

**NEWS & EVENTS**

**APRIL 2023**

**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**

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

**MEMORY CAFÉ AT THE SENIOR CENTER**

**THURSDAY, APRIL 27, 2:00 P.M.**

**CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.**

Memory Café is a warm & welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, and engaging environment that gives everyone a place to make new friends and interact with others. Enjoy appropriate activities such as crafts, games, music and conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Ronda Guberman at the Senior Center. 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.

**THE PEAK FITNESS CENTER IS OPEN!**

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. Work out when you want. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

**BECOME PART OF A GLOBAL MOVEMENT,  
BECOME A DEMENTIA FRIEND**

**THURSDAY, APRIL 13, 2023 10:00 AM—11:30 AM**

Dementia Friends is part of a global movement that is changing the way people think, act and talk about dementia. Becoming a Dementia Friend simply means finding out more about how dementia affects a person—then armed with this understanding, doing small everyday things that can help people throughout our community. Join Erica DeFrancesco, MS, OTR/L, Director of Community Education, LiveWell as we take an interactive class to learn what it is like to live with dementia and then learn how to turn your knowledge into action. Call the Senior Center to register for this class.

**GOAT PARTY**

**TUESDAY, MAY 9, RAIN DATE: MAY 10**

**1:00 PM—2:00 PM AT NORTON PARK PAVILION**

**COST: FREE CALL THE SENIOR CENTER TO REGISTER, SO WE KNOW HOW MANY PEOPLE WISH TO ATTEND. FOR MEMBERS ONLY.**

We had so much fun last year, petting, feeding & snuggling with goats, that we just had to do it again! Don't miss out on this fun experience with Got Your Goat from Washington Depot! Call the Senior Center or register online, [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville) to reserve your spot!



**Balloon Festival Volunteers  
Needed-See Page 5**

**Plainville 'Senior' Prom  
April 27—See Front Desk**

**COVID Clinic  
See page 4**

**Kentucky Derby  
See page 4**

**Driver Needed  
See Page 5**

**Café Menu  
See Page 6**

# CLASSES & PROGRAMS

## QUILTING CLASSES

**\*STITCH IN TIME**, WORK ON YOUR OWN PROJECTS  
WEDNESDAY, APRIL 26, 9:30 —11:30 AM, \$2.00

### **\*3-DIMENSIONAL STAR**

WEDNESDAYS, MAY 3, 10, 17, 24

9:30 AM —11:30 AM

COST: \$8.00. SIGN UP BEGINS APRIL 4

INSTRUCTOR: DARLENE BACHAND—A beautiful quilt made with easy half square triangles!

## NEEDLE FELTING CLASS:

### A CARDINAL IN A NEST

WEDNESDAY, APRIL 19, 1:30 PM—2:30 PM

COST: \$20.00 —INCLUDES MATERIALS.

SIGN UP BEGINS APRIL 4

INSTRUCTOR: DIANA SHEARD

Spring is here and so are the beautiful birds! Everyone welcome! No prior experience necessary. Learn, laugh and leave with your very own creation: a beautiful cardinal in a nest! Sample on display in the showcase.

## PAINT POURING CLASS

TUESDAY, APRIL 18, 1:30 PM TO 2:30 PM

COST: \$15.00, LIMIT OF 15

INSTRUCTOR: SUNNY SWEARSKY,

FLUID PAINT ARTIST -SIGN UP HAS BEGUN.

Acrylic pouring is a wonderful abstract art technique in which acrylic paints are poured onto a canvas or other painting surface. The paint is made fluid by adding a medium. The paint is then poured onto the canvas, creating a beautiful and unique design. During the one hour workshop, Sunny will walk you step by step to create a beautiful work of art on an 8" X 10" canvas ready for hanging. No two paintings are the same. There is no experience required!



## WARNING SIGNS OF DEMENTIA LUNCH & LEARN

THURSDAY, APRIL 20, 12:00 PM—1:00 PM

COST: FREE. CALL THE SENIOR CENTER BY APRIL 14 TO REGISTER.

Program includes a complimentary lunch (turkey sandwich, chips, pasta salad, cookie and beverage) Heather Hitchcock, CDP, Community Educator with Bristol Behavior Health will discuss the 10 warning signs of dementia. She will also review the many types of dementia and provide information about what's normal aging and what is not with regard to memory issues.

## BREAKFAST CLUB – MEN AND WOMEN INVITED

TUESDAY, APRIL 18, 9:00 AM

Join us for an informal breakfast at D' Marie's Restaurant, 17 Whiting Street, in Plainville! You'll order (and pay on your own) off the menu. Enjoy breakfast out with a great group of friends. If we have enough interest, we will try and make this a regular event! Call the Senior Center to register.



## CLOWNIN' AROUND-COME

### MEET VALENTINE THE CLOWN AND HAVE CLOWNIN' FUN

WEDNESDAY, APRIL 12, 1:30 PM

COST: FREE, CALL THE SENIOR CENTER TO REGISTER.

Come spend time with Valentine The Clown as she applies her makeup and discusses Clown life over the past 40 years. Learn something along the way, followed by some entertainment with balloons and clown magic. Enjoy circus treats too!!



## SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY, APRIL 20, 10:00 AM

CALL TO REGISTER (860)747-5728

Share photos from anytime or place. Show us something you learned **OR** a special photo **OR** one of your all time favorites! Bring ideas for future classes, trips & lectures.

## MEMORY SCREENING

TUESDAY, APRIL 25

10:00 AM—12:00 PM BY APPOINTMENT

CALL THE SENIOR CENTER TO REGISTER

Are you worried about your short-term memory? Take 10 minutes for a Memory Screening from the Alzheimer's Foundation of America—simple & safe "healthy brain check-ups" test memory and other thinking skills. Open to anyone whether they have current memory concerns, are at risk for Dementia, or just want to see how their memory is now for future comparisons. This is not a diagnosis of any particular illness & is completely confidential. Conducted by Hollis Hartman, Memory Care Advisor, Arden Courts.

# MORE CLASSES & PROGRAMS

## HEALTHY BODIES CREATE HEALTHY MINDS

Back again by popular demand! How often do you make time for you? How often do you take the time to make something healthy for yourself? Or do something healthy?

If you answered not often, then this class is for you! Together we will explore healthy eating habits that can assist you in losing or maintaining weight & can help move your body in a healthier direction. We will explore & share recipes, enjoy a healthy meal together, welcome guest speakers, & investigate techniques to reduce stress eating all in a welcoming and supportive atmosphere. Meal planners will be shared.

The course, which is being conducted by Senior Center Group Coordinator Karen Pagliaro, RN, is free.

Sign-up begins on April 4, 2023.

Classes begin Tuesday, April 25, 2023 at 10:00 AM to 11:00 AM & continue weekly through May 30, 2023.

April 25, 2023—Explore MIND Diet and its benefits. Receive food logs, BMI calculator, discuss benefits of water intake and physical activity.

May 2, 2023—Brain Food Lecture: A Registered Dietitian will be giving a lecture about brain health,

including what happens in the brain and affects our memory, food that help our memory, recipes & more.

May 9, 2023—Explore why it's important to both read food labels and interpret them, discuss which aisles in the grocery store to avoid & why they should be avoided, share health recipes you can prepare at home.

May 16, 2023—Stress can lead to overeating, but how do you relieve stress and mindless eating?

May 23, 2023—I hate to exercise...but it is important! Join Maquita Sellers, Exercise Physiologist from GoodLife Fitness, Hartford HealthCare. She will share the benefits of exercise along with ways to incorporate fitness into your daily routine.

May 30, 2023—Going out on the town? No dessert? There must be a healthy dessert I can have!

Please call the Senior Center to sign up for the classes.



## TELEPHONE BINGO IS BACK!

THURSDAY 1:00–2:00

Peggy Grant will be calling bingo over the telephone and on Zoom so you don't have to leave your cozy home to go outdoors! If you'd like to play, call the Senior Center to register and to get a bingo card. There is no charge to play. Playing for fun!



## ADULT COLORIST CLUB

WEDNESDAYS AT 3:00 PM

Come & color with us!! We have everything you need to color & create: coloring books, colored pencils, pens, markers and more. Connect with other colorists while you enjoy this relaxing, restorative activity.



## BOOK BUDS APRIL BOOK: "A SPLENDID RUIN"

by Megan Chance

FRIDAY, APRIL 28, 10:00 AM

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

A mesmerizing novel of dark family secrets and a young woman's rise and revenge set against the backdrop of the devastating 1906 San Francisco earthquake. Historical fiction, mystery and thriller all rolled into one spellbinding page-turner! Coffee and tea provided. Please be sure to register as there is limited space. The book is available at the main desk at the library.



## FRESH HERB DÉCOR SIGN

TUESDAYS, MAY 23 & MAY 30, 9:30 —12:00 PM

COST: \$18.00 INCLUDES ALL MATERIALS.

SIGN UP BEGINS APRIL 4 AND ENDS MAY 16.

SPACE LIMITED TO 10.

INSTRUCTOR: PENNY KINDBLOM

Paint and create a wooden herb planter wall hanging which will serve as a decorative piece for your home. The wall hanging is a mixed media dimensional piece. Stain and paint will be involved in the prep work on a wooden plaque. The piece includes three herb pots, filled with moss and a twine flower bow for embellishment. Sample on display in showcase (actual piece may vary slightly). Each student is responsible to bring their own paint brushes in assorted sizes, paper towels and scissors.



## UKULELE JAM THURSDAYS 2:15—3:15 PM

Join our group of ukulele enthusiasts to play and sing. Drop in for a great time.

## EVEN MORE CLASSES AND PROGRAMS

### **COVID-19 BOOSTER CLINIC—OPEN TO THE PUBLIC** **APRIL 10, 9:30 AM—12:00 PM.**

***WALK-INS ONLY AT THE PLAINVILLE SENIOR CENTER***  
***Pfizer COVID-19 Bivalent Boosters offered by***  
***Wheeler's Family Health & Wellness Center.***

Please bring your insurance cards, IDs and Vaccine Cards with you. Only the Pfizer COVID-19 Bivalent Booster will be offered. You can get the Pfizer COVID-19 Bivalent Booster even if you have had the Moderna vaccine in the past. The Pfizer COVID-19 Bivalent Booster is available to those who have had the primary two shot series and the COVID-19 booster in the past. There must be a two month time span from your last COVID-19 vaccination prior to being able to receive this booster. Note the Bivalent Booster is a one-time booster, you cannot get two bivalent boosters.

***The clinics are made possible by a grant to Wheeler from the U.S. Department of Health and Human Services (HHS), through the Health Resources and Services Administration (HRSA).***

### **WELCOME SPRING WITH** **MICHAELA'S 4 O'CLOCK PLANTS**

***MONDAY THROUGH THURSDAY, MAY 8, 9, 10 & 11.***  
***HOURS: 9AM—11AM, 11AM—1PM and 1PM—3PM***  
We are looking for volunteers to sell 4 O'Clock plants at the Plainville Senior Center. 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 & the Plainville Library.



### **THE LIFE AND TIMES OF SIDNEY POITIER**

***THURSDAY, MAY 11, 10:00 AM FREE***

***Presented by Joe Ouellette "The History Guy"***

***Call the Senior Center to register beginning April 4.***

Sidney Poitier was one of the major stars from the Golden Age of Hollywood Cinema. Poitier was an actor, film director and diplomat who challenged the thinking of our generation and others and led the way to open dialogue between different racial insensitivities. We saw this in the Blackboard Jungle, Lilies of the Field, A Raisin in the Sun, To Sir With Love, Guess Who's Coming to Dinner and other outstanding films. Join us to remember this outstanding individual and his contributions to the film industry and perhaps our own lives.

### **GRAPHOANALYSIS (HANDWRITING ANALYSIS)** **CLASS**

***WEDNESDAYS, MAY 10—JUNE 28, 8 WEEKS***

***1:30 PM—3:00 PM***

***COST: \$29.00. INCLUDES ALL MATERIALS.***

***SPACE IS LIMITED TO 10. SIGN UP BEGINS APRIL 4.***

***INSTRUCTOR: PAT SENICH, CERTIFIED***

***GRAPHOANALYST, 55 YEARS OF EXPERIENCE.***

Are you ready to uncover the secrets hidden in your handwriting? Unlock personality traits and characteristics you never knew existed with handwriting analysis. Uncover insights into how you interact with others, and discover untapped potential. Unlock the mysteries of handwriting analysis today. A real learning experience for everyone. During this class you will be able to see traits in your handwriting as well as identify in your family, friends and workmate's script. To be specific, you will understand EMOTIONS, THINKING, APPROVAL NEEDS, SUCCESS POTENTIAL, COMMUNICATION and CONCENTRATION the way it appears in cursive strokes of writing, and we take a look at SIGNATURES also. There are over 50 traits covered that can be identified in your handwriting.



### **KENTUCKY DERBY LUNCH & PARTY**

***THURSDAY, MAY 4, 12:00—1:30 PM***

***COST: \$8.00.***

***SIGN UP BEGINS APRIL 4 AND ENDS APRIL 28.***

***SPACE IS LIMITED.***

We're off to the races! Join us for a fun afternoon of eating, drinking and "betting" on the horses! Lunch will feature Kentucky Style Fried Chicken Tenders, Potato Salad, Cornbread and Pecan Pie. We'll sip sweet tea and non-alcoholic mint juleps! Wear a fancy hat or a bow tie. Following lunch, we'll "bet" on the horses and have fun horsin' around! Prizes and treats and lots of fun guaranteed!





## IMPORTANT NOTES

### **PLAINVILLE FIRE COMPANY, HOT AIR BALLOON FESTIVAL**

**FRIDAY, AUGUST 25 & SATURDAY AUGUST 26**

at **NORTON PARK**-Volunteers needed as Server/Runner,



Parking, Novelty Booth and Clean Up. Go to [plainvillefireco.com](http://plainvillefireco.com) for details and to sign up. More details about this exciting event to follow in our May newsletter.

**SAVE  
THE  
DATE!**

### **INCOME TAX PREPARATION: BY AARP TAX AIDE & HRA VITA TAX COUNSELORS—FULL**

Call the Senior Center to get on a Wait List. Free income tax preparation assistance by certified volunteer tax counselors for low to moderate income taxpayers.

### **PLAINVILLE SENIOR CENTER PART TIME DIAL-A-RIDE DRIVER NEEDED!!**

The Plainville Senior Center and Human Resources Agency (HRA) of New Britain run a transportation system to provide Dial-a-Ride for Plainville residents 60 and over.

There is an immediate opening for a morning driver Monday to Friday. Drivers must have an F-

endorsement (Taxi, Livery, Service Bus/Coach) or a CDL in order to drive the 14 passenger, wheelchair lift equipped bus. Paid training and hourly wage provided. Approximately 19-22 hours per week. HRA fringe benefits provided. The F-endorsement info can be obtained online or from Shawn or Ronda. Reimbursement for Medical Exam available. Contact Shawn or Ronda at the Senior Center 860-747-5728. For more information about Human Resource Agency & the application process, contact Nancy Shannon at 860-589-6968 ext. 3.

### **INTERGENERATIONAL PROGRAM**

For All Ages is offering their free 'Tea @ 3' Community to residents age 55+. This program pairs an older adult with a college student based on common interests for a weekly 20 minute phone call during the college semester and runs each spring and fall for 12 weeks.

You'll receive a free welcome kit that includes your choice of tea, a handcrafted mug cozy, and conversation starters. For All Ages will share only your first name, phone number, and your common interests with your Tea-Mate. Together, you and your Tea-Mate will decide the day & time that works for your weekly call.

Each week you'll receive an email with ideas for that week's conversation. You'll share laughter, joy, & perhaps a recipe or 2! Together, you'll grow a new friendship.

\*Bonus: You are welcome to attend 2 optional, live Zoom events where you can meet other Community members. \*Sign up for the fall session by noting 'Fall 2023' under the 'Interests' section of the signup form.

\*For more information & to sign up online, visit:  
[www.forallages.org/tea-at-3](http://www.forallages.org/tea-at-3).



### **COME JOIN THE LOCAL CHAPTER OF AARP**

Meetings are the 3rd Wednesday of every month at 1:00 PM. Next one is April 19 at the Faith Bible Church, 168 Unionville Avenue, Plainville. Refreshments are served.

AARP TRIPS: June 7, 2023, Trip to Maggiano's Famous Italian Restaurant and then off to Boston's Encore Casino on the waterfront. COST: \$110.00.

## VETERANS' NEWS & ACTIVITIES

### **VETERANS' SOCIAL HOUR**

**TUESDAY, APRIL 25, 10:00 AM**

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.**



### **HELP FOR VETERANS**

Our new Veterans Service Officer, CT Department of Veterans' Affairs, is Eric Vickers. He will be at the Senior Center April 5 at 10:00 AM. By appointment only. To schedule an appointment, call Eric at 203-805-6343.

## NOTEWORTHY

### GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or "give a-ways" or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details. Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov. PLEASE NOTE: we do not share our email address list with anyone.

### DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu is available at the Senior Center.

### SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.

### APRIL DISPLAY: PAINTED EGGS

Sheri Bolduc will display her egg-citing collection of beautiful painted eggs of all kinds, including goose and ostrich. She has about 30 eggs from all over the world including Ukraine and Poland.



### ROLLATORS-ROLLING WALKERS WITH SEAT NEEDED

The Senior Center is looking for rolling walkers with seats to loan out. Call us at (860)747-5728 to make arrangements to drop off.

## VOLUNTEERS

### PEAK CENTER FLOATER VOLUNTEERS NEEDED

We need floater volunteers to cover shifts when our regularly scheduled volunteers need coverage. We would like to add names to our call list of volunteers who might be able to cover a two-hour shift as needed. Floater volunteers will get a reduced subscription to the PEAK Center. Please call if interested.

### Attention Fabulous Volunteers! The Volunteer Board is Back!!

Please be sure to record your hours. You can use the board or online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!



### THE SENIOR CENTER LE PETIT CAFÉ IS OPEN!

Join us for a fresh and delicious lunch, prepared to order on **Tuesdays and Wednesdays, 11:30 - 1:00**. Homemade soups, our famous grilled cheese sandwiches, BLT's and a new "build your own salad" featuring your choice of fresh greens, tomatoes, hard boiled eggs, peppers, red onion, glazed walnuts and more! Each week we feature a new special in addition to the regular menu. Fresh baked cookies are also available.



### CASH OR CHECK ONLY

**For our loyal café customers... buy 5 paninis, sandwiches, salads or specials and get one free!**

**APRIL 4 & 5:** Shepard's Pie

Soup: Matzo Ball Soup

**APRIL 11 & 12:** Kielbasa & Pierogis

Soup: Clam Chowder

**APRIL 18 & 19:** Loaded Baked Potato Bar (choice of toppings: broccoli, bacon, cheddar cheese, scallions, sour cream)

Soup: White Chicken Chili

**APRIL 25 & 26:** Vegetarian Chili Bar (choice of toppings: fritos, cheese, sour cream, scallions)

Soup: Corn Chowder



# 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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

## **BEGINNERS GENTLE CHAIR PILATES/BALANCE**

*MONDAYS, 2:45–3:45 P.M.*

*INSTRUCTOR: CAROLINE DUBE*

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

## **CARDIO CHAIR FITNESS** *TUESDAYS, 1:30–2:15 PM*

*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 & stretching.

## **BALANCE CLASS** *TUESDAYS, 2:30–3:15 PM*

*INSTRUCTOR: NANCY PANDOLFO*

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

## **ZUMBA GOLD**

*WEDNESDAYS, 9:30–10:30 A.M.*

*INSTRUCTOR: DENISE LIPKA*

Latin and international dance rhythms create a great cardio workout!

## **SILVER SNEAKERS CLASSIC IS BACK!**

*FRIDAYS, 10:00 AM–10:45 AM*

*INSTRUCTOR: NANCY PANDOLFO*

**FREE IF YOU HAVE SILVER SNEAKERS.**

Join in the fun in this certified Silver Sneakers class.

Exercises are done in a chair and combine cardio and strength training. Beginners welcome.

## **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 & standing yoga poses, lots of stretching & Pilates. In Pilates, you will target a specific muscle, squeeze it & work through a motion which also tones your lower body and core.



## **THE PEAK FITNESS CENTER IS OPEN!**

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. PEAK Center hours are: **Monday—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

# CLASS DESCRIPTIONS

## **ACRYLIC PAINTING**

*MONDAYS, 10:00 AM—12:00 PM*

*INSTRUCTOR: ABBE WADE*

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

## **CERAMICS**

*THURSDAYS, 9:30 AM —11:30 AM*

*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, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

## **KNITTING/CROCHET**

*THURSDAYS, 1:00 PM – 3:00 PM*

*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.

## **WATERCOLOR CLASS**

*FRIDAYS, 9:30 AM-11:30 AM*

*INSTRUCTOR: PENNY KINDBLOM*

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

# CLASS SCHEDULE Class descriptions on pages 2, 7

**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 4 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting April 11 if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins April 4th
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	Apr. 10—June 5, 8 weeks, \$16.00 <b>No Class May 29</b>	
Power Burst	1:30-2:30	Apr. 3—May 8, 6 weeks, \$12.00	May 15—June 26, 6 weeks, \$12.00 <b>No Class May 29</b>
Chair Pilates & Balance	2:45-3:45	Apr. 3—May 8, 6 weeks, \$12.00	May 15—June 26, 6 weeks, \$12.00 <b>No Class May 29</b>
<b>TUESDAY</b>			
Cardio Chair Fitness w/ Nancy	1:30-2:15	Mar. 21—May 2, 6 weeks, \$12.00 <b>No Class April 25</b>	May 9—June 13, 6 weeks, \$12.00 TIME: 1:00—1:45
Balance Class	2:30-3:15	Mar. 21—May 2, 6 weeks, \$12.00 <b>No Class April 25</b>	May 9—June 13, 6 weeks, \$12.00 TIME: 2:00—2:45
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30	Mar. 22—May 10, 8 weeks, \$24.00	
Quilting	9:30-11:30	<b>See page 2</b>	
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	Mar. 16—Apr. 27, 6 weeks, \$24.00 <b>No Class March 30</b>	May 4—June 8, 6 weeks, \$24.00
Knitting/Crochet	1:00-3:00	Mar. 30—May 4, 6 weeks, \$12.00	May 11—June 15, 6 weeks, \$12.00
<b>FRIDAY</b>			
Watercolor	9:30-11:30		Apr. 14—June 16, 10 weeks, \$30.00 (Includes Paints)
Silver Sneakers Classic	10:00-10:45	Mar. 24—May 12, 6 weeks, \$12 <b>No Class Apr. 7 &amp; Apr. 28</b> <b>Free if you have Silver Sneakers</b>	<b>FOR: Silver Sneakers and Yoga-lates</b> <b>May 19—June 23</b> <b>Free if you have Silver Sneakers <u>OR</u></b> <b>\$2.00 per class—pay teacher at class.</b> <b>Must register in advance at the Senior Center.</b>
Yoga-Lates	11:00-11:45	Mar. 24—May 12, 6 weeks, \$12 <b>No Class Apr. 7 &amp; Apr. 28</b> <b>Free if you have Silver Sneakers</b>	

## HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to [www.schedulesplus.com/plainville](http://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. 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.**



# SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

## CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, April 11** at 10 AM at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center 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 on **Tuesday, April 18** at 10:30 AM, 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](http://www.schedulesplus.com/plainville) to register.



## FREE COVID-19 TESTS

Every home in the US is eligible to receive a 3rd round of free at-home COVID-19 tests. Up to 8 kits available. Order yours today and tell a friend to do the same! <https://www.covid.gov/tests>.

- ♦ For those who need assistance ordering, please come to the Senior Center front desk.

## HOMEOWNERS TAX RELIEF BENEFITS FOR ELDERLY AND DISABLED

The Town of Plainville Assessment & Collections Department is accepting Homeowners Tax Relief applications for qualified elderly and disabled homeowners. Applications must be filed by **May 15, 2023**. Income limits must not exceed \$40,300 for a single person and \$49,100 for a married couple. The Town of Plainville also sponsors a local option elderly program. Income limits must not exceed \$46,800 for a single person and \$53,000 for a married couple. Applicants must be 65 years or older prior to December 31, 2022 or have a 100% disability rating from the Social Security Administration and must own and reside in the property for which tax relief is being sought. Additional benefits for Veterans are also available. Call the Town of Plainville Assessment & Collections office for information and to schedule an appointment, 860-793-0221 ext. 7136.

## ENERGY ASSISTANCE

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$39,791 (gross) and a family of two could possibly make \$51,996 (gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** Please call 860-356-2000 or go online to: <https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

**FOOD SHARE PROGRAM - THE SEVENTH DAY ADVENTIST CHURCH** This program is offered Wednesdays for Plainville residents needing food assistance. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up, & a volunteer will put the groceries in your car!

## BEREAVEMENT SUPPORT WORKSHOP

### HARTFORD HEALTHCARE—FREE

*BEGINS WEDNESDAY, MARCH 29*

*8 Week Program*

*2 Options:*

1. In-person group @Hospital of Central CT, New Britain 3:00 PM—4:30 PM
  2. Virtual Zoom Group 5:00 PM—6:30 PM
- Space is limited. To Register:  
[Hartfordhealthcare.org/events](http://Hartfordhealthcare.org/events) OR  
Call 1-855-442-4373.

**SNAP** stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were **INCREASED** as of October 1, 2022. There is no asset limit. **Single \$2,265; Couple \$3,052.** Call Stephanie with any questions or to assist with an application.



# OUTDOOR ADVENTURES

## WALK AT PISTOL CREEK, BERLIN

DATE: FRIDAY, APRIL 21

TIME: MEET AT SENIOR CENTER AT 10:00 AM OR MEET AT 10:30 AM AT PISTOL CREEK, 600 SPRUCE BROOK RD., BERLIN Cost: Free! Space limited to 10. Call the Senior Center beginning April 4 to register.

Join outdoor adventure leader, Eileen Cyr, for what is considered by some as "heaven on earth"! This special park has sweeping views that make you feel like you're on the edge of the world, a lush natural surrounding that's popping with vibrant colors, & even some waterfront views. This is an easy walk on mostly paved trails. Participants must be able to walk at least 1 mile without stopping. We will walk for 1 hour or up to 3 miles. Following the walk, join the group for lunch at the Pine Loft, Berlin (pay on your own).

## URBAN ADVENTURE & HISTORY TALK IN HARTFORD

DATE: FRIDAY, MAY 19

TIME: MEET AT PLAINVILLE PUBLIC LIBRARY AT 8:15 AM. WE WILL BE TRAVELING TO HARTFORD ON THE CT FASTRACK BUS, WHICH WILL DEPART FROM THE LIBRARY AT 8:35 AM. COST TO RIDE THE BUS IS \$1.70. BRING EXACT CHANGE.

Call the Senior Center beginning April 4 to register. Space limited to 10.

Join outdoor adventure leader for a day in the Capital! We will travel to Hartford and will attend a 2-hour history lecture by Wendy, a Hartford Historian. Coffee and bagels will be served. We will then have a short walk around Bushnell Park and head toward City Steam Brewery for lunch. Then we will walk to the bus stop and return to Plainville approx. 3:45.

## ELM CITY PARTY BIKE TOUR & PIZZA, NEW HAVEN

DATE: SATURDAY, JUNE 24

TIME: BUS DEPARTS FROM SENIOR CENTER AT 10:15 AM, RETURNS 3:00 PM

COST: \$75.00 Includes transportation to New Haven, 2-hour party bus tour, gratuity to bike tour leader, pizza and beverage.

Sign up begins April 4. Space is limited.

Join outdoor adventure leader, Eileen Cyr, for a fun afternoon touring New Haven. We will ride aboard New England's first and foremost pedaled party and sightseeing bike! The Elm City Party Bike is a fun, social and relaxing way to experience the city while exercising. We will all be on the same party bike and will share in the pedal power! We'll stop for pizza and enjoy it while on the party bike. This 2-hour cruise will provide breezy and exciting views of New Haven's downtown, East Rock & Wooster Square districts. Trained drivers steer you through the streets cruising with the power of your legs and feet! Feel free to bring your own snacks and additional beverages, if you'd like. This trip goes rain or shine and is non-refundable if we cannot fill your space.



## UPCOMING ADVENTURES: WATCH FUTURE NEWSLETTERS FOR MORE DETAILS!

- \* Rocky Neck Beach Walk, June 16
- \* Collinsville Kayak, July 14
- \* Milford Boat Pedal Cruise, TBD
- \* "Riches of Hartford" Scavenger Hunt, September 20

## MONTHLY SHOPPING TRIPS

### EASTER SHOPPING AT SHOP-RITE OR WALMART IN SOUTHTON-WEDNESDAY, APRIL 5

HOME & SENIOR CENTER PICKUPS BEGIN 12:00. Shop for approx. 2 hours. Return from store approx. 3:30. Do your Easter shopping at either Walmart or Shop-Rite. (Our normal Friday date is Good Friday so we are moving to Wednesday.)  
**\*Masks required on bus.**



**BRISTOL SHOPPING PLAZA** FRIDAY, APRIL 21  
HOME AND SENIOR CENTER PICKUPS BEGIN 8:30 AM Shop for APPROX 2 hours. Return pickups from store begins approximately 11:30 AM. Timing depends on number of shoppers signed to attend. Times may vary slightly. **\*Masks required on bus.**

## CURRENT TRIPS

### **CAPTAIN JP CRUISE—LOCKS & LUNCH—SATURDAY, JUNE 24, 2023**

**COST:** \$133.00 PER PERSON-(as our share has added a Tour Director)

**SIGN UP HAS BEGUN. DEPARTS SENIOR CENTER** Enjoy a 3-hour cruise to the locks north of Troy, NY. Watch as we rise 17 ft. through the locks and also visit the NY State Museum Center of Art History & Science.

Complete buffet with onboard entertainment. **OPEN TO THE PUBLIC**



### **NATIONAL PARKS: ARIZONA ADVENTURE & LAS VEGAS 10/06/2023—10/13/2023-**

Looking for a trip that combines the beauty of our Great National Parks: the Grand Canyon, Sedona, Petrified Forest, ancestral Pueblo dwelling perched on the edge of a volcanic field, Painted Desert, Historic Route 66, a Pink Jeep tour, Red Rocks and Hoover Dam. Lots of outdoor sights away from crowds and COVID, fully escorted so you can relax and enjoy, dip your toe into Las Vegas for shows, sights, shopping & lady luck! Flyers available now at the Senior Center.

You can sign up now—with Friendship Tours. See Shawn for Questions. **OPEN TO THE PUBLIC**

### **SALEM & MARBLEHEAD, MA: WEDNESDAY, MAY 31, 2023**

**COST:** \$126.00 PER PERSON. **DEPARTURE:** 7:45 AM, **ESTIMATED RETURN:** 7:30 PM

**DEPARTS FROM OLM PARISH CENTER, 19 South Canal St., Plainville**

Upon arrival in Salem, enjoy a Buffet Lunch at the Historic Hawthorne Hotel followed by a riding guided tour of Salem and Marblehead. Marblehead is a beautiful and fascinating village, Beautiful Homes, Castle Rock for spectacular views of the Atlantic. Free time for shopping in Salem on Pickering Wharf.

**NOTE:(AT THE TIME OF PRINTING, THERE WERE 4 ADDITIONAL SEATS AVAILABLE) OPEN TO THE PUBLIC**

### **MOSES—AT THE SIGHT & SOUND THEATRE PLUS THE DUTCH APPLE DINNER THEATRE**

**LANCASTER, PA WEDNESDAY—FRIDAY, AUGUST 2—4,**

**COST:** \$615.00 PER PERSON FOR DOUBLE/TRIPLE, \$745.00 PER PERSON SINGLE

**DEPARTS FROM OLM PARISH CENTER, 19 South Canal St., Plainville DEPOSIT :** \$150.00 due at sign up.

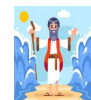
**FINAL PAYMENT DUE:** June 14 **TRIP PROTECTION COVERAGE MATERIALS AVAILABLE.**

**INCLUDED:** Transportation, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions as per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity, Hotel Amenities: pool, fitness center

**DAY 1:** 2 nights at Comfort Suites Amish Country, buffet dinner and show at the Dutch Apple Dinner Theatre:

**DISNEY'S NEWSIES**—set in 1899 NY City **Day 2:** Visit the heart of the Amish farmlands. Lunch/shopping **KITCHEN KETTLE VILLAGE.** Afternoon: Reserved seating for **MOSES DAY 3:** Hershey, PA, 'The Sweetest Place on Earth' for a guided tour that highlights Milton Hershey's fascinating life. Visit the **WIND CREEK BETHLEHEM CASINO** for 2 1/2 hours—time for lunch, gambling and outlet shopping. (No Casino Bonus)

**NOTE: (AT THE TIME OF PRINTING, THERE WERE 5 ADDITIONAL SEATS AVAILABLE) OPEN TO THE PUBLIC**



### **UPCOMING TRIPS: A FEW OF THE TRIPS WE ARE PLANNING**

**\*MORE INFO IN FUTURE NEWSLETTERS\***

#### **Motor Coach Tours**

**October 10:** Covered Bridges of New Hampshire

#### **Aqua Turf Parties**

(Drive on your own until we hire another DAR Driver)

**August 15:** "Come Fly With Me"—Music from Sinatra, Kenny Rogers, Tim McGraw, Dionne Warwick, Dianna Ross, & Roberta Flack

**September 12:** Donna Summers Tribute

**November 8:** Elvis is in the Building!

**December 12:** Holiday Classics with Downtown 6 Band! Sing-along from The Glamour Girls & Santa George & Mrs. Claus!

**2024:** Lake George Luncheon Cruise—We are hoping to offer this trip again in 2024.



### **ISLAND HOPPING-NANTUCKET & MATHA'S VINEYARD:**

**FRIDAY—SUNDAY, AUGUST 18—20**

**DEPARTURE:** SENIOR CENTER

**COST:** \$729 DOUBLE/TRIPLE-\$919 SINGLE

**DEPOSIT:** \$200 per person due at sign up.

**Balance due by May 19,**

**Day 1:** JFK Museum, 2 Nights at the **HOLIDAY INN CAPE COD HYANNIS.**

**Day 2:** Daytrip to Nantucket Island, Ferry Guided Tour, Free time: lunch, shopping or biking before return to mainland.

**Day 3:** Ferry to Martha's Vineyard. Guided tour Highlights include Victorian cottages and quaint shoppes. **OPEN TO THE PUBLIC**

# HEALTH PROGRAMS AND INFORMATION

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**NEW INCOME LIMITS:**  
**MEDICARE SAVINGS PROGRAM (MSP)**  
**Singles Range From: \$2,564 to \$2,989**  
**Couples Range From: \$3,468 to \$4,043**

***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): 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.

## **DEMENTIA SUPPORT GROUP**

Arden Courts of Farmington—45 South Road, Farmington, CT 06032  
<https://www.arden-courts.org/farmington>  
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month beginning **January 3rd** at 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or [Hollis.Hartman@promedica.org](mailto:Hollis.Hartman@promedica.org).

## **WOMEN WITH HEART DISEASE SUPPORT NETWORK**

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington.

To sign up for the support group call:  
1.855.HHC.HERE (1-855-442-4373).

## **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.

## **ACTIVE LIVING TOOLKIT**

### ♦ **LIVE WELL WITH CHRONIC CONDITIONS TELEPHONIC WORKSHOP—**

**BEGINS MARCH 14, 2:30 PM**

### ♦ **LIVE WELL WITH CHRONIC PAIN TELEPHONIC WORKSHOP—BEGINS MARCH 6, 11:00 AM**

The toolkit can be sent directly to participants at no cost and includes all learning materials. (Must share name, address and phone number)

Contact: Carley Taft at  
[carley.taft@ncaaact.org](mailto:carley.taft@ncaaact.org) or  
860-724-6443 Ext. 224

Six weekly meetings, approx. 1 hour long.



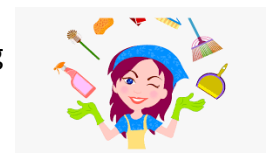
## **SCAM ALERT**

### **BEWARE OF THE 'NEW MEDICARE CARD' SCAM**

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. This scam may be even more effective since the fraudsters obtained PPI (Personally Identifiable Information) and may use that information to gain trust. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.

## **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 ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.





## Donations

FEBRUARY 15—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.*

### MEMORIAL DONATIONS

#### IN MEMORY OF Lucille Boilard:

Joan Ciesielski

#### IN MEMORY OF: Eunice Carden

Rosaleen Peters, Joan Ciesielski

#### IN MEMORY OF: Gail Daigle

Rosaleen Peters

#### IN MEMORY OF: Ida Pedrolini

Wayne & Martha Kozlowski,  
Angelica & Zaya Oshana

#### IN MEMORY OF Rosia Plourde:

Carol & Tom Loiselle

#### IN MEMORY OF Janice Rogers:

Joan Ciesielski

#### IN MEMORY OF: Thomas St. Onge

Choral Group, Anonymous, Bernadette Albert

### GENERAL DONATIONS

Edith Hemingway, Sally Cobrain, Rosemarie Nybara, Diane Chamberlain, Rosaleen Peters, Manli Luo, Grace Nelson, Abbe Wade, Theresa McLaughlin, Heidi Ulrich, Madeline Drake, Allen & Joan Gridley, Lenora Beck, Virginia Salmon, Ann Marie Tardiff, Anonymous, Mary Jane Groth, Richard Smith



## Cheer Report

FEBRUARY 15—March 15

*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:

Mike Hermonoski, Dorothy Mikulak, Catherine Trombley, Helena Niziolek, Tom Loiselle, Ceal DiFrancesco, Pierre Morin, Ann Testa, Norma Weisenburger, Beatrice Dumont, Skip Kensel, Richard Belden, Jeanine Martino, Sally Miller, Donna Cook

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

Robert Corriveau, Salvatore Cristofaro, Rosia Plourde, Beverly Farnham, Norma Weisenburger, Lorraine Cosini, Mary Ellen Fiorot

### SYMPATHY CARDS WERE SENT TO:

Bev Heslin, Joanne Chadziewisz, Joan McBain, Madeline Drake, Juliana Rudolph, Louise Gendreau



*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!*

*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.*

### DIAL-A-RIDE DONATIONS

Marci Negro, Choral Group, Rosaleen Peters, Ruth Anderson, Anonymous

### FEBRUARY NEW MEMBERS



Karen Casey, Jill Denver, Leona Diemesevich, Terry Lemanski, Mary Lou Lepore, Stephen Mason, Roberta McConnell, Patricia Meneo, Lisa Mullennix, Jacqueline Panetta, Pauline Siracusa and Theresa Tatro

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## FUN AND GAMES

### WEEKLY SETBACK TOURNAMENT WINNERS

**FEB. 27:** 1st: Mary Levanti & Linda Dominique 2nd: Donna Albrecht & Sandy Tyminski 3rd: Jackie Lemelin & Sandra Colello

**MAR. 6:** 1st: Elaine Chartier & Marla Ludwig 2nd: Sandy Tyminski & Donna Albrecht 3rd: Mary Ann Cunningham & Liz Aloï

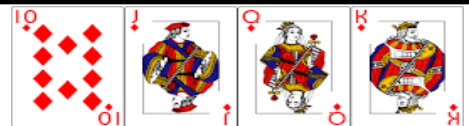
**MAR. 13:** 1st: Linda Dominique & Mary Levanti 2nd: Randy & Pat Skrzyniarz 3rd: Madeline Drake & Donna Albrecht

**Mar. 20:** 1st: Elaine Chartier & Jackie Lemelin 2nd: Sandy Robinson & Butch Gudat 3rd: Alyce Lembo & Marla Ludwig/Maryann Cunningham & Liz Aloï

### WEEKLY POOL TOURNAMENT WINNERS

**FEB. 23:** 1st: Bob Korpita 2nd: John Gasparini

**MAR. 2:** 1st: Bob Korpita 2nd: Stan Funk



### POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play—NO need to sign up, just show up.

EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.

### MEGA SIGN-UP DAY APRIL 4, 9:15 AM—4:45 PM

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.



### FREE/GIVE-A-WAY ITEMS AT THE SENIOR CENTER

The Senior Center has 2 areas that have items such as books, magazines, cards, trinkets, puzzles, etc. that people can have for free. There is a counter in the lounge (next to the computer stations) & a table in the green room.

\*If you see something anywhere else in the building, do not assume it is meant to be given away. It belongs to the Senior Center. If you are unsure, please ask a staff member.

### CONGRATULATIONS

#### RAFFLE WINNER—QUILT

Flo Nixon is the lucky winner of the beautiful quilt donated by Linda Altmeyer. Donations benefit Dial-a-Ride.

### CONGRATULATIONS

#### RAFFLE WINNER—Rainy Day

Mike Meehan is the lucky winner.

### DIVERSE UNIVERSE

#### RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226. **Register at: [www.cthealthyliving.org](http://www.cthealthyliving.org). To view the program here, call Ronda at the Senior Center.**

# Transportation

## Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

## SENIOR TRANSPORTATION SERVICES

### ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



## ADDITIONAL TRANSPORTATION OPTIONS

### ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

**Eligibility:** Eligible applicants must be at least 60 years of age or have a disability.

**Trip Cost:** Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.90 per additional mile after that.

**Call Encompass at (860)444-4444 or visit online at [Encompass.M7Ride.com](http://Encompass.M7Ride.com).**

## ADA Paratransit



### ANOTHER OPTION WITH MORE HOURS & DESTINATIONS

**FREE FARES UNTIL MARCH 31, 2023**

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.

ADA Paratransit 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 may be able to use ADA with the help of Dial-a-Ride.

**Plainville hours**, except for major holidays, are:

**Monday-Friday 5:35 AM—Midnight**

**Weekends 6:00 AM—Midnight**

There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

### You Must be Pre-Approved — How to Apply:

The online application can be found at [www.ctada.com](http://www.ctada.com). **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.


**CANCELLATIONS:** please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours please call the dispatch department).

### FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

# APRIL 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	<b>3</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>4</b> <b>MEGA SIGN-UP</b> 8:00 Mammogram. Bus* <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Cardio Chr (BR) 1:30 Circle Grp (CR) 2:30 Balance (BR)	<b>5</b> 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 10:00 Veterans Help (CL)* 12:00 Shopping Bus 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>6</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Knit/Crochet (GR) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:15 Ukulele Jam	<b>7</b> <b>SENIOR CENTER CLOSED</b> 	8
9	<b>10</b> 9:15 Walk (GR) 9:30 COVID clinic (CR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>11</b> 9:15 Walk (GR) 10:00 Income Tax (GR)* 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Caregiving (CR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 1:30 Cardio Chr (BR) 2:30 Balance (BR)	<b>12</b> 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>13</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Dementia (GR) 12:00 COA (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Knit/Crochet (GR) 1:00 Scrabble (CA) 1:00 Tele. Bingo 2:15 Ukulele Jam	<b>14</b> 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 10:00 Income Tax (CA)* 11:00 Yoga-L(GR)	15
16	<b>17</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>18</b> <b>9:00 NURSE*</b> 9:00 Breakfast Club 9:15 Walk (GR) 10:00 Ladies Pool 10:00 Cribbage (GA) 10:30 Grandparents (CR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (BR) 1:30 Paint Pouring (BR) 1:30 Circle Grp (CR) 2:00 Balance (BR)	<b>19</b> 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 1:30 Needle Felt. (CR) 3:00 Coloring (BR)	<b>20</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 10:00 Snap. Seniors (BR) 12:00 DementiaWarn (GR) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Tele. Bingo 1:00 Knit/Crochet (GR) 2:15 Ukulele Jam	<b>21</b> 8:30 Shopping Bus 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Silver Sneak. Classic (GR) 10:00 Walk at Pistol Creek 11:00 Yoga-L(GR)	22
23	<b>24</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>25</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 9:30 Vet. Social (BR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Healthy Bod. (GR) 10:00 MemoryScree(CL) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR)	<b>26</b> 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>27</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:00 Tele. Bingo 2:00 Memory Café (CR) 2:15 Ukulele Jam	<b>28</b> 9:15 Walk (GR) 9:30 Watercolor (CR) 10:00 Book Buds (OS)	29
30	<b>1</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylic Paint. (CR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	<b>2</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Healthy Bod(GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Balance (GR)	<b>3</b> 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilting(CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	<b>4</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:00 Kentucky Der(GR) 12:30 Pool Tourney 12:30 Pinoc.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (CR) 1:00 Tele. Bingo 2:15 Ukulele Jam	<b>5</b> <b>KEY:</b> GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	6