

August, 2020

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.painville-ct.gov/senior-center

Regular Hours: 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.

Staff is available by phone during our regular hours: Monday 9:00—6:00, Tuesday, Wednesday, Thursday 9:00—5:00 and Friday 9:00—1:00. Give us a call if you need anything! Stephanie Soucy, Senior Center Social Worker, is available (860-747-5728) for people needing assistance.



You've got questions, we've got answers! Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare options, Medicare Savings Program, assistance at home and more. No question is too small. Please call 860-747-5728 to chat over the phone or to make an appointment to meet her outside.

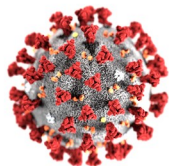
As we write this newsletter, we still do not have information on when the Senior Center will open. The Governor's message continues to state that "individuals 65 and over should stay home and stay safe". We are busy working with the health department and town officials to make the front office and the building safe for staff and members. We do know that when we begin to reopen it will be a slow process. Sadly, we will not be able to operate in the manner that we all knew and loved. We appreciate your support and patience as we navigate through this "new normal". Feel free to call us if you have any questions. **Shawn and Ronda**

GET TESTED FOR COVID-19

Wednesday, August 26
Plainville Senior Center
9:00 a.m. – 1:00 p.m.

Call Community Health Center for an appointment 475-241-0740 or on-line at www.chc1.com

The testing is FREE. No insurance necessary. You can get tested even if you've been previously tested. Drive-in... no need to get out of your car.



TRIBUTE TO TONY GUERRIERO

It is with profound sadness that we announce that our beloved Dial-a-Ride driver, Tony Guerriero, passed away on July 5th. Tony drove the Dial-a-Ride bus for more than 26 years. His caring, dedication, and compassion for his passengers was known to all who rode with him. He was kind, funny, humble, devoted and always cheerful. Around the Senior Center, he always took the time to say hello, inquire as to how a person was feeling, talk about the latest sports game and so much more. Our hearts are heavy, and our good memories are full. If you'd like to share a remembrance about Tony, we will be happy to send it to his wife Shirley and their three sons, Tony, Glenn and Mark. Please mail it or drop it off to the Senior Center.

VIRTUAL AND ZOOM INFORMATION



HELP WITH ZOOM AVAILABLE BY TELEPHONE THROUGH THE SENIOR CENTER

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, then you can take advantage of so many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center! We will schedule an individual telephone appointment for you to "meet" with Tammy to learn how to use Zoom or to answer any questions you might have if you've used Zoom before but would like to learn more. We will provide you with written step-by-step instructions prior to your telephone appointment. Call the Senior Center to schedule your telephone appointment, 860-747-5728.



VIRTUAL CURRENT EVENTS DISCUSSION GROUP ON VIDEO AND TELEPHONE

Every Monday, 10:00 A.M.

Call the Senior Center to register and receive the Zoom log in instructions. You can use Zoom video or conference call.



Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more.



SENIOR CENTER VIRTUAL PROGRAMS

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new!

We recently emailed a list of upcoming state-wide programs to all Plainville Senior Center members who have an email address in our records. If you did not receive an email from us, but wish to receive this state-wide virtual program list, please email: Guberman@plainville-ct.gov and we will forward the list to you. Please be sure to check your spam/junk mail as well.

FITNESS CHALLENGE

September 13 – October 18th



It's time to MOVE! If you are like most Americans, you've probably gained a few pounds during the COVID-19 Quarantine. To encourage folks to exercise and get moving, we are challenging the South Windsor and West Hartford Senior Centers in a 6-week Fitness Challenge from September 13 – October 18th.

Here's What You Need to Do:

1. Call the Senior Center to register for the Fitness Challenge. Once you register, we will email or send you a Fitness Tracking Calendar
2. Fitness activities that count include walking, biking, tennis, swimming, pickle ball, running, group fitness classes, yoga, etc.
3. Log your activity/activities each day on the Fitness Tracking Calendar. You can do more than one activity per day.
4. Submit your completed calendar to the Senior Center by October 30th
5. The Senior Center with the greatest number of activities WINS!
6. Each Senior Center will also award a prize to the Senior Center member with the most activities completed at their respective Senior Center.

VIRTUAL PROGRAMS

VETERANS SOCIAL HOUR THROUGH ZOOM VIDEO OR TELEPHONE

Tuesday, August 4, 10:30 A.M.

Call the Senior Center by Monday, August 3rd to register and to receive the Zoom link and/or telephone conference call phone number.

You don't need a computer to join in this program. You can use your telephone to participate. A "virtual" support group for veterans... bring your own coffee and snack! Topics may include: presumptive diseases, service-connected disabilities, Aid & Attendance, Connecticut Veterans' Wartime Service Medal, burial allowances for survivors of veterans, and more. Let's share a few stories and bridge the gap during COVID-19.

Facilitated by Sherri Vogt, Army Veteran - Hartford HealthCare Center at Home.



CAREGIVING CONNECTIONS

Wednesday, August 12, 10:00 A.M.



Join your caring friends as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Join our Zoom meeting, share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 to register and receive the Zoom link.



CAN MEMORY LOSS BE PREVENTED?

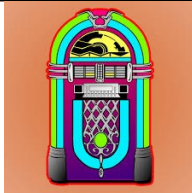
Tuesday, August 18, 1:00 P.M.

Call the Senior Center by August 17th to register and receive Zoom or telephone call instructions. Join Hartford Healthcare Center for Healthy Aging dementia specialists, Patty O'Brian and Michelle Wyman, as they discuss ways to reduce your risk for memory loss. Learn easy techniques and fun activities that can enhance your brain power through the aging process.

JUKE BOX BINGO with DJ Keith Alan

Thursday, August 6, 1:00 P.M.

Call the Senior Center by August 5th to register and receive your bingo card and Zoom link. You will need Zoom video in order to play. Listen to the songs, find them on your card, mark them off and yell Bingo! No need to worry if you can't think of the name of the song, the song title will be displayed on the screen so you can mark it off on your Bingo card. Don't miss out on the fun and the chance to win some cool prizes!!



WHAT'S THE SCOOP ON SERVICES?

Monday, August 10, 3:00 P.M.

Call the Senior Center to register and receive the participation instructions. You may also sign up on-line at www.schedulesplus.com/Plainville. Grab your favorite SCOOP of ice cream and join Stephanie Soucy as she answers YOUR questions about Medicare, prescription costs, SNAP, food resources, energy assistance, housing, transportation, caregiving and more. If you wish to speak with Stephanie directly call 860-747-5728 during regular Senior Center hours.



MEDICARE SAVINGS PROGRAM

Monday, August 24, 5:00 P.M.

Call the Senior Center By Friday, August 21 to receive materials and Zoom or telephone participation Instructions.

Did you know there is a program that can pay your Medicare Part B premium? Join the Senior Center's social worker Stephanie Soucy as she explains who can apply, is there an income limit, is there an asset limit, how to apply and are there any other benefits to the Program?



MORE VIRTUAL PROGRAMS AND FUN STUFF!

GRANDPARENTS RAISING GRANDCHILDREN

Tuesday, August 25, 11:00 A.M.

Join us for our “virtual” Grandparents/Relatives Raising Grandchildren Information and Support Meeting. We will “meet” by Zoom—you can either do video or call in. We miss you! Please call the Plainville Senior Center at 860-747-5728 to register and receive the Zoom link.

PICTIONARY ON ZOOM!

Thursday, August 27 11:00 A.M.

Call the Senior Center by August 24 to register and receive Zoom link instructions. Space limited to 7 participants.



Join the Plainville Senior Center “team” as we challenge the staff and members of the South Windsor Senior Center to a game of Pictionary! Jan Bevan will be our team “artist”. We need 7 people on our team who will try and guess what Jan is Drawing! The winning team members from either South Windsor or Plainville will each win a Dairy Queen gift card!

CANVAS DRAGONFLY PAINTING CLASS

Friday, August 28, 9:30 A.M.

No Art Experience Necessary!
Canvas is Pre-Sketched!



Cost is \$15.00. Includes pre-sketched canvas, all paint and paint brushes needed to paint a beautiful 8 x 10 canvas. Class will be taught on Zoom by an artist from the Claypen Art Studio. The instructor will lead you step-by-step to create a beautiful dragonfly canvas!

Sign up begins August 5th. **YOU MUST REGISTER BY AUGUST 20TH**. Participants can either mail a check or stop by the Senior Center to drop off a check (you will not need to come into the building). We will contact you to come by the Center to pick up your canvas and materials during the week of August 24th. Our friends from the South Windsor Senior Center will also be joining us for this virtual class!

TELEPHONE BINGO

Wednesdays at 1:00 P.M.



If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in/ Zoom information; we will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes include basic necessities such as toilet paper, Kleenex, or paper towels!!

YOGA-LATES FITNESS CLASS ON ZOOM

Fridays at 11:00 A.M.

NEW

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link.

This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. For all fitness levels.

CHAIR YOGA with DIANA GUNTER

**South Windsor Senior Center
Instructor**



Every Thursday at 12:00 noon on Zoom.

Zoom Meeting ID: 8993401834 Password: breathe

FITNESS CLASS with JARED

Class will “meet” Mondays and Fridays at 10:00 a.m. Fitness sessions will be 30 minutes of moderate intensity exercise to include everything from squats, to stretches, to upper body exercises. Much of the routine is based around a chair, but we will get up and moving too! This is a Zoom Program.

Call the Senior Center to register and receive Zoom link.

FEED YOUR MIND AND JOIN THE FUN!

SILVER SNEAKERS CHAIR EXERCISE CLASS

Tuesdays at 1:30 P.M.



If you would like to participate in the Silver Sneakers Class, you must have Silver Sneakers through your health insurance. If you are not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. If it does, be sure to get your Silver Sneakers number, which is 16 digits and starts with 2300. If you have not participated in our Silver Sneakers class at the Plainville Senior Center, you will also need to sign a participation waiver. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions:

Fitness123@live.com. This is a ZOOM program.

HEALTHY BRAIN SERIES

Join us for a five-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun! Participants are encouraged to attend all sessions.



Each of the 5 sessions will cover the following topics:

Challenge your mind daily: Activities keep your mind sharp. **Feeding the brain:** The importance of diet and hydration. **Benefits of a purposeful life:** Finding meaningful engagement as you age. **Good sleep and brain power:** The importance of sleep and your brain. **The Blue Zones:** Lessons for living longer from the people who've lived the longest. *Presented by Dementia Specialist Hartford HealthCare Center for Healthy Aging.*

PLEASE CHOOSE WHICH 5-SESSION SERIES YOU WOULD LIKE TO ATTEND:

Wednesdays, Sept. 2, 9, 16, 23, & 30 | 1:30-2:30pm

or

Tuesdays, Oct. 6, 13, 20, & 27 | 1:30-2:30pm

REGISTRATION REQUIRED:

Call 1.855.HHC.HERE (1.855.442.4373) or go to HartfordHealthCare.org/Webinars.

After you register, you'll receive an email with easy instructions on joining the webinar.

BETTER BREATHER CLUB PROGRAM



The American Lung Association Better Breathers Club program has connected people living with lung disease to education, support and each other.

Virtual Meetings:

COPD Control During the COVID-19 Pandemic

Wednesday, August 19 at 3 P.M.

Addressing Emotional Health and COVID-19 (recorded)

Maintaining Lung Disease Management Amid COVID-19 (recorded)

Stay informed. Visit Lung.org/covid19 for information and resources about coronavirus disease (COVID-19).

You can also connect with an expert online or over the phone by contacting the Lung Helpline at 1-800-LUNGUSA.

LGBT ZOOM COFFEE HOUR

Join us on Friday, August 21st at 9:30 A.M. for an LGBT Zoom Coffee Hour hosted by the South Windsor Senior Center!



Itinerary: 9:30-9:45: Check-in, 9:45-10:30: Discussion of resources available including online resources to stay connected, busy and entertained. 10:30-11:15: Wheel of Fortune. Contact Victoria for Meeting ID and Password: Telephone number 860-648-6399 or Victoria.hellberg@southwindsor.org

GET TO KNOW YOUR STAFF AT THE SENIOR CENTER!

We're playing **"Two Truths and a Lie"**! How well do you think you know us? We have provided 3 facts about ourselves...but one is not true! Can you guess which is a lie? Send your answers to Guberman@plainville-ct.gov or by mail and the person(s) with the most correct answers by August 20th will win a cool prize!!

Shawn: Born and raised in Rochester, Minnesota; Played powderpuff football at the University of Minnesota; Celebrate the Buzzards returning to Hinckley, Ohio every March 15th

Ronda: Hiked to the summit of Mt. Washington; Took belly dancing lessons; Assisted in building the world's largest jigsaw puzzle.

Juliana: I was born in Africa; I won a local beauty pageant when I was 18; I was the buyer for lady's accessories for 14 years.

Angela: I was born in the region of Sicily, Italy; My paternal grandmother's family, originally from Albania, went to Italy as refugees; Graduated from Bulkeley High School, Hartford where I received best accountant award for the class of 1973.

Stephanie: Ran 2 marathons; Loves the Boston Bruins; Was my high school mascot.

Tammy: I eloped at 19; I did daycare for 10 years; I sang in a high school play.

Jan: Born in Warwick, RI; Former Cheerleading Coach; I have 2 dogs.

Carol: Teacher of the gifted and talented in Bristol & Torrington, has one cat, spends weekends at lake house in Holland.

WE NEED CARDS PLEASE

Thank you for helping to bring comfort to our members. We really appreciate your donation of sympathy, get well or thinking of you cards. We could really use more of these cards so that we can continue to bring comfort to our members. You can drop them off at the Plainville Senior Center. Also, please let us know if someone needs a cheer card!



ARE YOU LOOKING FOR SOMETHING TO DO?

We have 1,000 piece puzzles for you to have if you are looking for a challenge! Just stop by the Senior Center for your free puzzle!



SHOPPING BUS

Tuesdays, August 4th and August 18th

Based on guidelines to keep everyone safe, we can only have two passengers at a time on our

Dial-A-Ride vehicle. We will try to do a shopping shuttle in August and see if it works for everyone. The limit for this trial will be 8 passengers so sign up quickly. You will choose your drop off at either Walmart in Southington or Goodwill/Ocean State Job Lot in Southington. You cannot do both. You will be assigned a pick-up time starting at 9:00, the last pickup will be 10:30. Each group will have approximately 2 hours to shop. Call the Senior Center beginning July 30th at 860-747-5728 to reserve your ride: Happy Shopping!

THIS IS BIG NEWS!

Evelyn Morin, our "Jill of all Trades" has decided to retire after more than 22 amazing years at the Senior Center. Evelyn began as a volunteer knitting instructor when she was getting certified to teach by the Craft Yarn Council. Her class was an instant success and has had the largest attendance of any of our craft classes, ever! We knew right away that she was destined for great things at the Senior Center! During her tenure, Evelyn successfully coordinated volunteers, the annual Craft Fair, numerous grant programs including Circle Group, taught computer classes and other craft classes and so much more. We will miss her a lot, but we are happy that she will get to spend time at home doing what she loves most: crafting and spending time with her family! At some point in the future, we plan to have Evelyn join all of us for tea and cookies.



NEWS YOU CAN USE!



UNITED STATES CENSUS 2020

While you are sitting at home, take the time to complete the 2020 Census! Your response matters and Plainville is hoping to have 100% participation in the Census. Census results help determine how billions of dollars in federal funding flow into states and communities, they determine how many seats in Congress each state gets, and it's mandated by the US Constitution. There are three ways to complete your census: **online** at: www.2020census.gov, **by phone** 844-330-2020 for English, 844-468-2020 for Spanish or **by mail**.

RESPOND NOW! IT'S SAFE, EASY & IMPORTANT!



HANDMADE FACE MASKS NEEDED!

Supplies of handmade washable and reusable face masks at this time are **very** limited. As a result, we are seeking crafty volunteers to make masks. We have fabric available if you could make some masks to donate to the Plainville Senior Center.

We would also like to thank those who continue to provide handmade masks to our Senior Center!

2020 SENIOR FARMERS' MARKET NUTRITION PROGRAM

We have Farmers' Market coupon books for anyone who hasn't received one this year! The monthly income limits for this year are \$1,968 for individuals and \$2,658 for a couple. These coupons are valid until the Farmers' Market closes for the season. Call Stephanie at 860-747-5728.



Walk to End Alzheimer's

This year's walk will be held on Sunday, October 4th and will be a virtual walk. With health and safety in mind we will be walking as individuals, families or teams in our own neighborhoods and communities. We are walking in honor of the **5 million** Americans living with Alzheimer's in our neighborhoods. The walk isn't just an event, it's a **movement**, and that is why we are walking everywhere this year! The Bristol Senior Center has created a team for this year's Central Connecticut Walk to End Alzheimer's. If you'd like to join the fun, contact Patty Tomascak, Executive Director, Bristol Senior Center, (860)584-7895 X 7110.

Cheer Report

*The Plainville Senior Center makes every effort to send **cheer, get well** and **sympathy** cards to our members who could use a lift of their spirits. If **you** know of someone who is hospitalized, convalescing, ill or has just lost a loved one, please let us know by calling us at 860-747-5728. Cheer cards mean so much to our members and the info helps us keep our records up to date. As always, many thanks to volunteer Carol Perry for sending out "cheer" on behalf of the Plainville Senior Center.*

June 15-June 30, Get Well & Thinking of You Cards were sent to:

Joe Babin, Rita Rival, Bruno Talotta, Gladys Pascus, Charles Palmenta, Cliff Snow

June 15—June 30, Sympathy Cards were sent to:

Family of Roger Willequer, Family of Mary Giuliani, Kathleen Knox, Frank and June Demanski, Georgia Cole, Audrey and John Bergenty, Sharen McLellan, Angela Pace, Family of Glenn Smith

INFORMATION THAT'S GOOD TO KNOW

New Mobile Food Share Site Open in Plainville

Plainville High School, 47 Robert Holcomb Way

Every Other Monday: August 10 & 24

11:00—11:30 a.m.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread .

This service is available to everyone 16 years and older. No identification needed.

Please remember to bring your own bags

For the entire Mobile Foodshare schedule visit: www.Foodshare.org/mobile

To check for other locations around Plainville and/or cancellations visit the website or call 860-856-4321.

Text **FOODSHARE to 85511** to receive the mobile schedule and cancellations alerts directly on your phone.

The Food Share program at the Seventh Day Adventist Church is available on Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!



Our Facebook page is up and running! Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and our logo is our "cover page".

North Central Area Agency on Aging (NCAAA)

announces a new program for older adults who may be sheltering in place throughout the summer or are needing assistance in their home with at least two Activities of Daily Living (ADL's) such as bathing, dressing, transferring, toileting, eating or feeding him/herself **OR** are home confined either with **OR** without a caregiver **OR** family member's support. You can call the Caregiver Team at NCAAA at 860-724-6443 x230. If you want to discuss if you would be eligible for this program, please call Stephanie at the Plainville Senior Center 860-747-5728. **Funding is available for fans, air conditioners, lift chairs, incontinence supplies and emergency response systems.**



DIAL-A-RIDE

Our Dial-A-Ride is still rolling along! If you need a ride to a doctor's appointment, grocery store, pharmacy or bank call Nancy at HRA 860-589-6968 to schedule a ride. We operate on Monday, Wednesday and Friday's . You must wear a mask on the bus and we cannot transport anyone who is feeling ill.



Have You Heard About Senior Transportation Services? **VOLUNTEERS ARE NEEDED!**

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. STS works to help families coordinate their loved one's transportation needs by working one-on-one with individuals. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. (For help in paying for the service call Stephanie or Ronda at 860-747-5728). Senior Transportation Service (STS) is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. **To discuss riding or volunteering with Senior Transportation Services, please call 860-224-7117.**

FUN STUFF!

ATTENTION ARTISTS!

You are invited to share your talent through the National Arts Program's OPEN Art Exhibit and Contest! This virtual art exhibit is open to all ages. We are holding this OPEN Exhibit as the country begins to reOPEN to showcase the resilience of people and of the arts during these unprecedented times!



Artists may register online on our website now through August 19th. Be sure to select just ONE artwork image in any medium that best represents your talents. All artists will register in their appropriate category. Categories are self placement and include the following option: Youth (12 & under), Teen (13-18), Adult Amateur, Adult Intermediate, Adult Professional.

After the show closes, the exhibit will be professionally judged and fifteen cash prizes will be awarded by category!

Deadline to register online is August 19, 2020. We look forward to seeing your talents at the National Arts Program's First Annual Virtual Exhibit. Be sure to share the contest with your family and friends too! Good luck and happy creating! If you wish to view the artwork from around the country simply follow the registration information below. The exhibition is open and will run until August 19th. To register please Google: National Arts Program Virtual Open Exhibit.



DO YOU KNOW SOMEONE WHO FITS THIS PROFILE- CENTRAL CT 60 STRONG?

Starling Senior Care Advantage, a partnership with Starling Physicians is launching a citywide contest to identify 12 individuals in their 60s who represent what it takes to be inspiring in mind, body or spirit and inspiring in their approach to life. The 60 Strong program was created to inspire people older than 60 to take care of their health. Starling Physicians is looking for as many nominees ages 60-69 as possible. Ideal candidates are:

- People in exceptional health with great exercise/eating habits, positive attitude, big in the community, may have overcome health issues.
- Overcomers-people who have overcome great obstacles to do better, cancer survivors, organ recipients, people who have bounced back after quadruple bypasses, etc.
- People who are giving back a lot to the community.

A group of professional celebrity judges will determine winners and they will be invited to a photo shoot for a calendar that will be produced with the proceeds being donated to CT Foodshare. If you are interested in nominating yourself or know someone you would like to nominate, please fill out a nomination form at CentralCT60Strong.com or email: Fernanda.Matos@fmatos@starlingphysicians.com to get assistance in putting together your nomination.

MAKING THE MOST OF YOUR TELEMEDICINE VISIT VIA ZOOM

Thursday, Sept. 24, 10:00 A.M.

During the Covid-19 era, telemedicine visits have been highly utilized due to physical distancing measures and expansion of insurance coverage. Learn more about the different types of virtual services, pros and cons, and tips for environment, technology, and preparation. Presented by Kaitlin Cuas, Transitional Care Nurse, Hartford HealthCare Center for Healthy Aging. *Sponsored by Hartford HealthCare Center for Healthy Aging and Plainville Senior Center.* Registration required.

To register, call 1.855.HHC.HERE/1.855.442.4373 or go online to HartfordHealthCare.org/Webinars.

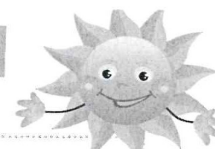


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SUMMER FUN

Word Search Puzzle



W A T E R P A R K V A C A T I O N
F R I E N D S W S T Z G H N A I G
T S A Z Q P A B Q C N P N M D C S
E W O N C H I I Y I A S U R X E N
B I C Y C L E C P C R Y O Z M C F
O M P W I Z J M N E F J A A P R R
U M E I F M A T L I U I G M O E I
T I H G A C O K X C C B S N P A S
D N N J X O N P S M B K E H S M B
O G W V F I I P X D R T R A I X E
O O U E R R O C O O K O U T C N E
R A R P T L F U W S S C V Q L H G
S A S D F O L E M O N A D E E T A
B A A P E Q R S U N S H I N E M N
W O I F A I R G R O U N D P X B M
R L W N F E K N B A S E B A L L X
F B B M Y P M V T D G I S W O R V



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

August 11, 2020 Presidential Primary Absentee Ballots

Tuesday August 11, there will be a Presidential Preference Primary.

Plainville Residents: Absentee ballot **applications** have been mailed to all eligible registered Democrat and Republican voters. Due to COVID19, voters that would prefer to vote by absentee ballot must complete the application and return it to the Town Clerk's office in the provided envelopes. Once the application is received and processed, the absentee **ballots** will be mailed out. Completed absentee ballots should be mailed back to the Town Clerk's office in the provided envelopes OR hand delivered and dropped in the designated "Official Ballot Drop Box" located just outside the side entrance of the Municipal Center. **DO NOT USE THE DROP BOX IN THE BACK OF THE MUNICIPAL CENTER.**

Please note that all polling locations will be open on Primary Day from the hours of 6:00am to 8:00pm if you wish to cast your vote in person.

The Plainville Public Library Has Reopened

Hours are: Monday – Thursday 10:00 a.m. – 7:00 p.m. and Fridays 10:00 a.m. – 5:00 p.m.

In-house library service is for users to make short trips in and out to browse the collection; print, copy, fax or scan items; look up information; or ask reference questions. The Library is open to check out reading materials. There is no seating and patrons are asked to keep their visit to the Library brief. Everyone who enters the library building will, *without exception*, be required to use hand sanitizer upon entry and wear a mask for the duration of their visit. If someone forgets to bring a mask with them, library staff will provide a disposable mask.

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 drop them off at the Senior Center (ring door bell). We appreciate it! **We do not use religious cards or mass cards.** If you know someone who needs a smile, please let us know! ***Please note: When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. (If you wish your donation to remain anonymous, please let us know.) We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter.***

GENERAL DONATIONS, JUNE 19-JULY 24

Lexie Padmanabhan, Anonymous(3), Lois Schmidt, Jeannine Ball, Rosaleen Peters, Charlotte Politis, Angelina Levandowski, Ellie Gendron

DIAL-A-RIDE DONATIONS, JUNE 19-JULY 24

William Costello, Fran Martin, Rosaleen Peters, Eleanor Davey, Rachel Bell.

THESE NEW MEMBERS JOINED THE SENIOR CENTER IN JUNE 2020!

Stanley and Brenda Zima, Helen Kisluk, Lawrence Marousek, Andrew Cervone, Katherine Lyons

MEMORIAL DONATIONS

JUNE 3—JULY 24



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: Pasqualine Cardella**
By Lucy Silverio
- ♦ **In Memory of: Adele Lehto**
By Lucy Silverio
- ♦ **In Memory of: Janet Logan Mastrianni**
By Michael Mastrianni
- ♦ **In Memory of: Charles Moore**
By Olga Callender
- ♦ **In Memory of: Peter Pestillo**
By Lucy Pestillo



CENTERS FOR DISEASE CONTROL AND PREVENTION (CSC)

When you visit friends and family who are at higher risk for severe illness from COVID-19, take these important steps. Wear cloth face coverings. Stay at least 6 feet apart. Meet outside if possible. Wash your hands often. Sanitize all touched surfaces.

PLAINVILLE SENIOR CENTER COMPANION BOOK

The Plainville Senior Center is in the process of updating our Companion/Handy Person/Hairdresser/Seamstress Book. We no longer have anyone listed under Seamstress. If you sew or know how to make and mend clothing or do alterations, sew hems, fix tears, mend zippers and apply buttons, please contact the Senior Center at 860-747-5728. We do get occasional calls for this. You will have to complete a form listing what you can do and include contact information, as well as sign a Release Form (as we don't screen people listed in our Companion Book or the people who take the book to look for services, the Town of Plainville makes no representation, assurances, or guarantees, and **is not** responsible **or liable** in any way for acts or omissions of the individuals whose names appear within the booklet). We are also accepting names of people who would be interested in serving as companions, homemakers, handypersons, hairdressers, etc.

August 2020

Sun Mon Tue Wed Thu Fri Sat

2	3 10:00 Jared Fitness 10:00 Current Events	4 9:00 Shopping Bus 10:30 Veteran's Coffee 1:30 Silver Sneakers	5 1:00 Telephone Bingo	6 12:00 Chair Yoga with Diane 1:00 Juke Box Bingo	7 10:00 Jared Fitness 11:00 Yoga-lates	8
9	10 10:00 Jared Fitness 10:00 Current Events 3:00 What's the Scoop on Services	11 1:30 Silver Sneakers	12 10:00 Caregiving Connections 1:00 Telephone Bingo	13 12:00 Chair Yoga with Diane	14 10:00 Jared Fitness 11:00 Yoga-lates	15
16	17 10:00 Jared Fitness 10:00 Current Events	18 9:00 Shopping Bus 1:00 Memory Loss Prevention 1:30 Silver Sneakers	19 1:00 Telephone Bingo	20 12:00 Chair Yoga with Diane	21 9:30 LGBT Zoom Coffee Hour 10:00 Jared Fitness 11:00 Yoga-lates	22
23	24 10:00 Jared Fitness 10:00 Current Events 5:00 Medicare Savings Program	25 11:00 Grandparents Raising Grandchildren 1:30 Silver Sneakers	26 9:00-1:00 COVID Testing 1:00 Telephone Bingo	27 11:00 Pictionary 12:00 Chair Yoga with Diane	28 9:30 Canvas Painting Class 10:00 Jared Fitness 11:00 Yoga-lates	29