



S.E.N.I.O.R. AUGUST 2017

Plainville Senior Center • Dynamic Past • Vibrant Future

Shawn Cohen, Director
Ronda Guberman, Assistant Director
200 East St, Plainville CT 06062

Hours
Monday: 9 A.M.—6 P.M.
Tuesday-Thursday: 9 A.M.—5 P.M.
Friday: 9 A.M.—1 P.M.



Free Sign-Up Day is AUGUST 7. Mega Sign-Up Day is AUGUST 8 9:15 a.m.- 4:45 p.m. REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday 9:15 a.m.-5:45 p.m.; Tuesday through Thursday 9:15 a.m.- 4:45 p.m.; Friday 9:15 a.m.-12:45 p.m. We accept cash and checks made out to Plainville Senior Center **only**.



INDOOR TAG SALE & JEWELRY SALE THURSDAY & FRIDAY, August 17-18 To Benefit Dial-A-Ride & Circle Group Thursday, August 17

\$1.00 Early Bird Admission 9:30—10:00 a.m.
Free Admission: 10:00 a.m.—2:00 p.m.

Friday, August 18

NO EARLY BIRDS. Hours 9:30—11:30 a.m.

Help us by cleaning out your closets, as we are having another of our famous tag sales which includes household items, kids toys, new or used jewelry and lots of other items! (No clothing, shoes, TVs, computers or fitness equipment, please). Call Evelyn to sign-up to help set-up or work the day of the tag sale.

Bring in items for the tag sale between August 7 and August 16. (Please do not bring tag sale items before the drop-off dates as we will not have room to store the items). **Set up for the tag sale will be held on Tuesday, August 15 and Wednesday, August 16.**



AIR CONDITIONING & HEAT

We have many requests each day to change the temperature in our building. If you are not comfortable, please come to the front desk right away and we will have the group or class or event vote (3 choices: “too hot”, “too cold”, or “just right”) majority wins. We will alter the temperature or not depending on the vote. Please remember that we are an older building so some parts of a room (under a vent, for instance) might be colder or in winter, warmer. Also, remember that you can bring a sweater or dress in layers to help you be more comfortable.

SAVE THE DATE: PLAINVILLE SENIOR CENTER CRAFT FAIR

SATURDAY, NOVEMBER 4

If you would like to be a vendor and have a State of Connecticut Sales Tax Number, please contact Evelyn or Ronda. Applications are currently being accepted.



PLEASE NOTE

The Senior Center will be **CLOSED** on August 1, 2, 3 for our annual cleaning. There will be **NO** meals, Peak Center or any activities. *Staff will be available by phone.*



ATTENTION ARTISTS:

Please let us know if you have been accepted in the Art of Experience Pomperaug Woods Juried Art Show. We would love to share the news in our newsletter and run a bus to the Art Show in September.



SAVE THE DATE—MEMBERSHIP BREAKFAST

SEPTEMBER 19, 9:00 A.M.

Full details and registration information will be in the September newsletter. Co-sponsored by The Pines of Bristol.



SNAPPY SENIORS

Important information for members of the Snappy Seniors: We are having a display at the Plainville Public Library for the month of September. The theme is “Water, Water Everywhere.” To prepare for the show, we will have a brief gathering of Snappy Seniors members who wish to display their photos at the Senior Center on Thursday, August 24 at 9:30 a.m. Please bring photos you wish to display ready to hang with your name and title of the photo attached. They can be framed or matted as long as they fit the theme. The group has visited several water venues—Madison, Old Saybrook, Kent Falls, Collinsville, Connecticut River Eagle watch, Cornwall Covered Bridge, etc. You are also encouraged to bring any new water photos that you may have taken on vacations, etc. There is no limit to your submissions. We will be hanging the exhibit at the Library on Friday, September 1 at 10:00 a.m. Please Contact Judy Humphrey, 860.747.4383 if you have any questions. The next general meeting of the Snappy Seniors will be held on September 21. More details to follow.



STAND TALL, DON'T FALL: A NEW LOOK AT HOW THE HULA HOOP CAN IMPROVE OUR POSTURE, STRENGTH AND BALANCE

FRIDAY, AUGUST 18, 10:00 A.M.

Many of us remember the hula hoop from when we were children. It was so much fun challenging ourselves and each other to make the hoop spin! Join Touchpoints Rehab Physical therapist, Kim Wanegar-Nation, for a wonderful one session exercise program that **ANYONE CAN DO** using the hula hoop! Hooping can help to create a strong foundation of strength, postural alignment and flexibility, all the essential components to effective movement and balance. You will immediately experience the benefits of this unique program in just one class! Please join Touchpoints for some fun and laughter and see for yourself how this program can help you. Hula Hoops are provided courtesy of Touchpoints Rehab. **This program is free. Call the Senior Center beginning August 7 to register. Space is limited. Members Only.**



Special Events

FOCUSED AWARENESS MEDITATION

THURSDAY, AUGUST 10, 10 A.M.

Focused Awareness Meditation is a simple, five-step technique. Come learn how this scientifically based practice can help you to feel more relaxed, focused and calm. Participants are asked to bring a large towel or a small blanket with them for proper positioning in their chair. Your instructor Ann Minor, is a holistic nurse and Meditation Specialist. **Program is free and open to the public. Sign up has begun.**



A PLEASANT PAIRING: TEA & FINE CHOCOLATE

TUESDAY, AUGUST 15, 3:00 P.M.

Come join Kim Larkin, a licensed chocolatier, on a Klassic Kreation Workshop! This workshop includes samplings of various chocolates from white to dark, tea, tea infused food, trivia, poetry, antique teapot/lace display, and much more. An educational talk highlighting the history and health benefits of tea and chocolate will be included as well. **Price is \$4.00. Sign up has begun**



LEARN TO USE YOUR ANDROID BASED CELL PHONE

TUESDAY, AUGUST 15, 10:00 A.M.

Instructor: Patti Anne Cook—Senior Center Member and Volunteer. Bring your Android based phone to learn the basic functions; take and store photos; learn to use Apps properly and manage your data plan. There will be time for questions and answers after class. **Class is free. Sign up begins August 7**

STAYING SAFE AND INDEPENDENT AT HOME

THURSDAY, AUGUST 17, 10:00 A.M.

Presentation will discuss falls and their risk factors, but most importantly, what you can do to help prevent falls and stay safe and independent. Will cover safety in your home environment, physical changes associated with age and tips to maintain or improve the present level of independence you enjoy. Presented by Diane Snow, PT Hartford Hospital Rehabilitation Network. **Sign up has begun. Call the Senior Center to register.**

CHAIR YOGA

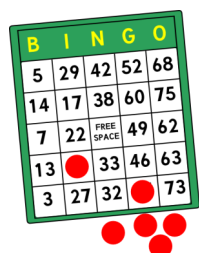
TUESDAYS, AUGUST 8—SEPTEMBER 12, 2:30 P.M.

Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques. Classes will focus on decreasing the risks of falls and injury and encouraging physical activity outside of class. Funded in part by a Title III Older Americans Act Grant through the North Central Area Agency on Aging. Instructor: Elizabeth Hill. **CLASS IS FULL. Sign-up for the waiting list if interested.**

INTERGENERATIONAL BINGO

TUESDAY, AUGUST 22, 1:00 P.M.

Kids of all ages welcome (with an accompanying adult). Join us for an afternoon of bingo, prizes, fun and ice cream sundaes. **Program is FREE. Sign up has begun.**



GROWING OLDER CAN BRING NEW PURPOSE, WHAT IS YOURS?

THURSDAY, SEPTEMBER 7, 3:00

Growing older changes things: our physical being, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? We're older, but we aren't finished....there is still work to do. It might look different than we thought it would, but that's okay. Join Southington Care Center exercise physiologist Mark Colello as he discusses how physical changes can affect our mindset and vice versa. Celebrate how what you have to offer can change along this journey called life. **Call the Senior Center beginning August 7 to register for this free program. Open to the public.**

AARP SMART DRIVER COURSE

TUESDAY, SEPTEMBER 12, 9:30 A.M. — 1:30 P.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **COST: \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Limited to 25. Bring a bag lunch if you wish. Sign-up has begun.**



VETERAN'S BENEFITS AND COFFEE HOUR

TUESDAY, OCTOBER 3, 10:30 A.M.

Join Sherri Vogt, Veteran's District Aide for Congresswoman Elizabeth Esty's Office and Wayne Rioux, Veteran's Liaison for Hartford HealthCare at Home, for an informative program on Veterans Benefits. Ms. Vogt, an Army veteran, is honored to serve her fellow vets and to join us for this educational program. She will share information on federal and state veterans benefits, provide information on how she can assist vets with replacement of discharge documents, replacement of medals, and VA or branch records requests. She will also discuss VA healthcare applications, tips for navigating the VA, update on the Choice program, Representative Esty's legislative initiatives to support veterans and share state veteran information with phone numbers for veterans in crisis who may need housing, counseling or support. Anyone who wishes to contact Sherri Vogt directly, may do so by calling or emailing her at: 860-223-8412 or Sheri.Vogt@mail.house.gov. **Program is free. Call the Senior Center beginning August 7 to register.**

COOKING FOR ONE

TUESDAY, DECEMBER 5, 10:00 A.M.

In the kitchen, cooking for one can seem lonely and confusing. For instance, why do all recipes feed so many people? Never fear, Jerome Home Chef Greg Sieron is here to save the day! Join Greg as he shares easy, healthy recipes sure to tempt your taste buds! **Program is free. Call the Senior Center beginning August 7 to register. Open to the public.**

For more Event information please see page: 8, 12, BC

Craft & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, August 8 between 9:15 a.m. - 4:45 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Sessions (new session sign up begins August 8th)
MONDAY		
Zumba Tone	9:30 – 10:30	July 31—Sept 25 (8 weeks) \$24.00. (No Class Sept. 4) \$24.00 mem- bers; \$48.00 non-members. Sign up has begun
Power Burst	1:30-2:30	July 31—August 28 (5 weeks) \$10.00. Members only. Sign up has begun. Next Session: September 11—November 6. (8 Weeks). No class Oc- tober 9th. Members Only. Cost: \$16.00. Sign up begins August 8th.
TUESDAY		
Chair Yoga	2:30-3:30	August 8—September 12 (6 Weeks) FREE. CLASS IS FULL. Sign wait- list if interested.
WEDNESDAY		
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt
Zumba Gold	10:30 – 11:30	July 26—Sept 20 (no class August 2) \$24.00. 8 weeks. \$24.00 Members. \$48.00 Non-members. Sign up has begun.
THURSDAY		
Ceramics	9:30 – 11:30	July 20—Sept 14 (No class August 3). \$32.00. 8 weeks. Members Only. Sign up has begun.
Beginners Yoga-Class meets at Li- brary. Arrive at 8:45, doors lock at 9:00.	9:00 – 9:45	August 3—August 31. Pay \$3.00 per session to Tim at each class. Exact cash or check made payable to Plainville Senior Center. Mem- bers only.
Functional Fitness	1:30 –2:30	July 27—Aug 31 (No class Aug 3) \$10 5 weeks. Members Only. Sign up has begun.
Knitting & Crochet	1:00 – 3:00	July 27- Sept 21 (No class Aug 3). 8 weeks. \$16.00. Members Only. Sign up has begun.
FRIDAY		
Intermediate Yoga--Class meets at Library. Arrive at 8:30, doors lock at 8:45.	8:45 – 9:30	August 4—September 1. Pay \$3.00 per session to Tim at each class. Exact cash or check made payable to Plainville Senior Center. Mem- bers only.

Quick Trips

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. If a wheel- chair lift is needed, let us know at sign-up. **TRIP GUIDE- LINES:** All Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted. Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be giv- en. **If you are ill and unable to attend, please call the Sen- ior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927).** You should be at the departure point at least 15 minutes prior to departure. We leave on time. If not enough people sign up, we will have to cancel the trip so please encourage your friends to join you! (non- members may sign up one week after the trip opens).

THIMBLE ISLANDS CRUISE 2, BRANFORD
Saturday, August 5, 9:00 a.m. —4:00 p.m.
This trip is filled. See information below for third trip.
THIMBLE ISLANDS CRUISE 3, BRANFORD
Sunday, August 13, 9:00 a.m. —4:00 p.m.

Enjoy a 45-minute narrated cruise through the beautiful and unique islands. The cost for the cruise is \$12 for Sen- iors payable at the boat. Then the group will go to the new Lenny & Joe’s at Long Wharf in New Haven for lunch at their waterside restaurant. Lunch is on your own. \$8.00 transportation is due at registration. Bus will pick up first at the Senior Center at 9:30 a.m., followed by home pick-ups for those who do not drive. **Sign-up has begun.**

SHEFFIELD ISLAND LIGHTHOUSE AND FERRY
SATURDAY, AUGUST 26TH, 9:00 A.M. —4:00 P.M.
Cruise to Sheffield Island and Lighthouse off the coast of Norwalk. This is a three hour trip—45 minute ferry ride each way and a one and one-half hour visit on the island, including a narrated tour of the 145 year-old lighthouse, as well as time to enjoy the beach and the wildlife ref- uge. **Bring a picnic lunch to enjoy with your friends. \$28.00 which includes transportation and ferry fee is due at sign-up. As we must make reservations early to guarantee space, we ask that you register by August 10th. Sign up begins August 8th.**



Outdoor Adventure Club

BIKE RIDE

WEDNESDAY, AUGUST 9, 8 A.M.



Ride along the rails to trails from Avon Sperry Park towards Granby. Approximately 10 – 20 miles, depending on the group. Helmets are mandatory! All levels of biking fitness are welcome! Please bring tick spray if you have it. Meet at 8:00 a.m. at Sperry Park in Avon. **Cost: \$3.00, payable to Eileen Cyr, leader, day of trip. Call the Senior Center beginning August 1 to register.**

HAPPY PADDLING AT THE HAPPIEST PADDLER LAKE POCOTOPAUG, EAST HAMPTON, CT

FRIDAY, AUGUST 25, 9:30 A.M.

We will take the Senior Center bus to The Happiest Paddler, enjoy two hours of paddling on the lake, a picnic lunch (bring your own) and then head back to Plainville. Cost: \$38.00 includes transportation, leader is Jared Scoville, two hours of kayaking, life jacket, and equipment. Bus leaves at 9:30 a.m. and returns at approximately 2 p.m. Please wear clothing that can get wet. Sunscreen and hat recommended. **Bring water bottles for hydration, a lunch and snacks. \$38.00 payment is due at registration. Sign up begins August 8.**



BLUFF POINT STATE PARK, GROTON

FRIDAY, SEPT 22, 1:00 P.M. — 5:00 P.M.

Trip is FULL. Please sign wait list if interested.



URBAN ADVENTURE: RIDE THE CT FASTTRAK BUS TO HARTFORD & WALKING TOUR OF DOWNTOWN HARTFORD

WEDNESDAY, SEPTEMBER 27, 9:30 A.M.

Leader: Eileen Cyr. Meet at the Library bus stop at 9:15 a.m. and ride the FastTrak bus to Union Station in Hartford. We will join Wendy, a Hartford Historian for a guided historical walk through the city. We will stop for lunch (on your own) at the Kitchen Café located in the Hartford Public Library. **Cost is \$5.00 due at registration. Bus transportation will be \$1.75 (each way) due at the time you get onto the bus (please use exact change in the form of dollar bills or U.S. coins for the bus only). The bus will depart the Library bus stop at exactly 9:30 a.m. so get there early! Return approximately 3:00 p.m. Please park at the Plainville Library side parking lot and walk to the bus stop. Sign up begins August 7.**

EXTREME OUTDOOR ADVENTURE IDEAS!

Anyone have an interest in skydiving, riding in a hot air balloon or white water rafting? Or anything else? Let Ronda know and if we get enough adventurous folks, we can plan something!



EXPLORE THE RHODE ISLAND RAILS ON A RAIL EXPLORER! FRIDAY, SEPTEMBER 29, 11:15 A.M.

Join us for the latest in outdoor fun in Portsmouth, Rhode Island! A rail explorer is a pedal powered vehicle that rides on (unused) railroad tracks. They have 4 steel wheels, hydraulic disc brakes, pedals for each seat, and are comfortable, fun and easy to ride. Although the rail explorers require pedaling, the magic of steel wheels on steel rails makes the experience very different from riding a regular bicycle. There is no need to carefully watch the road ahead, there is no need to steer and riding is hands free - making it easy to take photographs and video as you roll along. We will be pedaling on Quad Explorers which has 4 seats and 4 sets of pedals. Not everyone has to pedal, so if you get tired, you can take a rest or take some photos along the scenic trail. You will ride in one direction for 6 miles and then take a narrated bus ride back to the start. Following our ride we will stop for an early dinner at the Gulf Stream Grille. The Gulf Stream Grille is located on a marina and you can dine inside or out. The menu features a variety of soups, salads, sandwiches and entrees. **Cost: \$39.00 includes transportation and Rail Explorer experience. Leaves Senior Center at 11:15 a.m. and returns approximately 8:30 p.m. Please bring a lunch or snack that you can eat on the bus on the way to Rhode Island.**

INDOOR SKYDIVING AT IFLY, WESTCHESTER, NY

FRIDAY, OCTOBER 13

Has skydiving been on your bucket list? Are you afraid of jumping out of an airplane? Why not take “baby steps” towards achieving your dream, by joining us on a one-of-a-kind adventure to an indoor skydiving facility? Indoor skydiving is the simulation of true freefall conditions in a vertical wind tunnel. It’s where the dream of flight becomes a reality. The invention of modern wind tunnels has given skydivers a consistent and practical way to develop and hone skills that usually require jumping from a plane. Additionally, the increase in availability of wind tunnels has created a whole new genre of sport – bodyflight. It is one of the most exciting and fastest growing sports in the world. Cost \$80.00 includes transportation, PRIVATE (our group only) flight session, IBA Certified Flight Instructor, Skydiving Suits, Helmets and Safety Gear, 2 “flights” (each flight is 1 minute), Video of Your Personal Flight, Flight Certificate. **Individuals can choose to “fly” an additional 20 feet in the tunnel during their 2nd flight for an extra \$10 (payable at iFly). After our flying adventure we will have time for lunch at the Ridge Hill Mall (on your own). Leaves Senior Center 9:00 a.m. returns approximately 4:30 p.m. Sign up begins August 8. Please note that there are some restrictions for participation: Not recommended for those with a history of heart trouble. People with prior back injuries should not fly. FLY recommends people with prior shoulder dislocations DO NOT FLY! Participants must weigh less than 300 pounds. Participants who weigh between 260 and 300 pounds must bring this to the attention of Ronda as additional restrictions and instructor scheduling limitations may apply. Each person will be weighed at iFly ... the scale will not show weight but will indicate Pass or Fail.



Class Descriptions

BEGINNER’S YOGA FOR EVERYBODY

Designed for individuals who are new to yoga. Improve health and cultivate inner peace. Instructor: Tim Molnar. Class is held at Plainville Public Library.

CERAMICS

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 supplies. Class fee includes instruction, glazes and firing. Instructor: Gloria Cerniglia.

CHAIR YOGA

Each class includes stretching to improve flexibility, simple exercises to improve balance and strength, and breathing and mindfulness techniques with a focus on decreasing the risks of falls and injury. Instructor: Liz Hill

FUNCTIONAL FITNESS

This popular exercise class is designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. Instructor: Kristin Champagne.

INTERMEDIATE YOGA FOR EVERYBODY

Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. Instructor: Tim Molnar. Class held at the Plainville Public Library.

KNITTING & CROCHET

Finish an old project that’s been hanging around in your closet or start something new! Instructor: Evelyn Morin.

POWER BURST

This class combines intervals of movement including walking, marching and other forms of low impact movement to benefit the heart, combined with strength training using light weights and bands to help maintain strength and bone density and tone the body. It is a great over all workout. Instructor: Kristin Champagne.

QUILTING

Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. Instructor: Karen Kebinger.

ZUMBA GOLD

Latin and international dance rhythms create a great cardio workout! Zumba gold adjusts to accommodate participants of all ages and fitness levels. Instructor: Amy Gray

ZUMBA TONE

The Zumba Toning Program combines Zumba with strength training to build muscle strength, increase bone density, improve mobility, posture and coordination. Instructor: Amy Gray

Senior Center General Program Survey

We offer many different programs here at the Plainville Senior Center but we are always looking for new ideas. Please circle the items of interest to you and drop off at the front desk or mail to the Plainville Senior Center: 200 East St., Plainville, CT 06062. Please Check ALL That You Are Interested In:

- | | | | |
|---|---|---|---|
| <ul style="list-style-type: none">• Acupuncture• Archery• Aroma Therapy• Balance Classes• Benefits of Massage• Bird Watching• Birdhouse Decorating• Bonsai Planting• Candle Making• Candy Mold Making• Card Making• Cell Phone Classes• Cheese Making• Composting• Country Line Dancing• Cross Stitch• De-Clutter• DIY Home Décor• Dried Fruit Making | <ul style="list-style-type: none">• Film Discussion• Fishing• Floral Design• Gardening• Going Green: Using Green Home Cleaning Products• Golf Lessons• Guitar Lessons• HAM Radio• Holiday Ornaments• Homemade Ice Cream• Horseback Riding• Italian Language• Jewelry Making• Karaoke• Meditation• Memory Classes• Mindfulness | <ul style="list-style-type: none">• Mini-Golf• Mixed Media Art• Music Appreciation• Nature Journaling• Naturopathic Remedies• Origami• Papier Mache• Piano Lessons• Picture Framing• Pilates• Plant Identification• Polish Language• Portrait Painting• Pressed Flowers• Rug Hooking/Braided Rugs• Salsa Dancing• Sand/Rock Art | <ul style="list-style-type: none">• Scrapbooking• Self Defense• Sewing Lessons• Sign Language• Soap Making• Spanish• Stained Glass• Supper Club• Swing Dance• Tai Chi/Qigong• Team Trivia• Ted Talks• Therapy Dogs• Ukulele• Waltz Lessons• Weight Loss• Other: |
|---|---|---|---|

What is your favorite activity at the Senior Center?

If you don’t come to the Senior Center, what is the main reason why?

How can we improve our center?

If you are homebound, are there any activities you would like to see brought to your home?

Additional Comments/Ideas:

Name (Optional):

Trip Sign-Up Information

Important Trip Information:

Sign-up: Trip sign-ups take place Monday 9:15 a.m. - 5:45 p.m., Tuesdays, Wednesdays, Thursdays 9:15 a.m.-4:45 p.m., and Fridays 9:15 a.m.-12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is **AUGUST 8** between 9:15 a.m.—4:45 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (Not on the Stillwell Drive side)

Open to the public: Trips are open to the public 7 days after member sign-up unless otherwise stated.

Cancellations: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip.*** Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can try to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

Overnight parking: Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.

Medical ID cards: Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.

Disclaimer: The Plainville Senior Center is not responsible in whole or in part to the 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.

Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus. We will not wait for late comers.

FYI: 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 will 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 will always sign up members first, we will skip over the non-members until all members have been contacted.

Current Trips

BISTRO LUNCH ABOARD THE ICE CREAM TRAIN, NEWPORT, RI:

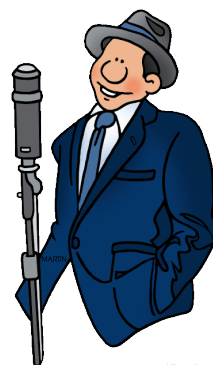
SATURDAY, AUGUST 12

Trip Filled. Please sign waiting list if interested.

"WHO LOVES YOU": FRANKIE VALLI, AQUA TURF IN PLANTSVILLE:

THURSDAY, AUGUST 17

"What can be better than having the music of Frankie Valli and the Four Seasons Live?" The show consists of four young, hot Broadway veterans recreating the music and stories of the era. Choreography, staging and melodious harmony create a memorable afternoon. Enjoy a delicious family-style lunch at the elegant Aqua Turf Club in Plantsville. Menu: Garden Salad, Pasta, Chicken Parmigiana, Salmon with Dill Sauce, Vegetable, Potato, Rolls, Dessert. Coffee and Donuts upon arrival. Open to the Public. Invite your friends! It's a great show! Drive on your own. Arrive at 11:30 a.m. **COST: \$74.00 per person. Sign up has begun.**



DALE CHIHULY EXHIBITION AT THE BOTANICAL GARDENS, NY:

THURSDAY, SEPTEMBER 7

Trip is FULL. Please sign wait list if interested.

BENNINGTON POTTERS, VERMONT:

TUESDAY, SEPTEMBER 19, 7:00 A.M.

Bennington Potters, world famous handmade pottery continues after 68 years. Meet the potters themselves as they describe each step of the many processes. Following our tour we'll visit the Potters Yard store located in 2 historic buildings, a 19th century schoolhouse and an early 20th century grist mill. Lunch will be at the Publyk House featuring "Vermont Dining with a View". Salad Bar, Roast Turkey Dinner with Stuffing, Homemade Meatloaf, or New England Scrod with Vermont Cheddar Cheese and Cracker Crumb Topping, Potato and Vegetable, Seasonal Fruit Crisp and Whipped Cream and Coffee. Make your entrée choice in advance. Following lunch we visit The Apple Barn and Country Bake Shop. We'll have a guided coach tour of their spectacular orchard with views of all Southern Vermont. The barn is filled with VT products, country bake shop, ice cream parlor and of course fresh picked apples. Includes Cider Donut and Hot Cider for everyone! **DEPART: 7:00 a.m. OLM. Estimated Return: 7:30 p.m. COST: \$79.00 per person. Sign up has begun.**



canadian rockies document meeting

AUGUST 4
10:30 A.M.

Meet with Tours of Distinction to receive trip documents & itineraries. Bring your questions!

Current Trips Cont...

TERRACOTTA WARRIORS, PHILADELPHIA, PA: OCTOBER 16-17, 2017

DAY 1: Depart aboard our deluxe motor coach for the “City of Brotherly Love”, Philadelphia, PA. Overnight accommodations at the HOLIDAY INN EXPRESS MIDTOWN.

DAY 2: This morning we’re off to see the TERRACOTTA WARRIORS at the FRANKLIN INSTITUTE. Silent, steadfast and secret, an army of over 8,000 terracotta statues stood guard at the tomb of China’s first emperor for over 2,000 years before being discovered in 1974. Head for home this afternoon with memories of this great experience. **COST:** \$307.00 per person double/triple, \$387.00 per person single. Cost includes Deluxe Motor coach, 1 Night Hotel, 1 Breakfast, 1 Dinner, Admissions, gratuities for Driver and Tour Guide. Open to the Public. Invite your friends to this wonderful trip! **Deposit: \$100 per person by July 24. Final Payment: August 28. Sign up has begun. Departing from OLM.**



JACK-O-LANTERN SPECTACULAR—PROVIDENCE, RI: WEDNESDAY, OCTOBER 18

Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old-time favorites and everything in between. Prior to the spectacular, enjoy free time at Providence Place Mall for shopping and dining. Note: There is a moderate amount of walking on this trip. **Cost: \$62 per person. Depart: 12:30pm from the Senior Center. Estimated Return: 10:30pm. Sign up has begun.**



HOUSE OF SEVEN GABLES, SALEM, MA SUNDAY, OCTOBER 22, 7:45 A.M.

The name Salem is forever linked to the Witchcraft Hysteria of the 1690s. Spend Halloween in this wonderful town and learn how the Witches got their names. A special interior tour of Salem’s premier historic site The House of the Seven Gables. This is the oldest surviving 17th century wooden mansion in New England and the inspiration of author Nathaniel Hawthorne. Enjoy lunch at Victoria’s Station set on Pickering Wharf. Menu: Mixed Green Salad, Choice of Teriyaki Chicken, New England Baked Haddock, Steak Tips, or Vegetarian Pasta Primavera served with mashed red potato and NY Cheesecake for dessert. Entrée choice in advance. **Cost: \$92 per person. Depart: 7:45 a.m. from the Plainville Senior Center. Estimated Return: 8:00 p.m. Sign up has begun.**



FRIENDSHIP TOURS 40TH GALA, AQUA TURF MONDAY, NOVEMBER 20, 11:30 A.M.

The Friendship family is celebrating 40 years of traveling together and they are throwing a party for all their friends. This will be a fabulous afternoon party with hot hors d’ oeuvres, a champagne toast, and live entertainment. John Timpanelli & Leesah Stiles, will bring an exciting show of the Best of Broadway, love songs and comedy routines. **Cost: \$36 per person. Drive on your own. Sign up has begun.**

CHRISTMAS WITH THE STARS, EDWARD TWINS, NORTHAMPTON, MA

WEDNESDAY, NOVEMBER 29, 10:00 A.M.

Your day begins with a luncheon at the beautifully decorated Hotel Northampton that includes Soup du Jour and your choice of Grilled Salmon or Chicken Piccata with chefs choice of vegetable & potato and Tavern’s Famous Bread Pudding. Then you will enjoy your favorite Holiday songs performed by Celine Dion, Pavarotti, Streisand, Cher, Stevie Wonder, Kermit the Frog & more. **Departs OLM at 10:00 a.m. Returns approx. 5:30 p.m. Cost: \$89 per person. Sign up has begun.**

2017 Big Trips

Canadian Rockies and Vancouver, British Columbia
by Train, Bus & Plane

September 2-8, 2017

TRIP IS FULL. Please sign reserve list if interested.

ICELAND: October 19 to October 25, 2017 and October 26 to November 1, 2017— **BOTH TRIPS ARE FULL.** Please sign reserve list if interested.

UPCOMING TRIPS FOR 2017

Not for sale yet but please save the date!

September 26: Churches of Manhattan (Cancelled)
December 10: Christmas in Newport *Please note date change

Veterans Documentary

WHEN WAR COMES HOME

WEDNESDAY, AUGUST 16, 2:00 P.M.

A documentary on PTS, TBI & the success of Service Animals at the Torp Theatre, Central Connecticut State University, 1615 Stanely St., New Britain. The event is free and light refreshments will be served. Join the Producers, CCSU, and Hartford HealthCare at Home in debuting this insightful, personal and honest depiction of the effects of war on our American heroes. **RSVP to Sandy Gifford at 860.493.7306.**



Special Events Cont...

PEAK FITNESS CENTER

HELP FOR SENIORS IN THE COMMUNITY

FRIDAY, AUGUST 11, 10 A.M.

Most people prefer to remain in their homes rather than moving to a nursing home if their health declines. Attorney Denny from Greater Hartford Legal Aid will be discussing the Connecticut Home Care Program for Elders, Money Follows the Person, and the Personal Care Assistant programs that are available in Connecticut. Come and listen to this wonderful presentation that could be very helpful to you. **Sign up begins August 1.**

FREE BALANCE ASSESSMENTS

Thursday, August 24 & September 21, by appointment. During a ten minute balance assessment, the physical therapist will determine a participant's balance level and risk for falls. If a balance deficit is found, an evaluation will be given to the participant so that they may share this with their primary care physician. This evaluation will provide a recommendation for out-patient physical therapy, which will include strengthening and balance activities focused on improving the individual's balance level as well as decreasing the individual's fall risk. **Call the Senior Center to schedule an appointment. Appointments begin at 1:00 p.m. Open to the public and presented by Apple Rehab Physical Therapist.**

Weekly Tournament Winners

SETBACK

- July 3: 1ST: Bob Albrecht/Stam Funk
2ND: Sally Miller/Gail Kreneck
3RD: Ida Pedrolini/Lorraine Stachelek
- July 10: 1ST: Sally Miller/Gail Kreneck
2ND: Joan Oliviera/Elaine Chartier
3RD: Gemma Croteau/Shirley Platt
- July 17: 1ST: Lynne Krakauske/Wendell Copeland
2ND: Rose Dunlap/Grace Lapila
3RD: Olga Stepney/Charles Stepney

BILLARDS:

- June 15: 1ST: Stan Funk/Vinny Mazzarella
2ND: Lee Akins/Joe Babin
- June 22: 1ST: Ellen Couture/Joe Babin
2ND: Mike Hermanowski/Tony Lusitani
- June 29: 1ST: Stan Funk/Joe Babin
2ND: Mike Hemanowski/Vinny Mazzarella
- July 6: 1ST: Jim Loghry/Tony Lusitani
2ND: Stan Funk/Vinny Mazzarella
- July 13: 1ST: Joe Beaudin/Joe Babin
2ND: Stan Funk/Rich Nordgren
3RD: John Clancy/Ed Zareck

Bowling League

The Plainville Senior Center Bowling League

Monday, August 28th

The League welcomes new bowlers and meets Mondays beginning at 12:45 p.m. at the newly renovated Lessard Lanes, 136 New Britain Avenue, Plainville. The **cost is \$9.50** per person, per week and includes three games of bowling, automatic scoring and free weekly beverage. Adult bowlers, age 55 and over, of all abilities, including beginners, are welcome to join this exciting league. **For more information or to join the league, contact Frank Robinson, Bowling League President, at 860.747.2918.**

There are many benefits to exercise, such as: Boosting your energy, reducing heart disease, living longer, sleeping better, improved memory, increased mobility & flexibility and more self-confidence. Come down to the Peak Center to enjoy some of these amazing benefits!

HOURS:

Monday—Thursday: 9:00 a.m.—4:45 p.m.

Friday: 9:00 a.m.—12:45 p.m.



Enjoy a great work out in our state-of-the-art fitness center that is comparable to a commercial gym!

- **Cardiovascular equipment includes:** Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- **Weight Training Equipment includes:** Seven pieces of upper and lower body strength training equipment
- Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), or \$17.00 (weights only), is charged at the time of your initial training.



LGBT Events

August 17, 3:00-6:00 at the Avon Senior Center

- 3:00 Welcome, tour, beverages
3:15 Chair Yoga with Diane Rho-Caputo
4:15 The Conversation Project-End-of-Life
5:00 Music by Chip Ames & light finger foods

Call Avon Senior Center, 860-675-4355 to RSVP



Shopping Bus

PLEASE NOTE: SHOPPING BUS DAY HAS CHANGED FROM FRIDAYS TO TUESDAYS.

The time has also changed. Home pick-ups will begin at 11:30 a.m. and pick-up from the store will be at 3:00 p.m.

In order to ride the Tuesday Shopping Bus, you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

Tuesday Shopping Bus Dates & Destinations

****Sign up Begins August 1st****

August 8, 2017:

Walmart, Bristol

11:30 a.m.—3:00 p.m.

August 22, 2017: Bristol Shopping Plaza

11:30 a.m.—3:00 p.m.



Sign-ups begin on August 1. Call the Senior Center before 11:00 a.m. on the Thursday before the Shopping Bus date to add your name to the pick-up list.

Center Cafe



Open TUESDAYS and
WEDNESDAYS
11:00 A.M.-1:00 P.M.



The Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds!

PLEASE NOTE:

**CAFÉ IS CLOSED FOR THE MONTH OF
AUGUST**

2017 AARP Trips

September 22: Scallop Festival Cape Cod
Feb. 13-Feb.24, 2018: Eastern Caribbean Cruise

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. Costs are per person. You must call Sally for more information and to sign up at 860-747-1732.

Plainville Library

LEARN A NEW LANGUAGE

Mango Languages' conversation and film-based resources help you learn over 70 languages (including English!) from just about anywhere. Free through the library. Use your Library Card to register at www.plainvillelibrary.org. Create an account, pick a language, start learning! Fun, Fun, Fun! You can download from the App Store for free.

HOOPLA

Instantly borrow movies, music, audiobooks, eBooks, comics, and more, 24/7 with your library card.

How to download and stream on your mobile device or computer:

1. Register for a hoopla account at **hoopladigital.com**. You will need to provide an e-mail address, create a password, and have your library account information ready.
2. Easily browse titles by clicking **Browse All**. You can also search for a specific title by clicking on the **Search** box.
3. To borrow a title, click on the title and then click the **Borrow** button which can be found under **My Titles**
4. Borrowed titles will be automatically returned when your lending period is over. There are no holds or wait lists.
5. Additional help can be found on the **Help** link.



Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, AUGUST 21, 10 A.M.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options?

Maybe you have questions about where to find Alzheimer's help in the community, Caregiving, Homecare, etc. Just stop by Stephanie's office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. No pre-registration necessary. No question is too small!



MEDICARE NUMBER, SOCIAL SECURITY NUMBER AND YOU

The Center for Medicare Services (CMS) is issuing new Medicare cards with a unique randomly assigned number called a Medicare Beneficiary Identifier (MBI) to all Medicare beneficiaries. This new number will replace your Social Security number on your Medicare card. CMS will begin mailing the new cards in April 2018. This change in numbers is an effort to address fraudulent and illegal use of Social Security numbers. The transition period will be 21 months as this is a huge undertaking. Always review your Medicare Summary to be certain that it reflects the Medicare covered services that you have received. Report any discrepancies to Medicare. We all must do our part to keep our information safe. If you have any questions, please see Bette or Stephanie.



SUSPENSION OF THE SENIOR FARMER'S MARKET NUTRITION PROGRAM

Due to a lack of a state budget being enacted by the General Assembly by July 1, 2017, funding for the Senior Farmer's Market Nutrition Program (SFMNP) has been eliminated. The checks in the Farmer's Market check booklet are no longer valid. If the status of this program changes and funding becomes available eligible folks will be notified. If you have any questions, please see Bette or Stephanie.

VA CAREGIVER SUPPORT

Did you know that Veterans who require a caregiver may be eligible for up to 30 days of respite care each year? Care can be offered in a variety of settings: in your home, at a VA community living center, at a VA-contracted community residential care facility, or at an adult day health care center. To see if you are eligible for respite care services, call the Caregiver Support Line at 1.855.260.3274.



Books & Bagels Cheer Report

Books & Bagels Book Club will resume on September 20th at 9:30 a.m. Sign up for the September meeting only begins August 7th. Sign up dates for the upcoming meetings will be announced in future newsletters.



This book discussion group is led by Senior Center Member & Volunteer Kathy Marsan. For your greater enjoyment, please read the book prior to attending the book club meeting. Copies of the book may be obtained at the Plainville Public Library.

Upcoming Book Discussions

September 20: *The All Girl Filling Station* by Fannie Flagg.

October 18: *The Heretic's Daughter* by Kathleen Kent

November 15: *Triangle: The Fire that Changed America* by David Von Drehle

DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). We do our best not to leave any donor's name off the list, but if we do, please let us know so we can include it in the next Newsletter.

GENERAL DONATIONS: June 13—July 17

Circle Group, Corrine Trepanier, Lisa Marci, Judy Meese, Anonymous (2), Joanne Manuli, Billy Gregory, Stan Funk, Cindi Whitham, Rosaleen Peters, Lois Schmidt, Debbie Nelson, Marlene Maglio, Sally Miller, Frank Battista, Raymond Cormier, Claire Camp, AnnMarie Ondrick, Florence Doughty, Dee Tino, Jackie Pezzulo, Joseph Babin, Robert Dirrigl

MEMORIAL DONATIONS

The Senior Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Checks may be made out to the Plainville Senior Center. The deceased person's name will be listed in the Memorial Book displayed in our lounge, along with the donor's name. Memorial donations are used to enhance the operation of the Senior Center.

In Memory Of: Michael Heslin from Lee Ann Korus

In Memory Of: Ruth Hummel from Eunice Carden

In Memory Of: James Rio from Paul & Kathie Lickwar

DIAL-A-RIDE DONATIONS

Susan Dumais, Louise Gendreau, Olga Callender, Betty Babin, Joe Babin, Linda Kogut, Fran Martin

DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to **Carol Perry** for handling our cheer report.

CHEER REPORT: June 13—July 17

CHEER CARDS:

Stanley Ogonowski, Joan St. Pierre, Rosalie Sastre, Eileen Weber, Helen Perschy

SYMPATHY CARDS:

Family of Mary Czapor, Family of Cynthia Ann Healy, Family of James Rio, Family of Sophie Skiba, Family of John Abate, Family of Lucille Rose

THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center's front desk. We would really appreciate it. At this time, we cannot use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!



WELCOME NEW MEMBERS FOR JUNE!

Robert Guerriere, Louise Laferriere, Emilia Ouellette, Debbie Nelson, Paul Romberg, Regina McNamara, Louise Kasak, Sharon Jalowiecki, Connie Testa, Joan Bacci, Anne Johnson, Mary Ellen Lyons, Kenneth Mousch, Donna Mousch, Cheryl Fasci

Choral Group

Upcoming Rehearsal Dates:

September 8, October 6, October 27, December 5. All rehearsals at 9:45 am



Volunteers Needed

FAMILY PROMISE OF CENTRAL CONNECTICUT

The Day Center located at 40 Cornelius Way, New Britain, CT is looking for volunteers to answer the phones, monitor the desk and help with some light office duties. They also need volunteers on the weekend shifts Saturday or Sunday 8:30 a.m.—12:30 p.m. and 12:30 p.m.—4:30 p.m. All volunteers are subject to a criminal background check and must submit their social security number and date of birth. If interested in volunteering, contact Don Carlson, Executive Director at 860.259.5649 or dcarlson@fpccct.org.



DIAL-A-RIDE

DIAL-A-RIDE, (860) 589-6968

Monday 9:00 a.m.-5:30 p.m.

Tuesday-Thursday 9:00 a.m.-4:30 p.m.

Friday 9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries, packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*



2017 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. The forums are held on the second Wednesday of every other month from 5:00 p.m. to 6:00 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting will be held on September 3rd. The forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation related to the ADA Paratransit Service** ADA Transportation is available free of charge to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride to the Forum. Future 2017 Forum Dates: September 13 and November 8. Up to 48-Hours in advance of the forum, written participation related to the ADA Paratransit Service may be mailed to the GHDT, Attn: P. Williams, One Union Place, Hartford, CT 06103 or emailed to: pwilliams@hartfordtransit.org

THE SUGGESTION BOX QUESTIONS

Kindle Classes: We have had a request for Kindle Classes. We offer iPad and Android Classes but we don't have any volunteers who offered to do a Kindle Class. But good news! Tim & Carrie who work at the Plainville Library will answer quick questions any day. They also offer half hour one-on-one classes on Wednesdays 1:30-3:00 and Thursdays 10:30—12:00. All you need to do is call the Plainville Library 860.793.144 to schedule.



ADA PARA TRANSIT

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere, for any reason to 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. **Plainville hours**, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, depending on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3.50 and discount ticket books can be purchased at Stop and Shop. A driver can assist you door-to-door.* There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be located at www.ctada.com. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the 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 Paratransit rider. After the online or paper application is submitted, the next step is to call 860-724-5340 ext. 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 3046. Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m. So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

Still have Questions about our transportation services? Call Bette or Stephanie at 860-747-5728.

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VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

TUESDAY, AUGUST 8 10:30 A.M.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home.

FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center to register. Sign up has begun.



HOME ENERGY CONSERVATION THAT CAN SAVE YOU MONEY!

Monday, August 14, 10:00 a.m.

HES (Home Energy Solutions) and HES-IE (Income Eligible) are programs offered to CT residents by the electric company Eversource. The program is designed to help customers save energy and money. Come learn about how your home can use energy more efficiently and save you money by having a home "audit" done! Certified techs evaluate your energy use and can make on-the spot improvements that lower energy bills. Examples of work that can be done include: seal up drafts and cracks, check insulation, test duct work, change out incandescent bulbs to LED's, put in water saving devices and much more! A representative of Bantam Wesson will be at the Senior Center on Monday, August 14th at 10:00 a.m. to talk about the home energy audits and the program available free of charge for income-eligible households. Family of 1 with an income of less than \$33,880 and families of 2 with an income of less than \$44,305 may be eligible for a free home energy audit. While there are two additional companies (EcoSmart and Solvit, Inc.) that offer the home energy audits, Bantam Wesson is the only vendor that can offer the program for free for income-eligible households. The cost of the audit is currently \$124 and goes up to \$149 on September 1st. Please bring your electric or natural gas account number with you to the program if you wish to schedule an appointment for a home energy audit. Call the Senior Center beginning August 1st to register.

SENIOR CENTER DISPLAY CASE

AUGUST: Nancy Chadborne & Gail Adams

Nancy Chadborne: Nancy has a wonderful collection of oil paintings of New England landscapes and seascapes. These paintings are done in the impressionistic style and use the impasto technique. The bridges, barns, and water are full of color. Nancy was recently featured in a Bristol Art Show and loves painting for fun. Gail Adams: Cat's Meow: Gail's collection was started when her children gave her the first one as a gift. Some of the landmarks featured are local to the area while others are from places she has visited over the years. Look closely and you will find a black cat on each piece of the collection. Her favorite is the covered bridge and Norman Rockwell's colonial home. This holds special memories as it was where she was proposed to by her husband.



Do you have a collection, hobby or artwork you would like to put on display? If so, stop by the front desk to make a reservation for our display case.

SENIOR CENTER SCRAPBOOK

Senior Center member, Marge Burris, has volunteered to record our history in the Senior Center's Scrapbook. If you have any printed photos or newspaper clippings that you would like to be put in, please give them to Marge. Thank you Marge!



CONGREGATE MEAL PROGRAM: AUGUST 2017

Please stop by the kitchen to pick up the August calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon.

A suggested donation is \$2.50.



Nursing and Other Services

REGULAR FOOT CARE AND DIABETIC FOOT CARE

Please note fee increase.

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. **Cost is \$18.00 for Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members** and must be paid with exact change or by check only (made out to the Plainville Senior Center). Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Senior Center members only.**



EAR WAX REMOVAL

Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.



BLOOD PRESSURE CLINICS

Many thanks to Apple Rehab, The Pines of Bristol and The Summit for Offering their Services
Wednesday, August 9, 11:00—12:00, The Pines
Tuesday, August 15, 11:00—12:00, Apple Rehab
Monday, August 28, 12:00—12:30, Georgia (Senior Center APRN)



Blood Pressure Clinics are for Senior Center members only.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/weather emergencies.

SCAMS

Just another reminder that telephone scams are abundant in our area! The caller states she/he is from the IRS Investigation Unit and that you owe considerable dollars in back taxes. The caller goes on to request a partial payment immediately or you will be taken to court. You may receive multiple calls from different cities. The callers are persistent. If you have caller ID do not answer calls from numbers you do not recognize. If you do pick up, hang up!

THE TRUTH

The IRS does not make calls to taxpayers!!
The caller is a fraud attempting to scam you.
Do not give any of your personal information to any caller.
If you have any questions please see Bette or Stephanie.



MEDICAL EQUIPMENT/SUPPLIES NEEDED

The Hospital of Special Care Equipment Exchange is looking for donations of durable medical equipment and supplies: canes, walkers, tub and transfer seats, shower chairs, manual wheelchairs (regular and transfer) commodes and raised toilet seats. They cannot accept electric devices (scooters, electric wheelchairs and hospital beds). Equipment is accepted during weekday business hours. Please call 860-612-6302 to make sure the item is needed. They are located at Special Care Equipment Exchange (a tan house next door to Hospital for Special Care) 2120 Corbin Avenue, New Britain.



PLAINVILLE VETERAN'S MEMORIAL WALL

A moveable memorial wall has been created in the Plainville Municipal Center near the Town Clerk's office to provide a place to honor the military service of deceased veterans by their friends and family members. Brass Plates (1" X 3") engraved with the veteran's rank, name and branch of service can be purchased. The fee is just to cover the cost of the engraved plate, no extra funds are being charged. To purchase a plate, please fill out a form available at the Municipal Center or at the Plainville Senior Center. The cost of the plate is \$8.00.

PLAINVILLE SENIOR HOUSING

There will not be any openings until May 2018



SAVE THE DATE

Plainville's 3rd Annual Pumpkinfest 2017
SATURDAY, OCTOBER 21, 4:00 P.M.



SCENT FREE ZONE AT THE PLAINVILLE SENIOR CENTER

Help us keep the air we share at the Senior Center healthy and fragrance free. The chemicals used in scented products make some people sick, especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances while at the Senior Center.



LAUGHTER WITH LEAANN

TUESDAY, OCTOBER 17, 10:00 A.M.

Did you know how beneficial laughter can be to your health? Did you know there is a difference between real and simulated laughter? Would you like to learn how to do laughter exercises? Join LeaAnn Blanchard, Social Services Director for the Orchards at Southington as she gives us an in-depth look at laughter. Sponsored by the Orchards at Southington. **The program is free and call the Senior Center beginning August 7 to register.**



august 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	KEY: GR: Green Room, BR: Blue Room, GA: Game Room, CR: Craft Room, C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library, *: By Appointment	1 CLOSED FOR CLEANING *9:00 Nurse NO ACTIVITIES NO PEAK NO CW LUNCH	2 CLOSED FOR CLEANING NO ACTIVITIES NO PEAK NO CW LUNCH	3 CLOSED FOR CLEANING 8:45 Beg. Yoga L *9:00 Nurse NO ACTIVITIES NO PEAK NO CW LUNCH	4 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Pinochle CL 10:30 Canadian Rockies Document Trip Mtg. CR	5 9:00 Thimble Islands
6	7 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	8 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Veterans Coffee 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:30 Chair Yoga BR FREE SIGN UP	9 8:00 Bike Ride 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR MEGA SIGN UP	10 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Focused Awareness 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	11 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Help For Seniors CR 10:00 Pinochle CL 10:00 Help for Seniors	12 8:15 Bistro Lunch, Newport
13 9:00 Thimble Islands	14 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Home Energy CR 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	15 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Android Phone GA 10:00 Ladies Billiards 10:00 Cribbage OS 11:00 Blood Pressure 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:30 Chair Yoga GR 3:00 Tea & Chocolate GR	16 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	17 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Safe at Home 10:00 Mexican Train GA 11:30 Who Loves You 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Blood Pressure 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit GR TAG SALE	18 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Hula Hoop GR 10:00 Pinochle CL TAG SALE	19
20	21 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Questions for the Social Worker 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	22 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage GA 11:00 Blood Pressure 11:30 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Intergenerational Bingo GR 2:30 Chair Yoga BR	23 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	24 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 9:30 Snappy Seniors GR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL *1:00 Balance Assessments 1:00 Knit & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:30 Functional Fit BR	25 8:45 Inter. Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:30 Kayak Trip 10:00 Pinochle CL	26 9:00 Sheffield Island
27	28 *9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 12:00 Mahjong GA 12:00 Blood Pressure 12:30 Setback GR 12:45 Bowling League 1:30 Power Burst BR	29 *9:00 NURSE 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Legislative Talk GR 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 2:30 Chair Yoga BR	30 9:00 Walking GR 9:30 Quilting CR 10:30 Zumba Gold GR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	31 *9:00 NURSE 9:00 Walking GR 9:00 Beginners Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle CL 1:00 Knitting & Crochet GR 1:00 Canasta C 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 1:30 Functional Fit BR		