, at your own risk. But we suggest, if possible, that someone drops you off and picks you up or have someone pick up your car after the multi-day trip has left and bring it back to OLM the day you are due back. Do not contact OLM on your own. There is no overnight parking at the Senior Center.

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 latecomers.***

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign a Reserve List for a trip that is filled, we will ask whether or not you are a member. If there is a cancellation, we always sign up members from the Reserve List first! Members who sign the Reserve List and want to bring a non-member friend should be aware that since we always sign up members first, we will skip over non-members until all members have been contacted.

QUICK TRIPS GUIDELINES

*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. 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: 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 Angela at (860)612-9892. 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.

MEGA SIGN-UP DAY is set for WEDNESDAY, APRIL 6, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

TRIPS

MASK REQUIREMENTS **ON FRIENDSHIP TOUR TRIPS**

Friendship Tour trips require masks on the bus. For restaurants & boats, etc., it is the decision of the vendor. Also, each person traveling with Friendship Tours will be required to sign a Wellness Declaration Form and Travel Liability Waiver at departure. To review a copy of the Waiver & Wellness Declaration, please see the front desk.

Current Trips

CHARLES RIVERBOAT CRUISE, BOSTON

WEDNESDAY, MAY 25, DEPARTS AT 8:15 A.M.

*FROM OUR LADY OF MERCY CHURCH,
19 CANAL ST., PLAINVILLE. COST: \$117.*

ESTIMATED RETURN 6:30 P.M.

SIGN-UP BEGINS APRIL 6.

Narrated cruise on the legendary Charles River. Highlights include sights of Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats and rowers and much more. Prior to our cruise, enjoy lunch at the Cheesecake Factory. Menu: choice of luncheon entrée from a large list, beverage, dive into Original, Chocolate Mousse or Dulce de Leche Caramel Cheesecake. Transportation and Driver's Tip included.



LUNCHEON SHOW

AT ELEGANT SAINT CLEMENTS CASTLE

THE MUSIC OF BARRY MANILOW

PORTLAND, CT

WEDNESDAY, JUNE 15, DEPARTS FROM OUR LADY OF MERCY CHURCH AT 10:30 A.M. RETURNS AT APPROXIMATELY 4:30 P.M. COST: \$104. SIGN-UP BEGINS APRIL 6.

Dave Colucci's smooth, easy singing style will delight you as he showcases the songs that have enchanted fans throughout the decades including "I Write the Songs," "Can't Smile Without You," "Copacabana" and many more. The venue, Saint Clements Castle, is set amidst 82 scenic acres alongside a beautiful stretch of the Connecticut River in Portland, CT. You will enjoy a beautiful lunch in the Prince Edward Ballroom. Menu includes salad, and choice of: Sautéed Chicken Breast with Cremini Mushroom Demi-Glace **OR** Broiled Scrod with Crumb Topping, both served with vegetable, potato, delicious dessert and coffee. Entrée choice in advance. Transportation and Driver's Tip included.



Upcoming Trips

SAVE THE DATES

* AQUATURF "CELEBRATE ITALIA," TUESDAY, JULY 12. DRIVE ON YOUR OWN OR BY MINI BUS SHUTTLE.

* A LOBSTER (OR PRIME RIB) FEAST AT THE LOG CABIN. PLUS LOU VILLANO PRESENTS THE BEST OF PAUL ANKA, WEDNESDAY, JULY 20.

WATCH THE MAY NEWSLETTER FOR DETAILS.

Quick Trips

CHRISTMAS TREE SHOP

OR BUCKLAND HILLS MALL

FRIDAY, APRIL 8, COST: \$8.00

SIGN-UP BEGINS APRIL 1.

Just in time to go get an Easter basket or a new Easter dress and shoes...whatever you want at our favorite shopping destination!

Lunch will be on your own at Panera Bread or McDonald's for those Christmas Tree shoppers or dine at the Buckland Hills Mall for the Mall shoppers.

Home pickups are available for those who don't drive. Please state if you need this service and whether you want Christmas Tree Shop or Buckland Hills Mall. Those driving will be picked up at the Senior Center at 9:00 a.m. Home pickups prior to 9:00 a.m. Return to Plainville at approximately 3:00 p.m.

TUESDAY SHOPPING TRIPS RESUME!

BRISTOL STOP & SHOP PLAZA

TUESDAY, APRIL 12

PICKUP AT SENIOR CENTER AT 9:00 A.M.

HOME PICKUPS BEFORE 9:00 A.M.

SHOP FROM 9:30 A.M.—1:00 P.M.

PICKUP AT STOP & SHOP AT 1:00 P.M.

Includes Ocean State Job Lot, TJ Maxx, Burlington Coat Factory, 5 Below, Dollar Store & more.

BRISTOL WALMART

TUESDAY, APRIL 26

PICKUP AT SENIOR CENTER AT 9:00 A.M.

HOME PICKUPS BEFORE 9:00 A.M.

SHOP FROM 9:30—11:30 A.M.

PICKUP AT 11:30 A.M. AT WALMART.

NOTEWORTHY

FREE PASSES AVAILABLE AT THE LIBRARY FOR AREA MUSEUMS & ATTRACTIONS

The Plainville Public Library, 56 East Main Street, offers free passes to area museums and attractions. You can check out passes at the library for two days, including the date of pickup. You can also reserve the passes online and print them from home. Reserve the pass for the date you want to visit the destination, print the pass confirmation page or the pass from the confirmation email/reminder. The pass is only valid for the reserved date of the visit.

There are passes available to: the New England Carousel Museum, the Beardsley Zoo, the Maritime Aquarium, CT State Parks & Forests, the New Britain Museum of American Art, the Wadsworth Atheneum, the New Haven Museum, the Peabody Museum of Natural History, the Children's Museum & Roaring Brook Nature Center, the New England Air Museum, USS Constitution Museum, the Eric Carle Museum of Picture Book Art, Imagine Nation, American Clock & Watch Museum, the Bushnell Park Carousel and Lessard Lanes Family Entertainment Center.

All passes are sponsored by the Friends of the Plainville Public Library. To go online and reserve your passes go to: <https://www.plainvillect.com/library>. For more information, call the library at (860) 793-1446.



DIAL-A RIDE REMINDERS

*Hours: 9 a.m. – 4 p.m. Monday, Tuesday, Wednesday & Thursday and 9 a.m. – 1 p.m. on Friday.

* Please do not ask the driver to make additional stops during your ride.



* Be sure to plan ahead and schedule all stops ahead of time.

* All appointments should be made a week in advance.

* Reservations for medical appointments can be made 2-3 weeks in advance. Priority is given to medical appointments.

* We do accept same-day reservations if time permits. All other rides (shopping, banking, library, Senior Center, etc.) can be made 2-3 days in advance.

* Please be ready 15 minutes before your scheduled ride.

* If the bus is running 10 minutes later than your appointment time, please contact the Senior Center and let us know. Please do not ride the bus if you are sick.

**Be sure to check us out and
"Like Us"!**

**Our Facebook page has a big
letter "P" in a blue circle and
logo is "cover page."**



**Wadsworth
Atheneum**
Museum of Art

FREE VIRTUAL TOUR OF MILTON AVERY EXHIBIT AT THE WADSWORTH ATHENEUM MUSEUM OF ART

Join AARP Connecticut and the Wadsworth Athenium Museum of Art for this **FREE** virtual tour of the museum's Milton Avery Exhibit on **Wednesday, April 6, at 7:00 p.m.** AARP membership is not required. This event is part of a special 2022 virtual tour series with the Wadsworth Atheneum, the oldest public art museum in the United States. Register at: www.aarp.org/cteevents. The Zoom link will be delivered 48 hours and one hour prior to the event.

MEGA SIGN-UP DAY is set for WEDNESDAY, APRIL 6, from 9:15 A.M. to 4:45 P.M. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

HEALTH MATTERS

HOUSEHOLD WATER ASSISTANCE PROGRAM AVAILABLE



The Connecticut Low-Income Household Water Assistance Program is open for applications for those in need. Funding will be prioritized to households with disconnected water services and overdue water bills that put them at risk of disconnection. Households that are up to date with their water bills but meet all other program requirements will be eligible for a Basic Benefit of up to \$300 depending on the household size and need. Households with annual income at or below 60 percent of the state median income can qualify for this one-time water assistance benefit. Covered services include restoration of household water services; reduction of arrearages and prevention of service dis-

connection. There is no financial asset limit to qualify; rather, the application considers current household income. If you get benefits from the Connecticut Energy Assistance Program, Supplemental Nutritional Assistance Program (SNAP), Temporary Family Assistance, Social Security Income (SSI), State Supplement, State Administered General Assistance (SAGA), or Refugee Cash Assistance, then you will likely meet the requirements. For more information and to apply, go to: <https://portal.ct.gov/DSS/Highlights/Low-Income-Household-Water-Assistance-Program-Coming-to-CT/How-To-Apply>.

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share):

Medicare Savings Programs (MSP)		
	Single	Couple
Q01/QMB	\$2,390	\$3,220
Q03/SLMB	\$ 2,617	\$ 3,525
Q04/ALMB	\$ 2,786	\$3,754

The State of CT offers financial assistance to eligible Medicare enrollees. They 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). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

FREE ONLINE PROGRAM TEACHES HEALTHY HABITS TO PREVENT ONSET OF DIABETES

Over 88 million Americans have pre-diabetes, and most don't know it. The State of Connecticut has partnered with WellSpark to offer a free online Digital Diabetes Prevention Program to help people who are at risk for prediabetes. The Health Enhancement Program (HEP) focuses on improving lifestyle behaviors to reduce diabetes risk by bringing powerful educational materials and motivating support right to your computer, smartphone or tablet. Go to: <https://carecompass.ct.gov/diabetes/> for more information, or call (866)611-8005.



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.

EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.

FOODSHARE, SUPPORT GROUPS & PROGRAMS

THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

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



CAREGIVING CONNECTIONS - Join your caring friends on **Tuesday, April 12, at 10 a.m.** at the Senior Center as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. Come share & be nourished. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.



GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group next month at **10:30 a.m. on Tuesday, May 17**, at the Senior Center 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. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

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 the Senior Center if you'd like to volunteer.

CAREGIVER RESPITE PROGRAMS AVAILABLE

According to the North Central Agency on Aging:

- * 6 in 10 caregivers report working while caregiving (61 percent) & the majority have experienced at least one work-related impact (61 percent).
- * 1 in 5 caregivers report high financial strain as a result of caregiving;
- * 3 in 10 have stopped saving (28 percent) and:
- * 1 in 4 have taken on more debt (23 percent).

What can you do to assist your friends, colleagues & family members who need some help? Caregiver Respite Programs can provide families with some necessary space to breathe. **Call Stephanie at (860)747-5728 for more information.**

AARP SAFE DRIVING COURSE AVAILABLE ONLINE

Become a Safer & More Confident Driver! The course is now 100% online and self-paced. Learn about skills and strategies you can use on the road every day. Discover defensive driving techniques to help you deal with aggressive drivers. Explore local laws and traffic rules for drivers. Get tips for proper maintenance of your vehicle so it's safe before you drive. Go to: <https://campaigns.aarp.org/driversafetycourse> to sign up. If you don't have access to a computer, you can call us here at the Senior Center to reserve a computer. We can help you sign up and you can take the class here online.



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 Plainville residents 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. Please call Stephanie Soucy at the Senior Center for more information.

TWO FREE N95 FACE MASKS ARE AVAILABLE PER PERSON AND A LIMITED NUMBER OF FREE AT-HOME COVID TEST KITS ARE AVAILABLE AT THE SENIOR CENTER. STOP IN TODAY & GET YOURS.

VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS- WEDNESDAY, APRIL 6, AT THE SENIOR CENTER

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 on **Wednesday, April 6**, at the Senior Center to help you with all of your Veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In May, Jason will be here on **Wednesday, May 4**.

VETERANS' SOCIAL HOUR

TUESDAY, APRIL 26, 10:00 A.M.

These monthly information and support meetings are conducted by Sherri 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 online at: www.schedulesplus.com/plainville.**



PLAINVILLE VETERANS' MEMORIAL WALL

A Memorial Wall has been created to provide a place to honor the military service of deceased Veterans by their friends and family members. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.

U.S. VETERAN POPULATION FACTS:

- * 18.2 million living Veterans served during at least one war as of 2018.
- * 9 percent of Veterans are women.
- * 7 million Veterans served during the Vietnam War.
- * 3 million veterans have served in support of the War on Terrorism.
- * Of the 16 million Americans who served during World War II, about 325,000 were still alive as of 2020.
- * 2 million Veterans served during the Korean War.
- * As of 2019, the top three states with the highest percentage of Veterans were Virginia, Wyoming, and Alaska.

SOURCE: history.com

HOW TO APPLY FOR A VETERAN'S FLAG ON YOUR CT DRIVER'S LICENSE OR ID

To receive a Veteran's flag on an existing Connecticut license or identity card, veterans must submit documentation (dd-214 or pre-1950 discharge certificate WG AGO discharge certificate) of the following to the DVA:

- * Active federal service, not including initial entry training; or entitled to retirement pay under 10 USC Chapter 1223, as amended from time to time, or, but for age, would be entitled.
- * Characterization of discharge:
 - * Honorable discharge,
 - * Discharge under honorable conditions, or
 - * Discharge due to injuries received in the line of duty.



To apply, go to: <https://portal.ct.gov/dva/pages/apply-forveterans-flag-on-ct-driver-license-or-idcard/application>. For more information, call the CT Department of Veterans Affairs at (860) 616-3600.

**THANK YOU
FOR YOUR SERVICE!**



USPS NOW HIRING NATIONWIDE VETS & FAMILIES GET PREFERENCE

There may not be a spotlight in your hometown, but there's a United States Postal Service® (USPS) post office. Post offices become the hub of many communities because they are reliable. This dedication to mission is something Veterans hold dear as well. That's why USPS is specifically reaching out to Veterans as they staff up. Nearly 100,000 Veterans currently work for USPS and more than 100,000 positions are available across the nation. **To view positions near you or across the country visit USPS.com/Careers.**

Donations

FEBRUARY 11-MARCH 14

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.

GENERAL DONATIONS

Richard Kowalczyk, Anna Hock, St. Stanislaus CCD & JFK Middle School, family of Wendell Copeland, Joanne Clark, Maria Wynkoop, Diane Chamberlain, Grace & Bob Nelson, Joseph Babin, Lillian Ouellette, Donna Cook, Marci Negro, Kathy Trembley, Diane Nordgren, Lisa Figueiredo, Allen & Joan Gridley, Anonymous, Carolyn Ingalls, Margaret Albrecht, Carol Loiselle, Marti Kall, Rosalyn Zuisthevo, Catherine Humar, Sally Cobrain, Joseph Faraci, Maureen Briggs.

MEMORIAL DONATIONS

In Memory Of: Maryange Boilard

Charlotte Koskoff.

In Memory Of: Wendell Copeland

by Carol Loiselle, Scott Wilson, Sue DesRochers, Hercy Lord & Martha Kneen, Norma Weisenburger, Fay Tolassi, Joan McBain & Sally Cobrain.

In Memory Of: William "Billy" J. Furlong III

Pina & Joe Fortuna.

In Memory of Ann Marie Gisele Dube-Lizotte

Elaine Cyr

DIAL-A-RIDE DONATIONS

Barbara Barton, Marjorie Rio, Marci Negro, Eleanor Davey, Claudia Isaacs, Charlotte Politis, Cathleen Macca.

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.

Cheer Report

FEBRUARY 11-MARCH 14

*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:

Barbara Wallace, Bonnie Carilli, Ronda Guberman, Helene Fabian, Ann Campbell, Jeanette Schmidt, Paul Catanzaro, Mary Lou Cassile, Gladys Roy, Emilie & Olympia Cassile, Sharon Jalowiecki, Allyn Kall, Peter Wijas, Robert Michalic, Robert Corriveau, Barry & Betsy Creswell, Norma Weisenburger, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Helena Niziolek, Ceal DiFrancesco, Evelyn Case, Cathleen Macca, Hazel Decker, Rose Plourd, Mary Michaud, Stella Massa, Beatrice Dumont, Laurette Ortner, Bill & Judy Briggs, Robin Brown, Marcia Medina, Skip Kensel, Evelyn Stelma, Gene Kelsey, Kathy Lickwar.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Dean Goldsmith, Edward Marcinczyk, Leocadia Niedzwiecki, Lucy Bull.

SYMPATHY CARDS WERE SENT TO:

Frani Bolduc, The Guberman Family, Ann Campbell, Sue DesRochers, Naomi Goldsmith, Sandra Dombroski, Bernard Grabeck & family, Debra & Edward Starnes, Jeanette Brodeur, Susan Kennedy, Nancy Shannon.

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. We appreciate it!



February New Members

Joseph Baginski, Doreen Baldwin, Victoria Czerwinski, Joanne Lavoie, Helen Mastrianni, Martha Mierzejewski, Richard Pavano, Cheryl Plourde, Henry Slapski, Marian Slapski, Frank Susco, Mary Susco, Robert Tenney, Robert Varano, Lori Waskowicz and Robyn Wayland.



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THIS AND THAT

DROP-IN ACTIVITIES! COME JOIN US!

Below is a schedule of drop-in activities that you are welcome to join:

Mahjong: Mondays 12:00 noon

Setback Tournament: Mondays, 12:30 p.m.

Cribbage: Tuesdays, 10:00 a.m.

Current Events: Tuesdays, 1:00 p.m.

Bridge: Tuesdays, 1:00 p.m.

Open Quilting: Wednesdays, 9:30-11:30 a.m.

Open Painting: Wednesdays, 1:00 p.m.

Bingo: Wednesdays, 1:15 p.m.

Charlemagne: Wednesdays, 1:15 p.m.

Coloring Club: Wednesdays, 3-4 p.m.

Mexican Train: Thursdays, 10:00 a.m.

Pool Tournament: Thursdays, 12:30 p.m.

Pinochle: Thursdays, 12:30 p.m.

Telephone Bingo: Thursdays at 1 p.m.—call ahead to receive call-in or Zoom information and a Bingo card.

Bridge: Thursdays, 1:00 p.m.

Scrabble: Thursdays, 1:00 p.m.

Mahjong: Fridays, 9:00 a.m.

Walking—Daily at 9:15 a.m. (check calendar for changes).

Computers—Daily for members only.

HELP US TO EXPAND THE PEAK CENTER HOURS!

PEAK Center volunteers are needed from 1-3 p.m. Monday through Thursday. Please contact Sharon at (860)747-5728 for more information and to sign up. Both regular and float-er volunteers are needed.



INSTANT UPDATES

Be sure you are getting the latest information from the Senior Center by providing us with your email address. Sometimes we get important news to share after the newsletter has gone out, or there's something that is so timely, we want to be sure our members get the information right away. We will never give out or sell your email. All personal information (address, phone, e-mail) remains confidential. E-mail us even if you think we have your e-mail address at beamc@plainville-ct.gov to provide your email (include your full name & phone number in the event we have any questions). Check your Spam folder & add the Senior Center to your contact list.

SETBACK WEEKLY TOURNAMENT WINNERS

March 7: 1st: Sally Miller & Gail Kreneck, 2ND: Donna Albrecht & John Gasparini, 3rd: Carol Diana & Mary Levanti.

March 14: 1st: Donna Albrecht & Anne Theriault, 2nd: John Gasparini & Gemma Croteau, 3rd: Charlie Stepney & Elaine Chartier.

March 21: 1st: Verna Pekrul & Bernard Grabeck, 2nd: Joe Babin & Marla Ludwig, 3rd: Grace Lapila & Rose Dunlop.

WEEKLY POOL TOURNAMENT WINNERS

March 10: 1st: John Gasparini, 2nd: Stan Funk

March 17: 1st: Stan Funk/Val Dumais, 2nd: Ray Phillips/John Gasparini.