

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)

Monday: 9:00 a.m. – 6:00 p.m.    Tuesday-Thursday: 9:00 a.m. – 5:00 p.m.    Friday: 9:00 a.m. – 1:00 p.m.

**Free Sign-Up Day AND Mega Sign-Up Day are on Thursday, August 2** from 9:15 a.m. to 4:45 p.m. Sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 during regular Senior Center hours. We accept cash and checks made out to Plainville Senior Center only.

## Plainville Senior Center's Annual Tag Sale & Jewelry Sale

Thursday & Friday, August 9 & 10

### All proceeds Benefit Dial-a-Ride!

If you have jewelry or small items to donate, you may drop them off August 1, 2, 3, 7 & 8. No drop-offs August 6, as the Center will be closed for cleaning. Please — no furniture, clothes, purses, shoes, or appliances. We also need **volunteers** to help set up on August 7 & 8, and to help at the sale on August 9 & 10. Please call us to sign up at 860-747-5728.



The Senior Center will be **CLOSED** for cleaning:

- August 6
- August 15
- August 23



There will be **NO** meals, Peak Center or any activities. *Center staff will be available by phone.*

## Big Trips Brochures are Here!

2019 will feature two fantastic trips in the United States:



**MAY:** 9 days and 8 nights visiting 5 major National Parks in Utah

**JUNE:** a 13-day and 12-night land and sea Alaska trip!



Read more on page 8 and get a complete brochure at the Senior Center — or call us for one at 860-747-5728.

*Don't miss out these trips of a lifetime!*



### WE'RE GOING ON A SCAVENGER HUNT!

FRIDAY, SEPT. 14 12:15 p.m.

This outdoor adventure is a Scavenger Hunt modeled after the TV show, "Amazing Race." You and your team will use a compass and map to navigate to different challenge Stations in Laurel Brook Forest! Team members will be given a puzzle challenge at each station that they must solve to earn points and reveal the clue for the next station. We will travel to EMPOWER Leadership Sports & Adventure Center in Middletown. \$31 per person includes transportation and admission. Rain date is Friday, Sept. 21. Bus leaves the Senior Center at 12:15 p.m. and returns around 4:00 p.m. Sign-up has begun.



**CORRECTION:** In our "Nursing, Etc." section on the Back of Calendar, we listed incorrect dates for the Wednesday blood pressure clinics hosted by Interim Health Care. The correct date is Wednesday, August 1 from 11 a.m. to 12 noon. We have corrected the mistake on the Calendar, so that page is accurate. We apologize for the error!

# Special Events

## CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

## FRIENDS HELPING FRIENDS

Friends Helping Friends does not meet in July and August. The next regular meeting will be on the third Friday in September. Stay tuned for location!

## SNAPPY SENIORS

The Snappy Seniors Camera Club does not meet in July and August. The next regular monthly meeting will be the third Thursday in September. (See page 4 for Exhibit news!)

## BOOKS AND BAGELS

WEDNESDAY, SEPTEMBER 26, 9:30 A.M.

Books and Bagels returns next month with a story of obsession, history's losses and the power of art to preserve human hope. ***The Swan Thieves*** by Elizabeth Kostova tells a haunting story of a famous artist who attacks a painting displayed in the National Gallery of Art. He becomes a patient of Andrew Marlowe, a devoted psychiatrist and fellow artist. Desperate to understand the secret that plagues his patient, Marlowe embarks on a journey that leads him into his patient's world of impressionism and mystique. Join us for what will be a stirring discussion along with a good cup of coffee or tea and bagels. Copies of this book are available at the Plainville Library. For your greater enjoyment, please read the book before the meeting! Please sign up in advance, beginning September 2.

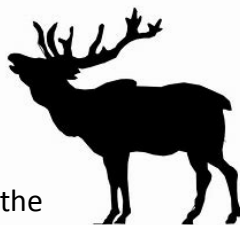
Here's a sneak peak of upcoming book discussions!

- Oct. 24: ***The 13th Tale*** by Diane Setterfield
- Nov. 28: ***The Orchardist*** by Amanda Copeland

## ALASKA BIG TRIP PRESENTATION

AUGUST 2, 3:30 P.M.

The trip is open to the public, so bring your friends and even your cousin from Cleveland (separate airfares are available from around the country). Come learn more about this magnificent trip! Please call the Senior Center to sign up. **Brochures are available.**



## VETERANS' COFFEE HOUR

TUESDAY, AUGUST 7, 10:30 A.M.

This monthly informational and support meeting is conducted by Wayne Rioux, a Veteran's Liaison for Hartford Health-Care at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Call the Center at 860-747-5728 to register. Sign-up has begun.

## FEED YOUR MIND & NOURISH YOUR SOUL SERIES

SEVERAL DATES—SIGN UP FOR ONE OR MORE!

- **Relax the Body, Quiet the Mind**  
*Tuesday, August 14, 11:00 a.m.*  
Improve your physical and mental health by reducing stress through exercise, social support, activity and relaxation. Presented by Christine Solimini-Swift, Exercise Physiologist at The Orchards of Southington. A complimentary light lunch will be served. Co-sponsored by Hartford HealthCare Senior Services.
- **Laughter Yoga**  
*Thursday, September 20, 11:00 a.m.*  
Laughter Yoga is a fun way to gain the many health benefits of laughter through a series of "laughter exercises" and yogic breathing. Developed in 1995 in India, Laughter Yoga lowers stress, strengthens the immune system, boosts energy and releases endorphins through hearty aerobic laughter. Presented by Judith Stonger, Certified Laughter Professional. Complimentary light lunch will be served.

**Programs are free.** This series is being funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the CT State Unit on Aging. Sign-up has begun.

## COOKING FOR ONE CLUB

TUESDAY, AUGUST 14, 2:00 P.M.

This group meets on the 2<sup>nd</sup> Tuesday of each month at 2:00 P.M. at the Senior Center. Join us to share tips, ideas, short cuts and recipes that make Cooking for One "easy-peasy." The program is free and open to members only. Sign-up begins August 2.

## AARP SMART DRIVER

TUESDAY, AUGUST 21 1:00 P.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number, \$20.00 for all others. Limited to 25. Sign-up has begun.

## BENEFITS CHECK-UP DROP-IN PROGRAM

WEDNESDAY, AUGUST 22, 11:00 A.M. — 1:00 P.M.

Benefits Enrollment Centers (BECs) around the country help people determine their eligibility for state and local benefits like the Medicare Savings Program, SNAP, heat/utility assistance, food and other programs. At this drop-in event, a representative from the North Central Area Agency on Aging's BEC will use a web-based tool to determine your benefits eligibility. Forms will also be available if you prefer to take one home to fill out and send back to the North Central Area Agency on Aging (NCAAA). Sponsored by the NCAAA and presented by Saray Figueroa and Stephanie Soucy. Just stop by; no sign-up needed.

**More special events, next page**



# More Special Events

## BENEFITS OF WATER EXERCISE

THURSDAY, AUGUST 30, 3:00 P.M.

Physical Therapist Kevin Connellan from Physical Therapy & Sports Medicine Centers of Plainville will speak about water exercise benefits, including the importance of posture, and relief from aches and pains. Register for this free program at the Senior Center. Sign-up has begun. (See pages 5 and 6 for a listing and description of the new **Aqua Arthritis Water Fitness Class** at the Plainville YMCA starting September 18th.)



## KEEPING YOUR MEMORY STRONG AT ALL AGES

TUESDAYS, SEPT. 4 to OCT. 9 1:00 TO 2:00 P.M.

Please join Michelle Wyman and Patty O'Brian, Alzheimer's and Dementia Specialists from the Center for Healthy Aging as they present a five-part series on Healthy Minds. Michelle and Patty have been in the memory field for many years and bring a tremendous amount of experience and knowledge to this series, which will focus on how to protect, preserve and improve your memory. **Attendees are encouraged to attend all sessions.** Sign-up has begun.

**Each session will cover the following topics over a 45-minute time span, followed by 15 minutes for a brain exercise and a Question and Answer session:**

1. Intro— Eat Brain Foods and Stay Hydrated
2. Be Physically Active— Challenge your Mind Daily
3. Coping with Changes, Managing Stress—Be Social
4. Count Sheep— Be Creative and Have Fun
5. Be Positive— Find a Purpose

## "FIVE WISHES" COFFEE AND CONVERSATION

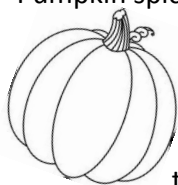
THURSDAY, SEPTEMBER 6, 10:00 A.M.

Five Wishes is a unique living will written in everyday language that helps you express your medical wishes and your personal, emotional and spiritual concerns. These choices, prepared in advance of difficult medical situations, is a gift you can give to both yourself and your families. This program offers insight from years of professional nursing experience with patients and families. Refreshments will be served. Sign-up has begun. Presented by Connie Cole-Ingber, RN, CCRN; Lisa Ortiz, RN; and Candace Ramirez, RN from the University of Hartford's Nursing Masters Program.

## PUMPKIN SPICE DIET

MONDAY, SEPTEMBER 17, 9:30 A.M.

Pumpkin spice muffins, pumpkin spice cheerios, pumpkin spice...toothpaste!? At this time of year EVERYTHING is pumpkin spice! So what really is pumpkin spice and is it healthy for us? Join Marisa McCoy, Registered Dietitian, for a fun presentation on the "pumpkin spice diet" and the good and bad about pumpkin spice! Samples will be provided. Bring your fall season spirit! Sign-up starts August 2.



## BUS TO "THE ART OF EXPERIENCE" SENIOR JURIED ART SHOW OPENING

FRIDAY, SEPT. 21 12:45 P.M.

We will provide transportation to the Reception/Opening of the Connecticut Senior Juried Art Show being held at Pomperaug Woods. Bus will leave from the Plainville Senior Center lot at 12:45 p.m. and return about 5:00 p.m. Space is limited. Sign up has begun.

## TO TAKE OR NOT TO TAKE: OVER THE COUNTER MEDICATIONS

FRIDAY, SEPT. 21 10:00 A.M.

Call the Senior Center beginning August 2 to register. Are you among the 81% of seniors who take over-the-counter (OTC) medications? Join us for a conversation about when and how to choose OTC products. Learn about possible risks, side effects and drug interaction for common cough, cold, reflux, sleep and pain medications. You will also receive tips from the pharmacist on how to appropriately use, store and dispose of OTC's. Presented by Addolorata Ciccone, PharmD, BCGP, Geriatric Pharmacist at Jefferson House.

## Tuesday Shopping Bus

In order to ride the Senior Center's Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. **We can only take eight (8) passengers on the Shopping Bus. Be sure to sign up early!** Home pick-ups begin at 11:15 a.m. and pick-up from the store will be at 3:00 p.m. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.



- **August 14 —Walmart, Bristol**
- **August 28 —Price Chopper/Job Lot, Southington**

## Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month. All appointments are held at the Senior Center. Please call Jason directly to make an appointment at 1-203-805-6340.

## Le Petit Cafe

Le Petit Café will be closed for most of August. We will serve lunch only on Wednesday, Aug. 1 — Chef's Choice! The Café will remain closed for the rest of the month and will reopen on Tuesday, September 11. Watch the September newsletter for our menu!



# Craft, Technology & Fitness Classes

**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, Aug. 2, 9:15 a.m. - 4:45 p.m. Non-members may sign up for classes that allow non-members starting Aug. 9, 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 DESCRIPTIONS ARE ON PAGE 6.**

Class	Time	Current Session	Next Session Sign-up begins August 2
MONDAY			
Zumba Tone	9:30 – 10:30	July 23 to Sept. 24. 8 weeks. No class August 6. \$24, members only.	
Power Burst	1:30-2:30	June 18—August 13. 8 weeks. No class August 6. \$16. Members only.	Aug. 20 to Oct. 22. 8 weeks. No class Sept. 3 or Oct. 8. \$16, members only.
Beginner Yoga*	10:15 to 11:15 a.m.	Aug. 6 to Oct. 1. Class held at Library. \$24, 8 weeks. *Please see class description, page 5	
TUESDAY			
BeFit	10:00—11:00	August 21 to September 25. Six weeks, \$12.00.	
Intermediate Yoga*	10:15-11:15	August 7 to Sept. 25. Class is held at Library. 8 weeks, \$24. *See class description , page 5	
Aqua-Arthritis Water Fitness	10:45—11:30	September 18 to November 6. See class description and special instructions, page 5. Cost is \$24 for 8 weeks.	
Fiddle	1:00—2:00	July 31 to September 4. Fee: \$24.00 for six weeks.	
French Class	3:00—4:00	Continues until December	
WEDNESDAY			
Quilting	9:30 – 11:30	Open Quilting. Come work on your own projects. No instructor.	
Zumba Gold	10:00-11:00	June 13—Aug. 22. \$24. No class 6/27 and 7/4, 8/15. Members only.	August 29 to October 17. \$24 for 8 weeks. Members only.
THURSDAY			
Ceramics	9:30 – 11:30	August 2 to Oct. 4. No class Aug. 9 or 23. 8 weeks, \$32. Members only.	
Knit & Crochet	1:00 – 3:00	July 26 to Sept. 27. No class Aug. 9 or Aug. 23. 8 wks, \$16. Members only	
FRIDAY			
Chair Yoga 1	9:30-10:30	June 29 to Aug. 10, 7 wks. \$14, members only.	August 24 to Oct. 12. \$16 for 8 weeks. Members only.
Chair Yoga 2	10:40-11:40	June 29—Aug. 10, 7 wks. \$14, members only.	August 24 to Oct. 12. \$16 for 8 weeks. Members only.

### BeFit: Brain & Body Boosters Free Demo

This class combines simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! **A free demo class taught by Amy Gray will be offered on Tuesday, August 14 at 10:00 a.m.** A 6-week class begins Tuesday, August 21, from 10:00 to 11:00 a.m. Sign up for the demo and/or the class starting August 2. Funding for this class is provided in part by the Older Americans Act through the North Central Area Agency on Aging.

### SNAPPY SENIORS TO DISPLAY EXHIBIT, “OH, THE PLACES WE’VE BEEN”

A brand new photo exhibit featuring work of our Snappy Seniors will open for public viewing **at Apple Rehab** at 269 Farmington Avenue in Plainville from **July 19 to mid-August**. In December, the show will be on display at the Plainville Public Library. Be sure to view these magnificent photographs of sites from around the globe!



# Class Descriptions

**ACRYLIC PAINTING:** You will learn methods to overcome the challenges of the medium, plus some special techniques. Class will resume in September.

## **AQUA ARTHRITIS WATER FITNESS AT THE Y:**

This course will be held at the Plainville YMCA pool starting Tuesday, September 18. This class uses a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment. Class will be held in the pool at the YMCA in Plainville. Bring a bathing suit and towel. You will be able to use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. This class is being made possible thanks to the Main Street Community Foundation Grant for 2018. This grant provides for the partnership between the YMCA and the Plainville Senior Center to ensure that we can continue providing quality programs to our local seniors. Sign-up at the Senior Center starting August 2.

**BeFit:** This class combines simple brain games and cognitive activities with physical movement designed to stretch your brain in a new way! Classes support overall health and well-being while strengthening the “mental muscle.” Doing brain games while moving can strengthen, improve and even change some regions of the brain. Each week a different topic will be discussed on ways to help improve your brain health. **Instructor: Amy Gray**

**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:** In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

**FIDDLE CLASS:** Learn how to begin playing, or start playing again. While everyone is welcome, this class will focus on true beginners. **Instructor: Ginny Worrell**

**FRENCH:** You will learn conversational French and have opportunities to attend French cultural events, field trips and more! **Instructor: Rachel St. Onge**

## **GENTLE YOGA FOR BEGINNERS—LEVEL 1**

This class is an introduction to the building blocks of yoga, emphasizing basic postures, breathing techniques and relaxation skills. This class promotes balance, flexibility, strength and stress release. It's especially good for newcomers to yoga or those who would like a refresher on the basics. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** Class is held at Plainville Library.

## **GENTLE YOGA FOR EXPERIENCED — LEVEL 2**

This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno** Class is held at 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 includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

**QUILTING:** No class in the summer months. Please check back in September.

**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:** Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

## **We Welcome New Members for June 2018!**

Sharon Mazzochi, Roberta Verbyla,  
Diane Carlson, Arthur Pope, Esther Pope,  
Mary Jane Abram, Donna Barber,  
Joyce Goldberg, John Nelson,  
Debora Wishart-Parker,  
Charles Roby, Jr., Karen Scott,  
Sylvia Riley, Kathleen Gwara,  
Sherry Moore, Celeste Raboin,  
Leo Raboin, Virginia Myszkowski,  
Louise Barry and Wallace Skinger



**Congratulations** to **Pat Cancelli** and **Sally Cobrain**, who won the raffle for a beautiful pastel, “Northern Lights,” produced by our own Ellen Couture! Raffle proceeds will benefit Dial-A-Ride. A big “thank you” to Ellen, to our volunteers who sold tickets, and to everyone who took a chance on the raffle!



# Trips

Sign-Up Info
Current Trips

**Sign-up:** Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. One day a month we also offer Mega Sign-up Day. This month it is Thursday August 2 from 9:15 a.m. to 5:45 p.m. Payment is due at the time of sign up.

**Open to the public:** Trips are open to the public one week (7 days) after member sign-up unless otherwise stated.

**Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. ***If you must cancel the night before or the morning of the trip, please call 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 insurance policies cover most 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 that you 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 trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

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

## BOBBY RYDELL AT THE AQUA TURF

THURSDAY, AUGUST 16, 11:30 A.M.

With a career spanning six decades including a starring role in "Bye Bye Birdie" and countless TV programs, Bobby Rydell is a classic performer. His hits include "Wild One," "Volare," "We Got Love," and "Forget Him." Enjoy the show over lunch at the elegant Aqua Turf in Plantsville. Your family-style meal will include garden salad, pasta, chicken parmesan and baked salmon with dill sauce, vegetable, potato, rolls, dessert and beverage. The cost is \$86 per person; drive on your own and arrive by 11:30 a.m. Sign-up has begun.

**JESUS! — SIGHT & SOUND THEATER, LANCASTER, PA**  
SEPT. 24-26 **TRIP IS FULL. SIGN UP FOR WAIT LIST.**

## THE LIGHTHOUSES OF BOSTON HARBOR

MONDAY, AUGUST 27 7:30 A.M.



Relax aboard a 90-minute, narrated historical cruise highlighting the history of the five Boston Lighthouses — Long Island Head Light, Deer Island Light, The Lovells Island Light, Boston Light and The Graves Light.

Before the cruise, have lunch at The Venezia Restaurant, a waterfront eatery with breathtaking views of the Boston skyline. Choose from Baked Haddock or Chicken Parmesan, along with salad, potato, vegetable, dessert & coffee. Cost is \$105 per person, which includes transportation from Our Lady of Mercy Church and return, cruise, lunch and driver gratuity. Return around 7:00 p.m. Sign-up has begun.

## GEORGIA O'KEEFFE: VISIONS OF HAWAII, THE NY BOTANICAL GARDEN

SUNDAY, SEPT. 9, 7:30 A.M.

Enjoy a lush flower show evoking the gardens and landscapes that inspired artist Georgia O'Keeffe. The Mertz Library Art Gallery is displaying more than 12 of O'Keeffe's Hawaii paintings, not seen together in New York since 1940. Highlights also include perennial and rock gardens in bloom, the Home Gardening Center, NYBG Museum Shop, the Garden Café and the new Pine Tree Café. Last stop is Arthur Avenue in the Bronx, to eat lunch (on your own) or to pick up some fresh pasta, superb cheeses, and pastries to take home. Cost is \$76 per person. Bus leaves from the Senior Center at 7:30 a.m. and returns to Plainville around 6:45 p.m. Sign-up has begun.

### The Plainville Senior Center AND Our Trips are Scent-Free

**Zones!** Please help us to keep the air we share healthy and fragrance free. 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 Center or on our bus trips!



# More Current Trips

## THE TURKEY TRAIN — WINNIPESAUKEE RAILROAD THURSDAY, SEPT. 27, 6:30 A.M. TO 8:30 P.M.

Enjoy a great fall day-trip that includes a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. Relax as you enjoy the scenery and watch the boats during your round-trip from Meredith, New Hampshire. Savor Hart's famous Turkey Farm Dinner aboard the train, featuring homestyle turkey, potato, gravy, stuffing, cranberry sauce, vegetable, rolls, dessert and beverage. A stop at the Kellerhaus for delicious ice cream, handmade chocolates, gifts and collectibles will be included after disembarking the train, along with a New Hampshire liquor stop. Trip cost is \$103, payable at sign-up. Trip will depart at 6:30 a.m. from Our Lady of Mercy Church, Plainville, and return around 8:30 p.m. Sign-up has begun.

## OKTOBERFEST AT KRUCKER'S

OCTOBER 23, 2018 8:00 A.M.

Enjoy a full day of food, entertainment, fun, music and dancing at Krucker's Resort in Pomona, New York. This lovely resort features its popular Oktoberfest with great food and music — the genuine spirit of an Oktoberfest. Upon arrival, enjoy the Welcome Reception with coffee, tea, buttermilk scones, pancakes with maple syrup and apple cider. Lunch will include Barley Soup, Applesauce, a choice of Sauerbraten with Red Cabbage or Sliced Pork Loin with Sauerkraut, mashed potatoes, brussels sprouts, glazed carrots, Apple Strudel and vanilla ice cream. Beer, wine and soft drinks available, 12:00 noon to 4:30 p.m. Enjoy music, dancing and games all day, and finish up with a Bratwurst sandwich and cucumber salad at 4:00 p.m. Cost is \$93 per person, due at registration. Leave from Our Lady of Mercy Church at 8:00 a.m. and return to Plainville approximately 7:15 p.m. Sign-up has begun.



# New Trip

## BOB HOPE USO-STYLE SHOW AT THE AQUA TURF

NOVEMBER 12 11:00—3:30 p.m.

This delightful show is a special tribute to America's Viet Nam veterans. Join entertainer Bill Johnson as Bob Hope along with his special guests: Holly Faris as Marilyn Monroe and Phyllis Diller, PLUS Michelle Dellefave (an original "Golddigger!") See Bob Hope's comedy live once again with this look-alike and sound-alike tribute to the legendary comedian and his entertainment. This veterans' tribute has been performed across the United States and the South Pacific to rave reviews! Drive on your own to the Aqua-Turf in Southington for the show and family-style luncheon that will include salad, pasta, Chicken Florentine, Baked Scrod, Rice Pilaf, vegetable and dessert. Cost for this wonderful afternoon is just \$43 per person. Sign up begins August 2.

# Big Trips 2019

Brochures for these **super** big trips are available on the trip rack at the Senior Center!

## UTAH'S NATIONAL PARKS FROM LAS VEGAS

MAY 14—22, 2019 — 9 DAYS, 8 NIGHTS

See the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce (Shawn's favorite) and Zion National Parks. Add to that the Grand Canyon, Monument Valley, Route 66 and even a brief stop in Las Vegas, and you'll have the trip



of a lifetime! Added tours and adventures include: Tour of Antelope Canyon, Lake Powell Cruise, 4-Wheel Drive Tour of Monument Valley with a Navajo Guide, a Navajo cookout, Dead Horse State Park, Jet Boat Ride on the Colorado River and BBQ dinner on the riverbank, Red Cliffs Adventure Lodge, 4x4 Jeep Tour of Canyonlands National Park, Moab, Utah Movie Museum and Castle Creek Winery. The trip will be fully escorted from Plainville, includes local guides, a professional tour guide throughout and so much more! The trip is open to the public, so invite your friends (separate airfares are available from around the country). Pick up a brochure at the Senior Center.

## ALASKA & THE YUKON

JUNE 10-22, 2019 13 DAYS, 12 NIGHTS

Fully escorted from Plainville, this is a Land and Sea spectacular. Highlights include 8 days of land touring and 4 days of cruising on Holland America. The trip includes a ride on the McKinley Explorer Domed Train to Denali National Park, a Tundra Wilderness Tour (looking for the "Big Five" — caribou, moose, bear, grey wolves and Dall sheep) plus Mt. Denali, stops in Fairbanks and a visit to the Trans-Alaska Pipeline. After your flight to Dawson to view old-time wooden boardwalks and frontier-era buildings, the Jack London Museum, and the Sourdough Saloon, you'll cruise in a Paddle-wheeler in Yukon Territory watching for wildlife. On your four-day cruise Skagway to Vancouver, watch for whales, eagles and otters, see Glacier Bay National Park, sheltered fjords, rainforests and wildlife, take in the Saxman Native Village and the Lumberjack Show in Ketchikan, view the largest gathering of totem poles in the world, and still more. The trip is open to the public, so invite your friends (separate airfares are available from around the country). Pick up a brochure at the Senior Center. Please sign up for the August 2nd Trip Presentation to learn more. Trip brochures are at the Senior Center. **Learn more at the Alaska Trip Presentation: August 2 at 3:30 p.m.**



# Last Chance for these Big Trips in 2018

These great trips are going this year! We have trip brochures at the Senior Center.

- **France Hidden Canals, August 28—September 6** Cruise the Doubs & Saone Rivers — fly to Paris.
- **Italy, October 1—11** We have been invited to join a senior group from Berlin, CT on a "small group" trip to Italy. Eleven-day tour, Tuscany to Amalfi including Florence, Pisa, Rome, Vatican City, Isle of Capri and more!
- **Iceland 2, November 2—9** The escorted group tour teems with wildlife, spectacular landscapes and landmarks including Skogafoss Waterfall, Blue Lagoon, Glacial Lagoon, Northern Lights excursions, a tour of Reykjavik City and more.

# Quick Trips

Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of Mercy Church (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. **Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us at sign-up.

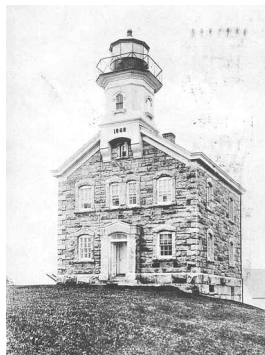
**TRIP GUIDELINES:** All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations will be accepted. Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open or call Ceal DiFrancesco after hours (860-747-1927).

Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens. Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

## SHEFFIELD ISLAND LIGHTHOUSE AND FERRY, NORWALK

*SATURDAY, AUGUST 18, 9:00 a.m. — 3:30 p.m.*

Before the summer ends, take a cruise to Sheffield Island and Lighthouse off the coast of Norwalk. This three-hour trip includes a 45-minute ferry ride each way and a 90-minute visit on the island. A narrated tour of the unique 150 year-old lighthouse is included, as well as time to enjoy the beach and the Nature Trail through a wildlife refuge. You'll be able to observe a variety of wildlife including nesting herons and other birds from a viewing platform. Or, you may choose to just sit and enjoy the scenery! Bring a picnic lunch to enjoy with your friends. Hotdogs, chips and soda are also available for purchase before you board the ferry. \$8.00 transportation fee due at sign-up. Cost for a senior ticket is \$21.69, payable at the ferry. Home pick-ups, **for those who do not drive**, begin at 8:30 a.m. The bus will leave the Senior Center at 9:00 a.m. and return to Plainville at approximately 3:30 p.m. Sign-up begins August 2.



## NEWLY REOPENED OLD NEW-GATE PRISON, EAST GRANBY

***Tales from the Dungeon*, a play performed by the Theatre Guild of Simsbury**

*SUNDAY, AUGUST 26, 12:00—5:00 p.m.*

This national historic landmark and state archaeological preserve has reopened after being closed since 2009 for structural repairs. It is the oldest surviving state prison in the nation and was the site of the first operating copper mine in the North American Colonies.

*Continued...*

It was called "New-Gate" after London's notorious prison. During its more than 50 years in operation, more than 800 prisoners served time there, including four women. The visit will include a tour of the prison, as well as a play, *Tales from the Dungeon: Life at New-gate*, performed by the Theatre Guild of Simsbury. This is an opportunity to experience a glimpse of prison life in 1825. Following the program and tour, the group will go to Three Brothers II in East Granby for lunch at 3:00 p.m. Cost is \$5 admission, paid at the prison, and \$8 for transportation, due at sign-up. Lunch is on your own. Home pick-ups, **for those who do not drive**, begin at 11:45 a.m. Bus leaves Senior Center at 12:00 p.m. Return to Plainville by 5:00 p.m. Sign-up begins August 2.

## SIMSBURY ART TRAIL

*SATURDAY, SEPTEMBER 8, 10:30 a.m. — 3:15 p.m.*

Enjoy a scenic ride with short-walk stops to view 32 life-sized bronze sculptures, ***Celebrating the Familiar*** by Seward Johnson. The sculptures reflect everyday people performing a variety of tasks and activities, and have been placed around town in Simsbury until September 15. Our bus will drive the route of the *Art Trail* and make stops for passengers to get out and view some of the sculptures up close. The group will then go to Harvest Café Bakery for lunch. \$8 for transportation is due at sign-up. Lunch is on your own. Home pick-ups, **for those who do not drive**, begin at 10:15 a.m. Bus leaves Senior Center at 10:30 a.m. Return to Plainville about 3:15 p.m. Sign-ups begin August 2.

# Outdoor Adventure Club

## OUTER ISLAND, BRANFORD

*FRIDAY, AUGUST 3 9:00 A.M.*

Outer Island is an ecological preserve and refuge for migratory birds off the coast of Stony Creek, Branford. It is the outermost of the Thimble Island. We will receive a guided tour by student interns of the Connecticut State University's Central and Southern campus in Environment, Geography and Marine Studies. Pack a picnic lunch and bring a towel or blanket to sit on. Remember to take plenty of water, sunscreen, a hat, and sturdy walking shoes. The trip will leave from OLM at 9:00 A.M. and return at approximately 3:00 p.m. \$23.00 per person includes transportation and ferry ride to Outer Island. Sign-up has begun.

## MILES OF LEDGES & TORY DEN HIKE, BURLINGTON

*SATURDAY, AUGUST 4 9:00 A.M.*

Come out for a historical and beautiful hike in the woods of Terryville and Burlington. This is a moderate hike with sections of climbing over rocky terrain. Featuring a den with significant history, views of the Old Marsh Pond, and lots of native plants that may even provide a snack for us in the wild! Bring a water bottle and enthusiasm to learn more about plants and local history. We will depart from the Senior Center at 9:00 a.m. The hike will cover several miles and last about 3.5 hours. Previous hiking experience is necessary. We will return to the Senior Center between 12:30 and 1:00 p.m. \$8.00 fee is due at registration. Sign-up has begun.

***More Adventures, next page***



# Outdoor Adventure Club, cont.

## DRAGON BOATING—RIVERFRONT RECAPUTURE

SUNDAY, AUGUST 5, 8:15 A.M.

At the time of this writing, there are still a couple of spots open for this fun 1.5 hour Dragon Boat program. Instruction includes Dragon Boat history, paddle technique, drills and terminology. Bus leaves Senior Center at 8:15 a.m. and returns approximately 1:30 p.m. Cost is \$30 per person.

## ARGIA SCHOONER TRIP #2, MYSTIC

THURSDAY, AUGUST 16

Trip is full. You may sign up for the Waiting List.

## EXPLORE THE RHODE ISLAND RAILS ON A RAIL EXPLORER!

FRIDAY, AUGUST 17

Trip is full. You may sign up for the Waiting List.

## WHITE WATER RAFTING, DEERFIELD RIVER

FRIDAY, SEPTEMBER 7

Trip is full. You may sign up for the Waiting List.

## WALKING HISTORY TOUR, DOWNTOWN NEW BRITAIN

WEDNESDAY, SEPTEMBER 12 (RAIN DATE SEPT. 19)

We will travel to New Britain via CT Fastrak and have a 2-hour walking tour of downtown New Britain led by New Britain Historian Andrea Kulak. Following our tour, we will stop for lunch (on your own) at The Kitchen Eatery (if you wish, you may view their menu online at [thekitcheneateryct.com](http://thekitcheneateryct.com)). Meet at the bus stop in front of the Plainville Library at 9:15 a.m. You must have exact change to ride the bus. Please bring \$1.60 with you for round-trip bus fare. Cost of \$5.00 includes leader and tour guide. Sign-up starts August 2.

## MCLEAN GAME REFUGE, GRANBY

WEDNESDAY, AUGUST 22 (RAIN DATE AUG. 29)

Senator George P. McLean gave to the Simsbury and Granby area an extraordinary legacy through his preservation of 3,200 acres of abandoned farms and wild land. The McLean Game Refuge is among the largest private forests in New England and serves a vital role in wildlife management. Eileen Cyr will lead this easy 3-4 mile hike (about 2 hours). Individuals MUST be able to walk at least 4 miles on a flat surface. Participants must take all of their medications (diabetes, asthma, etc.) prior to the walk and bring necessary medications with them in the event they are needed (e.g., inhaler). Wear good walking shoes, bring a walking stick (or borrow one from the Senior Center before the day of departure). Wear sunscreen, a hat and bring your own water and snack. Bus leaves from OLM at 7:45 a.m. and returns approximately 11:30 a.m. Cost is \$5.00, due at sign-up. Sign-up begins August 2.



### Watch for These Outdoor Adventures!

Details will be announced in the Sept. newsletter:

- Walking History Tour of Hartford's South End  
Save the Date: Wed., Oct. 10, (rain date Oct. 17)
- Rails to Trails 20-mile Bike Ride in Northampton, MA with lunch at Fitzwilly's

# Donations

## *The Senior Center Always 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 wish to donate cards, please bring them to the Senior Center's front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need!

**Please note:** 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 this Newsletter. (If you wish to have your donation remain anonymous, please tell 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 16 — July 15

Laurie Corsini, Sue DesRochers, Paul Lickwar, Lois Schmidt, Joni Czajkowski, John LoMonte, Anonymous (2), Rita Rival, Barbara Urso, Carol Diana, John Bonalli, Circle Group, Barbara Petit, Marianna Obidzinski, Ann Marie Ondrick, Elizabeth Essel (2), Hazel Ricciardi, Rita Finocchiaro, George Fensick, Lobster Trip Friends, Charlotte Oakes, Judi Meese, Ellie Davey, Barbara Lumbard

## MEMORIAL DONATIONS June 16 — July 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.

### *In Memory of:*

- **Wanda Green** — John Green
- **Peter Pestillo** — Lucy Pestillo
- **Carmine & Roberta LaLama** — Flo Nixon

## DIAL-A-RIDE DONATIONS June 16 — July 15

Fran Martin



## *Have You Seen Our Beautiful Flowers & Gardens?*

Many thanks to Bonnie Pelletier and Pierre Morin for their hard work and dedicated efforts in volunteering to make our Senior Center so welcoming and beautiful this summer. Bonnie selected and planted the flowers in the flower boxes and planters, and Pierre chose the plants for the front and back gardens. Through their tender loving care, the flowers are blooming and have never looked nicer! Please be sure to thank our volunteer "green thumbs" the next time you see Bonnie or Pierre, and let them know how much their efforts are appreciated!

Weekly Tournament Winners

PEAK Fitness Center

SETBACK

- JUNE 25: 1ST: Olga Stepney & Charlie Stepney  
2ND: Mary Levanti & Wendall Copeland  
(TIE) Maryann Cunningham & Joe Fortuna
- JULY 2: 1ST: Linda Dominique & Gladys DuFour  
2ND: Marla Ludwig & Harold Bissonette  
3RD: Terry Pedrolini & Jeanne Raduka
- JULY 9: 1ST: Joan Litteral & Vickie Chapman  
2ND: Sandy Tyminski & Claudette Lucente  
3RD: Roy Kaine & Verna Pekrul
- JULY 15: 1ST: Maryann Cunningham & Joe Fortuna  
2ND: Marla Ludwig & Harold Bissonette  
3RD: Olga & Charlie Stepney

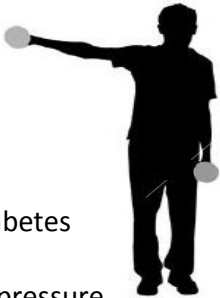
BILLIARDS

- JUNE 21: 1ST: Tony Lusitani & Joe Babin  
2ND: Ellen Couture & Bob Ryder
- JUNE 28: 1ST: Stan Funk & Mike Hermanowski  
2ND: Joe Babin & Mitch Ziolkowski  
3RD: Rich Nordgren & Val Dumais
- JULY 5: 1ST: Mitch Babin & Mitch Ziolkowski  
2ND: Ellen Couture & Tony Lusitani
- JULY 12: 1ST: Tony Lusitani & Mike Hermanowski  
2ND: Ellen Couture & Jeanne Shugrue
- JULY 19: 1ST: Stan Funk & Rich Nordgren  
2ND: John Clancy & Mitch Ziolkowski



Did you know that exercise can help you:

- Boost your energy
- Live longer
- Sleep better
- Gain self-confidence
- Socialize with others
- Maintain better control of diabetes and cholesterol
- Reduce heart disease /blood pressure
- Improve your memory
- Increase your mobility & flexibility
- Control your weight



Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills:** Walk at your own pace.
- **NuStep:** Seated “ stair stepper” which offers a low-impact cardio-vascular workout using both upper and lower body.
- **Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a seat back for full support.
- **Elliptical Cross Trainer:** Provides a total body workout with minimal impact.

**Weight Training Equipment:** Seven-piece circuit of upper and lower body strength training equipment.

**Membership rates:** Costs are \$9/one month, \$40/ six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training.

Ready to sign up? Just stop by our front desk for a membership packet that includes a medical approval form.

Wii A.M. Bowling

June 2018 Highest Average Score

- 1ST: Georgia Jewell
- 2ND: Rose Marie Machowski
- 3RD: Jim Calderone

Bowling League



The Bowling League has a few openings for next season! Come see what it’s about at a **Free Senior Bowling Open House, Monday August 13,** from 1:00 to 3:00 p.m. at Lessard Lanes, 136 New Britain Ave., Plainville. This is open to all bowlers interested in joining the Plainville Senior League and to all bowlers who are members. We are looking forward to seeing you!

**Senior Bowling League starts** Monday, August 27. Any-one interested in bowling at the Open House, please call Frank Robinson at 860-747-2918, text him at 860-803-7389 or e-mail [FgrahamR@aol.com](mailto:FgrahamR@aol.com). You can also call Betty Kirch at 860-690-2354 or email her at [lizk54@comcast.net](mailto:lizk54@comcast.net) or sign up at the Senior Center.

Cheer Report

June 16 to July15, 2018

Get Well & Thinking of You Cards were sent to:

Sally Miller, Ruth Woods, Robert and Magdalena Logan, Patricia Mangi, Dianne Misko, Joan Hamel, Cheryl Barker, Huguette Veilleux

Sympathy Cards were sent to:

Family of Roberta LaLama, Family of Lorraine Chamberland, Family of Nancy Hedman, Family of Clara Cellino, Keryl Dubay, Family of Stanley Scigany, Family of Daryl McLellan, Karen Kebinger

**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. Cheer cards mean SO much to members and help us keep our files updated. Call the Senior Center at 860-747-5728 to give a name and let us know if the person should receive a cheer card or a sympathy card. **Thank you, Carol Perry!**

# Transportation

## 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, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, 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 \$1.00 donation for each way is suggested, but not required.*



## ADA Para-Transit

**Another option with more hours and destinations**

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.

The ADA Paratransit ride service 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 still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 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 in a book of ten for \$28 (only \$2.80 each). **A driver can assist you door-to-door if you make arrangements ahead of time.** 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.

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

The application process is now part of the Greater Hartford Transit District. The on-line application can be found online at [www.ctada.com](http://www.ctada.com).

*Continued...*

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 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 two to four 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.



Once you are approved, you can re-serve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m.—5:00 p.m. So give it a try

— broaden your horizons, go shopping or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at 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).

### **2018 ADA PARTICIPATION GROUP FORUM**

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. The next meeting is on **September 12, 2018 at 5 p.m.** The Forum will include General ADA Updates provided to the group by the Director of Paratransit as well as public participation about the ADA Paratransit Service. Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: [pwilliams@hartfordtransit.org](mailto:pwilliams@hartfordtransit.org) 48 hours in advance.

***Have questions about transportation services? Call***



***Your suggestions, ideas, concerns and comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the Suggestion Box on the counter across from the rest rooms.***



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# This & That

## AARP Trips

- **August 14, Foxwoods.** Leaves at 8:00 a.m., \$25.
- **Sept. 10-12, 2018, Atlantic City & Cape May,** \$345
- **November 8, 2018, Phantom at Westchester Broadway Theater,** \$108 includes lunch
- **April 1-5, 2019, New Orleans, LA,** \$2299.00
- **November 9-24, 2019, Panama Canal,** \$1999

*For information on any of these trips or to sign up please call Sally at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.*

### LOOKING FOR PEAK CENTER VOLUNTEER

We need a volunteer for Tuesdays, 1:00 to 3:00 p.m. in our PEAK Center. Will train! (It’s not difficult!) If interested, please call Evelyn at 860-747-5728.

### RENTER’S REBATE APPOINMENTS

The Town of Plainville Assessor’s Office is offering help to persons wishing to apply for the Renters’ Rebate Program for elderly and disabled renters. Ap-  
pointments are held at the Plainville Senior Center. Income limits for the  
Renters’ Rebate Program are: for single people \$35,300 and for married cou-  
ples \$43,000. Please call the Assessor's Office at 860-793-0221 ext. 244 for  
an appointment.

### SENIOR CENTER DISPLAY CASE

Barbara Werner will share her collection of handcrafted card-stock paper  
flowers, arranged in shadow box frames. If you have a collection, hobby or  
artwork to display, stop by the front desk to reserve a time period.

### CONGREGATE MEAL PROGRAM: August 2018

You may stop by the big 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.**

### MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Mon-Fri., typ-  
ically from 10 A.M. to 12 noon. Deliver one or more days per week, or be on  
call to cover for other volunteers during an illness or vacation. Mileage reim-  
bursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior  
Center for more information: 860-747-5728.

### A NOTE ABOUT 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 (“too hot,” “too cold” or “just  
right”); majority wins. We will change 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,  
you are welcome to bring a sweater or dress in layers to help you be more  
comfortable.

### PLAINVILLE LIBRARY EVENTS

The Plainville Public Library's August movie will be ***Chappaquiddick***, rated  
PG-13. It is 1 hour, 46 minutes in length and will be shown Thursday, August  
9 @ 1:00 p.m. and Tuesday, August 14 @ 6:30 p.m.  
On Wednesday, August 1 at 7p.m., the Friends of the Plainville Public Library  
will host ***“A Palette for the Poetic Palate,”*** a reading of original poems in tra-  
ditional styles by local resident Erv Dworkin, a.k.a. Rev. Wordnik. The pro-  
gram will be held in the Chase Auditorium at the Library.

# Nursing, Insurance Info, Etc.

# Care & Support

## We are here to help!

### REGULAR AND DIABETIC FOOT CARE

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 Senior Center members who live in Plainville and \$28.00 for out-of-town Senior Center members.** You must pay with exact change, or by check 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 appointment for ear wax removal. At least one week before your appointment, you must come into the Senior Center for an instruction sheet that explains the preparation procedure and paperwork that you must fill out and bring in to your appointment.

### FREE BLOOD PRESSURE SCREENINGS

- **Thursday, August 9, 1:00—2:00 p.m.**  
(provided by Hartford Health Care)
- **Wednesday, August 11 and Wednesday, August 15, 11:00 am-12 pm**  
(provided by Interim Health Care)
- **Monday, August 27, 12:00—12:30 p.m.**  
(with our Nurse)

### CHOLESTEROL SCREENING

A quick appointment and a drop of blood from your fingertip can tell you your numbers for total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose. This type of test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is \$12.00.

### NEW MEDICARE CARDS COMING TO CT — STAY ALERT FOR SCAMS

New Medicare cards are on the way to seniors in Connecticut! Your new card is to replace the old card that included your Social Security number. The new card will have a unique combination of letters and numbers for each individual and will help to prevent identity theft. Please remember, however, that scammers are *always* looking for a new way to take advantage of you. One scam we have heard of is where someone calls you on the phone and tells you that you must pay a fee to get your Medicare card, or asks you to verify your personal information before you get your card. If you get such calls, just hang up. Medicare does not call anyone, nor does it send email. There is no fee for your card. Once you get your new card, destroy the old one and throw it away.



# Medicare



### QUESTIONS FOR THE SOCIAL WORKER

*MONDAY, AUGUST 13*

Do you have questions? We have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or homecare. 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 sign-up needed; no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

### GRANDPARENTS RAISING GRANDCHILDREN

Enjoy the summer! We will start meeting again in September.

### CAREGIVING CONNECTIONS

We will start meeting again in September. Feel free to call Bette with any questions.

### BRIGHTER FOCUS

We'll begin meeting again in September. Meanwhile, enjoy the sunshine!

## Support Groups at the UConn Health Center

*Directions to UConn Health are available at [health.uconn.edu/locations](http://health.uconn.edu/locations).*

### Bladder Cancer Support Group

**Sat., Aug. 4 from 2 to 3 p.m. at Onyiuke Dining Rm.**

Patients, family members and caregivers (not limited to UConn Health patients) are invited to join others whose lives have been touched by bladder cancer. This support group, established in partnership with the Bladder Cancer Advocacy Network, usually meets on the **first Saturday of the month** and is the only group of its kind in New England. Call 888-901-BCAN for more information.

### Free Cosmetology Services for Cancer Survivors

**Mon., Aug. 13, 1 to 3 p.m. at Outpatient Pavilion, 4th floor**

"Look Good...Feel Better" is a free program to help improve self-image and self-esteem of women experiencing appearance-related side effects from cancer treatment. During this hands-on workshop, a trained certified cosmetologist will teach women how to cope with skin changes and hair loss using cosmetic and skin care products donated by the cosmetic industry. Classes are offered every other month and not limited to UConn patients. Registration required; please call 860-679-7820.

### Living With Heart Disease

**Thurs., Aug. 16, 11 a.m. to noon at University Tower, 2nd floor conference room**

Men and women affected by heart disease meet on the third Thursday of every other month to discuss post-diagnosis topics such as prevention and wellness, social and emotional support, heart-healthy recipes, coping strategies and resources. Significant others and caregivers are also welcome to attend. Please call Sue at 860-679-3633 for information.

# AUGUST 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	
<div><div>KEY:</div><div>GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library *By Appt.</div></div>	JULY 30  Lost and Found Week  <b>*9:00 NURSE</b> 9:00 Walking GR 9:15 Beg. Yoga BR 9:30 Zumba Tone GR 10:00 Current Events OS 12:00 Mahjong GA 12:00 BP Clinic 12:30 Setback GR 12:30 Questions for the Social Worker 1:30 Power Burst BR	JULY 31  Lost and Found Week  <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 AM Wii Bowling GR 10:00 Cribbage GA 10:00 Ladies Billiards 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Fiddle Class BR 1:00 Bridge OS 3:00 French Class GA	AUGUST 1  Lost and Found Week  9:00 Walking GR 9:30 Open Quilting CR 10:00 *Vet Appts CL 10:00 Zumba Gold GR 11:00 BP Clinic 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 PEAK Vol. Mtg. Cafe	2 <b>MEGA and FREE SIGN-UP DAY</b>  Lost and Found Week  9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Knit & Crochet GR 1:00 Scrabble C 1:00 Bridge OS 3:30 Alaska Big Trip Mt. CR	3  Last Day for Lost & Found  9:00 Outer Island Tr 9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 9:30 Beginner Bridge OS 10:40 Chr Yoga 2 GR 12:00 Pinochle L	4  9:00 Tory Den Hike	
	5  8:15 Dragon Boating	6  <b>Senior Center Closed For Cleaning</b>  <b>No PEAK, No Lunch, No Activities</b>  <b>*9:00 NURSE</b> 10:15 Beginner Yoga at Plainville Library	7  <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 AM Wii Bowling GR 10:00 Cribbage GA 10:00 Ladies Billiards 10:15 Int. Yoga L 10:30 Veteran Coffee Hr. CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Fiddle Class BR 1:00 Bridge OS 3:00 French Class GA	8  9:00 Walking GR 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	9  <b>NO CERAMICS, NO KNITTING</b>  <b>*9:00 NURSE</b> 9:00 Walking GR <b>9:30 Tag Sale Early Birds BR</b> 9:30 Mexican Train GA <b>10:00 Tag Sale BR</b> 12:30 Pool Tournament 12:30 Pinochle CL 1:00 BP Clinic 1:00 Scrabble C 1:00 Bridge OS	10  9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR <b>10:00 Tag Sale BR</b> 10:40 Chr Yoga 2 GR 12:00 Pinochle L	11
	12	13  9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 12:30 Questions for the Social Worker 1:30 Power Burst BR	14  <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 AM Wii Bowling GR 10:00 BeFit Demo BR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 11:00 Relax the Body...GR 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Fiddle Class BR 2:00 Cooking for One C 3:00 French Class GA	15  <b>Senior Center Closed For Cleaning</b>  <b>No PEAK, No Lunch, No Activities</b>	16  7:30 Argia Schooner Trip 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 11:30 Bobby Rydell at Aqua Turf 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR	17  8:15 RI Rail Explorer Trip 9:00 Walking GR 9:00 Mahjong GA 12:00 Pinochle L	18  9:00 Sheffield Island Light-house Trip
	19	20  <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	21  <b>*9:00 NURSE</b> 9:00 Walking GR 9:15 AM Wii Bowling GR 10:00 BeFit GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Fiddle Class BR 1:00 Bridge OS 1:00 AARP Smart Driver GR 3:00 French Class GA	22  7:45 McLean Game Refuge 9:00 Walking GR 9:30 Open Quilting CR 10:00 Zumba Gold GR 11:00 Benefits Checkup Living Room 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	23  <b>Senior Center Closed For Cleaning</b>  <b>No PEAK, No Lunch, No Activities</b>  <b>*9:00 NURSE</b>	24  9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 12:00 Pinochle L	25
	26  12:00 Newgate Prison	27  <b>*9:00 NURSE</b> 7:30 Lighthouses Trip 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 10:15 Beg. Yoga L 12:00 BP Clinic 12:00 Mahjong GA 12:30 Setback GR 1:30 Power Burst BR	28  <b>*9:00 NURSE</b> 9:00 Walking GR 9:30 AM Wii Bowling GR 10:00 BeFit GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Fiddle Class BR 3:00 French Class GA	29  9:00 Walking GR 9:30 Open Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR	30  9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Bridge OS 1:00 Knit & Crochet GR 3:00 Benefits of Water Exercise CR	31  9:00 Walking GR 9:00 Mahjong GA 9:30 Chair Yoga 1 GR 10:40 Chair Yoga 2 GR 12:00 Pinochle L	