

We hope this email finds our Plainville Senior Center members safe and healthy. Although the Senior Center is closed, staff are working and always available by telephone, 860-747-5728, during our regular hours. If you live in Plainville, limited Dial-a-Ride is also available for non-emergency medical appointments (as long as you are not sick), grocery shopping, banking, food pantry and pharmacy.



Stephanie Soucy, Senior Center Social Worker is available, by phone (860-747-5728) if you have any questions or concerns about Medicare, financial assistance, caregiving issues and more! Give her a call if you need assistance!



If your phone rings, it might be one of the Senior Center staff!! Staff members Evelyn, Carol, Jan and Tammy are busy calling every one of our members by phone. They're calling to say "hello" and to see how everyone is doing! So far, we've received lots of positive feedback from members saying that it's been nice to chat with someone!

MEMBERSHIP

Please Help Us Update Your Information

Enclosed is a blank membership application. Every three years or so we update our entire membership of over 2,200 individuals. This helps us make sure that you are receiving our newsletter **or** that we can reach you if we need to cancel an appointment **or** if we try to call you and your phone number has changed **or** in an emergency we try to reach your emergency contact and his/her number has changed. Please complete the membership application and check with your emergency names to see if their home, work or cell numbers have changed. We will **not** share your information.

Please return the completed Membership Form to:

Plainville Senior Center
200 East Street
Plainville, CT 06062

Hello Plainville Seniors:

I just wanted to say hello and reassure everyone that the Plainville Police Department is doing well during this unprecedented healthcare crisis. All of us at the police department are certainly hoping that all of you are doing well too!

The Corona virus has certainly tested our ability to plan and coordinate efforts regarding how we would police our town during a pandemic. We are working very closely with the Town government, our regional health director, and our emergency services provider in order to meet our goals and objectives to ensure both your safety and ours.

We have been very successful in gathering the necessary personal protection equipment in order to safely serve our citizens. We have made some very minor adjustments to our day-to-day operations in order to limit the spread of the virus both from inside the department between members and from the outside in. In doing so, we are still able to meet your service needs, dispatch calls for police, fire, and EMS, patrol the town, investigate crime, as well as send copies of any records you may need. I think we have been successful in making these changes with minimal interruption to service delivery.

Rest assured, we are here to protect and serve Plainville 24/7. Our officers and staff are focused on staying healthy and ready to do what we can to see us all through this very difficult time.

Please continue to practice social distancing and other basic healthcare recommendations. I truly believe these basic techniques will help us get through this next few weeks and lessen the numbers of people getting ill in our community.

Stay well!

Chief Matthew Catania

GOOD NEWS

Income Tax Appointments

The good news is the tax filing deadline has been extended to July 15th. Unfortunately, it is too early to know about AARP tax assistance. As soon as we know something about the tax program, we will call those who had appointments scheduled with us.

Social Security Recipients Will Automatically Receive Economic Impact Payments.

The U.S. Department of the Treasury and the Internal Revenue Service announced that Social Security beneficiaries who are typically not required to file tax returns will not need to file an abbreviated tax return to receive an Economic Impact payment. Instead, payments will be automatically deposited into their bank accounts or a paper check will be sent (however you would normally receive your benefits).



Fabric Masks Needed

Some of our high-risk members are in need of face masks. If anyone would like to make and donate fabric masks to the Senior Center, please contact Ronda or Stephanie at 860-747-5728.

Trips, trips, trips

All of our April and May trips have been cancelled including our April Quick Trips and Outdoor Adventure Trips. As soon as we can, we will begin planning trips again. Refunds will be processed in the next few weeks, and we will mail the checks to you.

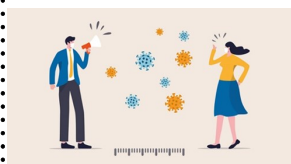
Trips by motor coach that have been cancelled so far are: Do You Love Lucy? Stars of the Grand Ole Opry; Albany Tulip Festival; the Abba Tribute, the Queen Esther trip and Culinary Institute.



As of now, all of our April programs, classes, trips and special events are postponed. We plan to reschedule many of these activities once it is safe to do so. And, we will definitely be planning a huge welcome back party with food, music, and loads of fun!

Want To Be On Our Email List?

We are sending updates during the month by email. Would you like to be on our email list?? Just call the Senior Center at 860-747-5728, give us your email address and ask to be put on our email list.



Here are some other ways to beat the Social Distancing Blues!

Check out the Plainville Public Library for on-line e-books, audio books, downloadable magazines videos and more!

<https://www.plainvillect.com/library/pages/e-books-more>

Free on-line meditation through Copper Beech

<https://www.copperbeechinstitute.org/online-offerings>

Take these virtual museum tours and feel like you are really there!

Simply type the URL's into your web browser as they are shown.

Tennessee Aquarium: <https://www.tnaqua.org/live-cams>

NASA: <https://oh.larc.nasa.gov/oh/>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

Explore museums, culture, photography, wedding fashions, food, 3-D and many different areas around the world at: <https://artsandculture.google.com/>

Holocaust Memorial Museum: Holocaust Memorial Museum: <https://www.ushmm.org/information/exhibitions/online-exhibitions>

Stay Home, Stay Safe, Stay Well

We Miss YOU!!!



While you are sitting at home, take the time to complete the 2020 Census! Your response matters and Plainville is hoping to have 100% participation in the Census. Census results help determine how billions of dollars in federal funding flow into states and communities, they determine how many seats in Congress each state gets, and it's mandated by the US Constitution. There are three ways to complete your census: **online**, **by phone (844-330-2020)** or **by mail**. www.2020census.gov.

If you are aware of any member who is hospitalized, experiencing health issues or in a convalescent home, please call the Senior Center to let us know. Thank you to Carol Perry for continuing to send sympathy, get well and thinking of you cards to our members.



Our Meals-on-Wheels volunteers have been very busy delivering meals to homebound folks and they certainly deserve a huge “high five” if you know any of them: **Gene, Ted, Ana, Bob, Joe, Dale, Leona, Laurie.** Our gratitude for their compassion and dedication for continuing to volunteer during this difficult time is enormous.



The Food Share program at the Seventh Day Adventist Church is available on Wednesdays, for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867.



The Senior Center has a FaceBook page! Be sure to check us out and “Like Us”! Our FaceBook page has a big letter “P” in a blue circle and the logo is our “cover page”

No Need to be Bored While Staying at Home! Join Us for These Virtual Programs!

Zoom on in or use your phone for these virtual programs! If you have a computer, tablet or smart phone you can use the Zoom App to participate in these Senior Center programs! If you haven't used Zoom yet, it's really very easy. We can email you instructions. Call the Senior Center to register for the programs below and/or to receive the instructions on how to use Zoom. Some programs do not require the Zoom App ... you can simply call in with your telephone if you wish! **YOU MUST PRE-REGISTER FOR ALL PROGRAMS. CALL THE SENIOR CENTER!! WE WILL PROVIDE YOU WITH THE ZOOM LINK/PASSWORD AND/OR THE DIAL-IN BY PHONE INSTRUCTIONS!**

Ukulele Class! Join Sue Hill as she teaches a ukulele class on the Zoom App. All you need is a ukulele and a desire to learn! Advanced class is on Tuesdays at 1:00 and Beginners class is on Thursdays at 10:00 a.m.

Gardening Lecture Series, Tuesday, April 28, 12:00 Noon. Jared Scoville presents Growing and Selecting the Best Tomato Varieties for your garden this year. Jared will share details on where to purchase transplants, the different types of tomatoes, selecting heirloom vs hybrid varieties, growing your own from seed, and a live Q & A at the end of the session (lecture will be pre-recorded).

Chair Fitness Classes with Jared. Begins Monday, April 27 at 10:00 a.m. Class will “meet” Mondays, Wednesdays and Fridays at 10:00 a.m. Fitness sessions will be 30 minutes of moderate intensity exercise- to include everything from squats, to stretches, to upper body exercises. Much of the routine is based around a chair, but we will get up and moving too!

Chair Yoga with Diana Gunter, South Windsor Senior Center Instructor. Every Thursday at 12:00 noon.

Jeff the Plant Guy, Tuesday May 26 at 1:00 p.m. You'll have a tour of Jeff's personal plants including his bonsai collection, showing plants breaking dormancy and their transitions from winter to spring. *Many thanks to South Windsor Senior Center for sharing this program!*

Morning Tunes with T-Bone!, Thursday, May 21 at 10:00 a.m. Grab your morning cup of coffee or tea and enjoy the comedic musical styles of Tom “T-Bone” Stankus, “America's Musical Pied Piper”. You will be clapping, singing, and dancing in your living room. ***You do not need a computer to join this meeting, you can call-in on your phone and listen!*** *Many thanks to South Windsor Senior Center for sharing this program!*



Why Not Have Some Fun with this Scavenger Hunt (“borrowed” from our friends at the South Windsor Senior Center!). Share these tasks with us in one of 4 ways: On the Plainville Senior Center Facebook page as a post, through Facebook Messenger, email to guberman@plainville-ct.gov or mail it to the Center, 200 East St., Plainville, CT 06062. **Send in your answers by May 15th.**

Take a selfie

Take a photo of you and your take out meal from a local restaurant (supporting local businesses!)

Take a photo of your animal, or any animal (even a squirrel in your yard)!

Send us an inspirational quote or poem.

A photo of anything outdoors!

A photo of your house or something in your house.

Tell us what your favorite Senior Center program is.

Take a picture of your favorite television show or movie.

If you complete all 8 tasks, you get a prize! If you complete only some of the tasks, you will be entered into a drawing to win a prize.



B	I	N	G	O
List 3 places: You want the senior center to go to when this is all over!	Complete: 20 arm curls 20 knee lifts 20 ankle rolls	Take a Walk OR Get some Sun!	Take 3 deep breaths! -In through your nose, count 1...2...3 -Hold, count 1...2...3 -Out through your mouth, count 1...2...3	Clean out your junk drawer! Throw away garbage, wash the drawer and share the weird items you find with us!
List 3 things: You are grateful for today!	Call: A senior center friend or a family member !	Clean out your pantry/cupboards. How many expired items do you have?	Share: An easy recipe you love!	Name ALL 50 States! NO CHEATING!
Drink 64 oz. of water in one day! Daily Suggestion Source: Webmd.com	Stimulate your mind! Complete one crossword, word search, Sudoku or other puzzle		Reminisce! Look through old photos !	Listen to music that makes you happy !
Attempt a self portrait! Look in the mirror put your skills to work!	Write about: A positive & memorable time in your life!	How many words can you come up with in two minutes using the letters from: CORONAVIRUS	Mail: A letter to a friend or family member	Play a Card Game
Make something creative (Ex: Cooking, drawing, craft, etc..)	Pay it forward! Give someone a compliment	List 3 things: Of which you are grateful	Write down: A piece of advice you would give to younger generations.	Purge ! Go through your phone and clean out apps / pictures that you no longer want or use.


HOW TO PLAY: Complete a row vertically, horizontally or diagonally. Let us know when you have achieved a BINGO, and we will enter one ticket into our raffle with your name on it!

Contact us via email at: guberman@plainville-ct.gov or call us at 860-747-5728.

FIVE BINGO MAXIMUM = 5 RAFFLE TICKET MAXIMUM

Winner will be drawn on **Monday, May 15.**

Thanks to our friends at the Newington Senior Center for this BINGO game.



Stay informed!

Plainville residents can sign up for the “Code Red” town-wide emergency alert system. This free service notifies residents by landline phone, cell phone, text or email with emergency information as needed. Alerts include notification about weather emergencies, shelter openings, chemical spills, missing persons, public health alerts and more. If you’d like some help with registering, call the Senior Center and we can assist you over the phone.

Or, go on line at <https://public.coderedweb.com/CNE/en-US/BF67DA7ADC4A>

Plainville Senior Center

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