

NEWS & EVENTS

AUGUST 2021

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

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

PIZZA WEDNESDAYS!

Come enjoy cheese pizza with us here at the Senior Center every Wednesday at noon, beginning Aug. 11. COST: \$2.50 includes bottled water. Advance sign-up is required. We cannot accommodate walk-ins. Call (860)747-5728 and join us for lunch.



CARDS, GAMES AND BILLIARDS TOURNAMENTS ARE BACK!

We are thrilled to resume cards, games and billiards tournaments again! We highly suggest that you wash and sanitize your hands prior to playing and again after playing to help reduce the risk of infection. Sanitizer stations are located throughout the building. Below is a schedule of drop-in activities that you are welcome to join:

Mahjong: Mondays, 12:00 noon

Setback Tournament: Mondays, 12:30 p.m.

Cribbage: Tuesdays, 10:00 a.m.

Pinochle: Tuesdays, 12:00 noon

Bridge: Tuesdays, 1:00 p.m.

Bingo: Wednesdays, 1:15 p.m.

Charlemagne: Wednesdays, 1:15 p.m.

Mexican Train: Thursdays, 10:00 a.m.

Pool Tournament: Thursdays, 12:30 p.m.

Bridge: Thursdays, 12:30 p.m.

Pinochle: Thursdays, 12:30 p.m.

Scrabble: Thursdays, 1:00 p.m.

Mahjong: Fridays, 9:00 a.m.



PLEASE NOTE:

- **FACE MASKS ARE REQUIRED FOR**

UNVACCINATED PEOPLE WHILE AT THE SENIOR CENTER.

*** VACCINATED PEOPLE CAN CHOOSE TO WEAR A MASK OR NOT AT THE SENIOR CENTER.**

- **MASKS ARE REQUIRED ON ALL BUS TRIPS (D-A-R, SHOPPING BUS & TRIPS).**



MEGA SIGN-UP DAY—AUG. 4!

Mega Sign-Up Day is set for Wednesday, August 4, from 9:15 a.m. to 4:45 p.m. Members may sign up for new classes, trips and programs. If an event is free, call the Senior Center to register.

If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.



CAFÉ RECRUITMENT MEETING AUG. 12

We are also looking to restart our Le Petit Café this fall and we need volunteers to assist with food prep/cooking, assembling food, serving food, cashiers and dish-washers. No experience needed We will train you! We are having a café volunteer recruitment meeting on **Thursday, August 12, at 3:00 P.M.** Call the Senior Center to sign up or call Ronda at (860)747-5728 if you're interested!



ACTIVITIES

BILLIARDS: Come and shoot pool! No need to call. Pool tournaments resume at 12:30 P.M. on Thursdays beginning Aug. 5.

BINGO: Wednesdays, 1:15 P.M.

COLORING CLUB: Wednesdays, 3:00—4:00 P.M. The Senior Center has coloring books, colored pencils, crayons, etc. if anyone needs coloring supplies (free).

COMPUTERS: For Senior Center members only. Individuals must sanitize the keyboard and mouse prior to and after using the computer.

CURRENT EVENTS DISCUSSION GROUP: Tuesdays at 1:00 P.M. Join 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.

SETBACK IS BACK!

VOLUNTEERS NEEDED TO HELP WITH SCOREKEEPING

The Setback Tournament will resume on Mondays beginning August 2nd. Many thanks to our volunteers (Ann, Gemma, Joan and Vicki) for making this possible. Call the Senior Center to sign up only for the Aug. 2nd Setback Tournament. Please sign up with a partner. If you do not have a partner, we cannot guarantee that you will get to play. Sign-up for subsequent Setback tournaments will be done each week for the following week. Cost is \$1.00 to play; 1st, 2nd and 3rd place winning teams divide the proceeds. In order to run the tournaments, we need to recruit volunteers to assist with scorekeeping. Volunteers usually work in pairs and are needed 2-4 times per month from 12:30 – 3:00 P.M. on Mondays. If you are interested in volunteering, please contact Shawn or Ronda.



OPEN PAINTING IS BACK!

Wednesdays at 1 P.M. Join fellow artists for "open" painting (bring your own supplies). Enjoy the company of others who love to create.



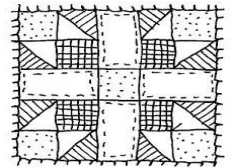
TELEPHONE BINGO: Thursdays at 1:00 P.M. If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register so we can provide you with the call-in or Zoom information. We will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets and paper towels.

WALKING: Daily indoor walking at the Senior Center. Stay cool in the summer and walk in a safe, flat environment.

OPEN QUILTING

WEDNESDAYS, 9:30 – 11:30 A.M.

Come and join your friends every Wednesday for a fun quilting session!



BINGO BLITZ!

Join us for a special Bingo with extra prizes on **Wednesday, August 25, at 1:15 p.m.** Roseanna D'anna from Amber Woods will be supplying \$5.00 gift cards to a variety of local stores in addition to the regular cash prizes that you can win during Bingo! Come on down and enjoy the fun. Bingo cards are: \$1.00 for the first card and .25 cents for each additional card.



BOOK BUDS IN PERSON

BOOK: CIRCE BY MADELINE MILLER
FRIDAY, AUG. 27, 10 00 A.M.

COST: FREE!

INSTRUCTOR: KATHLEEN MARSAN
SIGN-UP BEGINS AUG. 4.

American writer Madeline Miller transports us to the world of the Greek Gods. Join us as we travel with Circe the daughter of the god of the sun Helios. Zeus banishes her to a deserted island where she and her powers flourish rather than diminish. The book is available at the front desk of the Plainville Library. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**



CRAFT CLASSES/THIS AND THAT

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 missed classes due to vacations, trips, doctor's appointments, etc.

ACRYLIC PAINTING

MONDAYS, SEPT. 13-NOV. 22.

10:00 A.M. — 12:00 P.M., TEN WEEKS

INSTRUCTOR: ABBE WADE

COST: \$20.00. **Payment due at time of registration.**

Instructor Abbe Wade returns to teach 4 unique techniques using acrylic paints. Students must provide their own supplies. Sign up begins Aug. 4.

UKULELE DEMO & NEW CLASSES

DEMO CLASS: FRIDAY, SEPT. 17 AT 10 A.M.

INSTRUCTOR: SUE HILL

BEGINNER'S CLASS

FRIDAYS, SEPT. 24-OCT. 22

5 WEEKS, 9:30-10:30 A.M.

COST: \$10.

INTERMEDIATE CLASS

FRIDAYS, SEPT. 24-DEC. 3

10 WEEKS, 10:45 — 11:45 A.M.

COST: \$20

Sign up for each of these classes begins on Mega Sign-up Day August 4.



CERAMICS IS BACK!! (in-person)

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA

CERNIGLIA

SIGN-UP HAS BEGUN.

COST: PRO-RATED, based on when you register. **Payment due at time of registration.**

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. 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 glazes/supplies.



AUGUST BIRTHDAY BASH

THURSDAY, AUGUST 19

2:00 — 3:00 P.M.

PICK UP AT THE SENIOR CENTER.

If you have a birthday in August, please join us for a birthday treat! **Call the Senior Center by Aug. 17 to register or register online at www.schedulesplus.com/plainville so that we know how many birthday surprises to prepare.**



KNITTING/CROCHET CLASS

EVELYN IS BACK!

THURSDAYS, 1:00 — 3:00 P.M.

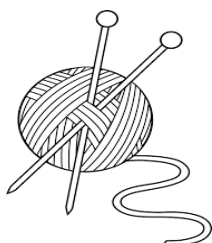
INSTRUCTOR: EVELYN MORIN

SIGN-UP HAS BEGUN.

COST: PRO-RATED, based on when you register.

Payment due at time of registration.

Evelyn Morin has come out of retirement to teach knitting & crochet classes again, in-person at the Senior Center! Bring your knitting needles, crochet hooks, yarn and patterns and get ready for a wonderful reunion!



GUITAR JAM!

If you have an acoustic guitar and you'd like to "jam" together, come join us! A new group, led by (Edgar) Allan Haver, is meeting on **Friday, August 13, at 10 a.m.** at the Senior Center to play music together from the 60s and 70s. Don't forget to bring your voice too! Call the Senior Center to register.



SOME OF THE BENEFITS OF ARTS AND CRAFTS...

Creating art keeps your mind stimulated. It can give you a sense of competence and greater self-esteem. The use of your hands when creating art can improve blood flow and dexterity in your fingers, hands, and arms. Making art causes our brain to reshape and restructure itself which leads to increased cognitive function.



SOURCE: GRISWOLDHOMECARE.COM

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:00-2:00 P.M.

INSTRUCTOR: CAROLINE DUBE

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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:15-3:00 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

CARDIO CHAIR FITNESS WITH NANCY IN PERSON

TUESDAYS, 1:00 — 1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.

BALANCE CLASS

TUESDAYS, 2:00—2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD RESUMES!

WEDNESDAYS, 9:30 – 10:30 A.M.

INSTRUCTOR: AMY GRAY

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.



SILVER SNEAKERS & PLAINVILLE SENIOR CENTER

YOGA/PILATES(YOGA-LATES)

FRIDAYS, 11:00—11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. IN PERSON OR ON ZOOM.

This 45-minute class includes both chair and standing yoga poses, a lot of stretching and Pilates. In Pilates, you will target a specific muscle, squeeze it and work through a motion which also tones your lower body and core.



THE PEAK FITNESS CENTER IS OPEN **NO APPOINTMENTS NEEDED!**

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open and appointments are no longer needed! Work out when you want. Current PEAK Center hours are: **Monday & Wednesday, 9:00 A.M. -1:00 P.M., Tuesday & Thursday, 9:00 A.M. -3:00 P.M. and Friday 9:00 A.M.-1:00 P.M.**

CLASS SCHEDULE Class descriptions on pages 3,4

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

Class	Time	Current Session	Next Session Sign-Up begins Aug. 4 Payment Due Upon Registration
MONDAY			
Acrylic Painting	10:00-12:00		Sept. 13-Nov. 22. 10 weeks, \$20.
Power Burst	1:00-2:00	July 19-Sept. 27. No class Aug. 2, Aug. 30 & Sept. 6. Cost is pro-rated based on when you register.	
Chair Pilates & Balance	2:15-3:00	July 19-Sept. 27. No class Aug. 2, Aug. 30 & Sept. 6. Cost is pro-rated based on when you register.	
TUESDAY			
Cardio Chair Fitness w/Nancy	1:00—1:45	July 27-Sept. 14. Cost is pro-rated based on when you register.	Sept. 21-Nov. 9. 8 weeks, \$16.
Balance Class	2:00-2:45	July 27-Sept. 14. Cost is pro-rated based on when you register.	Sept. 21-Nov. 9. 8 weeks, \$16.
WEDNESDAY			
Zumba Gold	9:30 – 10:30	July 14-Sept. 8. No class Aug. 4. Cost is pro-rated based on when you register.	Sept. 15-Nov. 3. 8 weeks, \$24.
THURSDAY			
Ceramics	9:30 – 11:30	July 8- Aug. 12. Cost is pro-rated based on when you register.	Aug. 19-Sept. 30. No class Sept. 9. 6 weeks, \$24.
Knitting/Crochet	1:00-3:00	July 8-Sept. 16. Cost is pro-rated based on when you register.	Sept. 23-Oct. 28. 6 weeks, \$12.
FRIDAY			
Ukulele Beginners	9:30-10:30		Sept. 24-Oct. 22, 5 weeks, \$10
Ukulele Intermediate	10:45-11:45		Sept. 24-Dec. 3, 10 weeks, \$20
Yoga-Lates	11:00—11:45	July 23- Sept. 10. Cost is pro-rated based on when you register. FREE if you have Silver Sneakers.	Sept. 17-Oct. 22, 6 weeks, \$12. FREE if you have Silver Sneakers.



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 **August 4** 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 Angela at (860) 612-9892 that evening or before 9:00 a.m. the day of the trip.*** Angela 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. Once we pay, refunds are not guaranteed. 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. Some insurance policies cover most costs if the cancellation is due to illness, but others may cover a variety of additional reasons.

PARKING: Parking for most trips is at Our Lady of Mercy Church parking lot, directly across South Canal Street from the church. It's the first lot on your right

entering South Canal from Broad Street. Park as close to the fence as possible, one car directly behind another. Many overnight trips may provide parking at Our Lady of Mercy Parish Center. Please contact the Senior Center, not OLM, for information.

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 latecomers.***

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.

See Page 7 & 8 for more on Trips.



PROGRAM HELPS THOSE AFFECTED BY SCAM

The AARP Fraud Watch Network and Volunteers of America (VOA) has created a new, free program to help people affected by a scam. VOA | ReST, which stands for resilience, strength and time, addresses the emotional impact of this experience and offers free facilitated peer-discussion groups that provide emotional support. Family members can also participate. The aim is to help re-establish trust, integrate the experience and build back resilience despite a difficult and painful occurrence. Participants can join by a computer, tablet or smartphone. Discussions are confidential. Visit www.aarp.org/fraudsupport to learn more about the free program and register.



A graphic with the text "Bon Voyage" in a stylized font. To the right is a postcard featuring a red airplane flying over a landscape, with a small figure of a person in the cockpit. The postcard has a perforated edge and a small "5c" stamp in the bottom right corner. The background of the graphic is a light green and yellow striped pattern.

AMERICAN QUEEN PADDLEBOAT
MARCH 20-28, 2022.

COLUMBIA & SNAKE RIVERS ABOARD THE AMERICAN EMPRESS:

**HYBRID ZOOM TRIP MEETING FOR BOTH AMERICAN
QUEEN & THE COLUMBIA & SNAKE RIVERS CRUISES
THURSDAY, AUGUST 5, 3:00 P.M.**

If you are interested in learning of either trip, join a Zoom meeting at home or in person at the Senior Center. If you aren't ready to travel yet but would like to hear about this unique vacation, Zoom in or join us here at the Senior Center. Registration is required.

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. 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

THIMBLE ISLANDS CRUISE and LUNCH AT LENNY & JOE'S, MADISON

Great time to shop for your holiday bargains at the Christmas Tree Shop. \$8 for transportation is payable at registration. Lunch is on your own at Panera Bread or McDonald's. Home pick-up **for those who do not drive** begins at 9:15 a.m., then Senior Center pick-up at 9:30 a.m. Return to Plainville by 3:00 p.m. Sign-up begins Aug. 4.

DAY TRIPS & OUTDOOR ADVENTURES

DAY TRIPS

HUDSON RIVER CRUISE & LUNCH AT SHADOWS ON THE HUDSON

THURSDAY, SEPTEMBER 23, 2021.

THIS TRIP IS FULL. You may sign up for the wait list. Senior Center Members will be called first. Call the Senior Center to be added to the wait list.

A BOB HOPE USO STYLE TRIBUTE THE GRAND OAK VILLA, OAKVILLE

WEDNESDAY, NOV. 10, 2021

\$115 per person. Departs 10:30 a.m. from Our Lady of Mercy Church, 19 Canal St., with an approximate return of 4:30 p.m. Family Style Meal including salad, pasta with homemade sauce, roast turkey with gravy and sliced roast beef with gravy, roasted potato, vegetable, dessert and beverage. Carafes of red and

white wine on every table. Join us for a tribute to America's Veterans featuring Bill Johnson and Holly Farris. Flyers available at the Senior Center. Sign up begins August 4.

EDWARDS TWINS

AQUA TURF

WEDNESDAY, DEC. 8, 2021.

\$87 per person. Drive on your own. Arrive at 11:30 a.m. Coffee & donuts on arrival. Family Style Menu: salad, pasta, Chicken ala Kathryn, broiled scrod with cracker crumb topping, vegetable, potato, rolls, dessert, beverage. The World-Famous Edwards Twins are two brothers impersonating 100 stars! They are the number one impersonation act in the world! Their vocals and looks will amaze you! Flyers available now! Sign up has begun.

Outdoor Adventure Club

We've been busy planning some wonderful outdoor adventures to get people outside and enjoying some fresh air!

PIZZA & ELM CITY PARTY BIKE TOUR NEW HAVEN

SUNDAY, AUGUST 1, 10:15 A.M. **TRIP IS FULL**

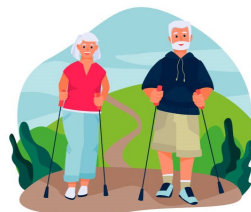
HIKING THE INDIAN HILL TRAIL IN NEWINGTON

MONDAY, AUGUST 16, 10:00 A.M.

LEADER: NATALIE CARPENTER, COST: \$3.00.

SIGN UP HAS BEGUN. PAY AT SIGN-UP.

Join Natalie for a 4-mile walk along the Indian Hill Trail in Newington. This is an easy trail and passes by Mill Pond Park and a waterfall while crossing Newington. Comfortable shoes, walking sticks, tick spray, sunscreen and a water bottle are recommended. Meet at the Senior Center parking lot at 10:00 a.m. to caravan.



RAIL-TO-TRAIL LAZY LANE BIKE RIDE

WEDNESDAY, AUG. 25, 9:00 A.M.

LEADER: EILEEN CYR. COST: FREE!

SIGN-UP HAS BEGUN.

Join Eileen Cyr for a one-hour bike ride along the rails to trails. Helmets are necessary. Bring sunscreen, water, snack and medications (if necessary). Meet at Rail to Trail on Lazy Lane in Southington (across from the Police Dept.). Rain date: Sept. 1.

Call the Senior Center to register.

KAYAKING, COLLINSVILLE

MONDAY, AUGUST 30, 10:00 A.M. LEADER: NATALIE CARPENTER COST: \$25.00 FOR A 1-HOUR PADDLE RIDE. INCLUDES KAYAK, LIFE JACKET AND LEADER. SIGN-UP BEGINS AUGUST 4.

Leaves Plainville Senior Center at 10:00 a.m. to caravan or meet at Collinsville Canoe/Kayak at 10:30 a.m. Join Natalie for a refreshing hour-long kayak down the Farmington River from Collinsville Canoe/Kayak, 41 Bridge St., Collinsville, and then a stroll and picnic lunch on the Farmington River Trail. You can choose a single-person kayak or double up if you want to share the paddling. Be sure to wear protective head gear, water-appropriate clothing and sunscreen, and bring some lunch goodies for the picnic afterwards.

PROGRAMS & NEWS

ATTORNEY GENERAL LAUNCHES ELDER JUSTICE HOTLINE

Attorney General William Tong, Aging and Disabilities Commissioner Amy Porter, Consumer Protection Commissioner Michelle H. Seagull and the Coalition for Elder Justice in Connecticut have launched the Elder Justice Hotline-- a "one stop shop" for older in adults in Connecticut in need of information, aid, and justice.



Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation. As a result, no one state agency can answer every question. The Consumer Assistance Unit of the Office of the Attorney General will staff the hotline and refer matters as appropriate to agencies across state government.

The hotline can be reached at **1-860-808-5555**. Individuals may also access information about the hotline, resources, and an online complaint portal here: <https://portal.ct.gov/ag/elderhotline>.

HURRICANE SEASON IS HERE!

Hurricane season is upon us! Here are some tips to stay safe during and after the storm:

- **Think Ahead.** Know the risks to your home. Stay tuned to local television and radio broadcasts or sign up for wireless alerts.
- **Have a Plan:** Make sure everyone knows where to meet.
- **Have an Emergency Kit** readily available with first aid supplies, pet supplies and important documents.
- **Be Ready.** Attend First Aid & Community Emergency Response Team Trainings in your area.
- **Stay Safe.** Evacuate immediately if advised to do so and take your emergency kit with you.
- **After the Storm:** Do not return to the area until authorities say it's safe. Avoid driving through flooded roads.



For more information, go to <https://www.nhc.noaa.gov/>.

MEDICARE SAVINGS PROGRAM (MSP)

INCOME LIMITS:

Singles Range From: \$2,265 to \$2,641
Couples Range From: \$3,064 to \$3,572

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. Department of Social Services will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

THE NURSE IS IN!

GEORGIA STERPKA, APRN, IS
AVAILABLE BY APPOINTMENT FOR:

REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members.



EAR WAX REMOVAL: COST IS \$5.00.

CHOLESTEROL SCREENING -This type of test does not require fasting. Cost is \$12.

FREE BLOOD PRESSURE SCREENINGS

Senior Center Members only.

facebook

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

PROGRAMS, TRIPS, ETC.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, AUGUST 19, 2:30 P.M.

CALL THE SENIOR CENTER TO REGISTER.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Join us on

Thursday, Aug. 19, at 2:30

p.m. to relax and socialize with other people experiencing similar life challenges. Please call the Senior Center at (860)747-5728 to reserve your spots! This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. and the Connecticut State Unit on Aging. **Call the Senior Center to register or register online at:**
www.schedulesplus.com/plainville.



AGE DOESN'T DETERMINE SUCCESS!

The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders), started Kentucky Fried Chicken at the age of 65!

FREE SHOPPING BUS

Shop, have a bite to eat and rendezvous with friends! Call the Senior Center beginning Aug. 4th to register.

THURSDAY, AUGUST 19:

Shuttle begins at 9:30 a.m.

Choose either Southington Shop-Rite Plaza or TJ Maxx/Aldi's. You may only choose one location. You will have approximately 2 1/2

hours to shop.



7 Common Meds That May Make It Harder to Control Your Blood Sugar

1. Corticosteroids
2. Beta-Blockers
3. Statins
4. Niacin
5. Antipsychotics
6. Certain Antibiotics to Address Infections.
7. Decongestants

Source: EverydayHealth.com

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.



TIPS from the National Institute on Aging to help you stay motivated to exercise:

- 1 Do activities you enjoy to make it more fun. Be creative and try something new!
2. Make it social. Find a virtual "exercise buddy" to help keep you going and provide emotional support.
3. If there's a break in your routine, get back on track.
4. Start slowly and gradually build back up to your previous level of activity.
5. Ask your family and friends for support.
6. Keep track of your progress. Make a plan and don't forget to reward yourself when you reach your goals.

FOODSHARE, SUPPORT GROUPS & SHOPPING BUS

MOBILE FOODSHARE SITE IN PLAINVILLE: NORTON PARK, 15 Norton Park Road

MONDAY, AUGUST 9: 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 bring your own bags. For the entire Mobile Food Share schedule visit: www.Foodshare.org/mobile. To check other locations and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellation alerts on your phone.



THE FOOD SHARE PROGRAM AT THE SEVENTH DAY ADVENTIST CHURCH

This program is offered Wednesdays for Plainville residents needing assistance with food. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up, and a volunteer will put the groceries in your car!

2021 SENIOR FARMERS' MARKET NUTRITION PROGRAM

We have Farmers' Market coupon books. The monthly income limits for this year are \$1,986 for individuals and \$2,686 for a couple. These coupons are valid until the Farmers' Markets close. Call Stephanie at (860)747-5728.



GRANDPARENTS RAISING GRANDCHILDREN-IN PERSON

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

CAREGIVING CONNECTIONS-IN PERSON

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

CARING AND CONNECTING

Would you like someone to chat with? We have volunteers who are happy to connect with folks to say "hello" and to help brighten someone's day, especially during these difficult times. Call Morgan at the Senior Center if you'd like a call or if you would like to volunteer.

HURRAH FOR OUR ONE-PERSON CHEER TEAM!

Carol Perry sent out 442 cheer, sympathy and thinking of you cards from July 1, 2020 to June 30, 2021. She is our one-person cheer team! Thanks to her and to all who donated cards and to anyone who told us about someone needing a card. If you know of anyone who is sick or in need of some cheer, contact us at the Senior Center at (860)747-5728.



AARP UPCOMING EVENTS

www.AARP.org/CTevents

Some examples are: Clean Cooking, Latin Jazz, Virtual University, Infamous Duel: Hamilton & Burr and more! The Senior Center has a list of upcoming events. Visit the web address above.



Tips for Fall Prevention

Check Your Health — If you have arthritis, osteoporosis, hypoglycemia, diabetes, blood pressure fluctuation or another condition that can affect your ability to walk, talk to your doctor. If you're otherwise experiencing symptoms that make you feel like you're going to fall, see your doctor immediately.

Stay Physically Active — Sedentary behavior causes leg and overall body weakness. It can also cause dizziness by compressing veins and arteries. Low activity can also damage the nerves responsible for movement and pain management.

Change Home Habits — Move or remove anything that can cause you to slip or trip, such as throw rugs or coffee tables. Choose assistive devices that make walking safer like canes and walkers. Use a non-slip bath mat. Additionally, install handrails in places where you walk or rise from a seated position.

SOURCE: SeniorNews.com

Donations

JUNE 26--JULY 21

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

MEMORIAL DONATIONS

In Memory Of: Patricia 'Pat' Cancelli by Eileen Cyr, Susan DesRochers, Norma Weisenburger, Lois Schmidt, Carol & Tom Loiselle, Ellen Couture, Carol Beam, Juliana Rudolph, Jensine Santiago, Betty & John Kirch, Evelyn & Pierre Morin, Jennifer Brown & Susan Goranson, Beverly Heslin, Peter Smith, Elaine Wyzga, Roy & Terri LaChapelle.

In Memory Of: Edward R. Stagis by Ed and his appreciative family.

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.

Cheer Report

JUNE 26-JULY 21

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

GET WELL & THINKING OF YOU CARDS WERE SENT TO:

Colleen Shover, Joe Maitz, Angela Civitillo, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Helena Niziolek, Norma Weisenburger, Elaine Wyzga, Elsie Senaldi, Vivian Arena, Beatrice Dumont, Rosia Plourde, Mary Michaud, Cathleen Macca, Deb Starmes, Mary Ann Cunningham, Ed Zareck, Dawn Dallas, Bette Green, Nellie Talbot, Stella Massa, Laurette Ortner.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Eileen DiFrancesco, Jeannette King, Robert Kopinsky, Peter Cellini.

SYMPATHY CARDS WERE SENT TO:

Ceal DiFrancesco, Jacqueline Frugale, Robert & Joanne Ronstrom, Elizabeth Cardona, James Mahan, Janice Czerepuszko.

*The Senior Center **ALWAYS** Needs Sympathy, Get Well and Thinking of You Cards! We do not use religious cards or Mass cards. If you wish to donate cards, please drop them off at the Senior Center. We appreciate it!*



JUNE NEW MEMBERS

Susan Abram, Janet Bartels, JoAnn Bertolo, Carlene Brousseau, Wesley Hyjek, Nancy Janusauskas, Jacqueline Lemelin, Timothy Maloney, Mary Ann McCarthy, Debra Monahan, Daniel Pellecchia, Kenneth Roden and Malcolm Rubin.



VETERANS' NEWS & ACTIVITIES



VETERAN'S BENEFITS TALK RESCHEDULED TO AUG. 26 AT 10 A.M.

RESCHEDULED FROM JULY 29—Jason Coppola from the CT Department of Veteran's Affairs, Office of Advocacy & Assistance, will present a **FREE VETERAN'S BENEFITS TALK on THURSDAY, AUGUST 26, at 10 A.M.** at the Senior Center. Call the Senior Center to register or go online at: WWW.schedulesplus.com/plainville.

INDIVIDUAL APPOINTMENTS FOR VETERANS— SEPT. 1 AT THE SENIOR CENTER

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance. Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance, is available at the Senior Center to help you with all of your veteran benefit needs. Call Jason at (203) 805-6340 to schedule an individual appointment (please leave a message). Starting in September, Jason is scheduled to be at the Senior Center the first Wednesday of each month. Until then, he is available by phone.



TIPS FOR VETERAN'S CAREGIVERS

Families and caregivers are the Veteran's support system. Amanda Settle, RDN, provides these tips for taking care of you while you're taking care of your Veteran loved one:

- Keep on your mealtime schedule. Planning ahead is key.
- Batch cook: Get out those crock pots and Instant Pots to make double or triple batches of meals that freeze well, like chilis and soups.
- Hydration: Keep a larger water bottle on hand to sip from all day.
- Take breaks and walks. Don't forget your own exercise, which helps with stress management.
- Take time for yourself. Try mindful meditation or stretching, and make sure you're getting adequate sleep.
- Reach out to your VA dietitians for more meal planning and preparation ideas. If you think you may need more assistance, please reach out to find out more about the VA Caregiver Support Program and other programs that may be able to offer relief for you.



VETERANS' SOCIAL HOUR IN PERSON

TUESDAY, AUGUST 24, 10:00 A.M.

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at 860-747-5728 to register or register online at: www.schedulesplus.com/plainville.**



PLAINVILLE VETERANS' MEMORIAL WALL

A Memorial Wall has been created to provide a place to honor the military service of deceased veterans by their friends and family members. Brass plates engraved with the Veteran's rank, name and branch of service can be purchased for \$14. Contact the Senior Center for an order form.



INDEX

AARP Fraud Watch	6
AARP Smart Driver Course	14
Acrylic Painting	3
Balance Class	4
Bingo Blitz	2
Birthday Bash	3
Book Buds	2
Café Recruitment	1
Cardio Chair Fitness	4
Cards, Games & Billiards	1
Caring and Connecting	9
Ceramics	3
Chair Pilates & Balance Class	4
Cheer Report	12
Class/Activity/Schedule	2,3,4,5
Come Jam with Us	3
DIAL-a-Ride Facts	14
Donations	12
Elder Justice Hotline	9
Encompass	14
Farmers' Market	11
Foodshare Info.	11
Free Weekend Bus Svc	14
Heavy Cleaning Help	10
Hurricane Season	9
Knitting/Crochet	3
Medicare Savings Program	9
MEGA SIGN-UP DAY	1
Memory Café	10
New Members	12
Nursing Information	9
One Person Cheer Team	11
Open Painting	2
Open Quilting	2
Outdoor Adventure Club	8
PEAK Fitness	4
Piano Player Needed	14
Pizza Wednesdays	1
PowerBurst	4
Setback	2
Shopping Bus	10
Silver Sneakers/Yoga-Lates	4
Telephone Bingo	2
Transportation	BC,14
Trips	6,7,8
Ukulele Demo	3
Veteran's News & Activities	13
Walking	2
Zumba Gold	4

BC= Back of Calendar

SIGN UP FOR THE AARP SMART DRIVER COURSE

The AARP Smart Driver course will be held in December. Check the October newsletter for details.



THIS AND THAT

PLAINVILLE SENIOR CENTER CHORAL GROUP LOOKING FOR PIANO PLAYER

Plainville Senior Center Choral Group is looking for a piano player to be part of this dedicated volunteer ensemble. The group practices once per month and entertains once a week for three weeks at three area nursing homes. Help to bring joy to many folks using your voice and piano talent. Transportation provided by the Senior Center to the nursing home gigs if needed. Call Shawn or Ronda for more information or if interested.



NEW LOW-COST PROGRAM ALLOWS ELDERLY, DISABLED TO TRAVEL WITH NO LIMITATIONS

ENCOMPASS is an exciting new program that allows our elderly and disabled community in the Greater Hartford area to travel with no limitations any time, any day, for any reason! For more information, please see the back of the calendar for details.



FREE WEEKEND BUS SERVICE AVAILABLE THROUGH LABOR DAY

CT Transit is offering free bus service during the weekends to encourage state residents to visit and support locally owned small businesses in the state. In addition to Saturdays and Sundays, the free service will also include the Labor Day Holiday on Monday, September 6th. For more information visit: <https://portal.ct.gov/Office-of-the-Governor/News/Press-Releases/2021/03-2021/Governor-Lamont-Implements-Free-Weekend-Bus-Service-During-Summer-Months>.

Dial-a-Ride Fact Sheet & Reminders

- New Hours: 9 a.m. – 4 p.m. Monday, Tuesday, Wednesday & Thursday and 9 a.m. – 1 p.m. on Friday.
- Please do not ask the driver to make additional stops during your ride.
- Be sure to plan ahead and schedule all stops ahead of time.
- All appointments should be made a week in advance.
- Reservations for medical appointments can be made 2-3 weeks in advance. Priority is given to medical appointments.
- We do accept same-day reservations if time permits. All other rides (shopping, banking, library, Senior Center, etc.) can be made 2-3 days in advance.
- Please be ready 15 minutes before your scheduled ride.
- If the bus is running 10 minutes later than your appointment time, please contact the Senior Center and let us know.
- Please do not ride the bus if you are sick.

