

AUGUST 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR)	2 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Cardio Ch (BR)	3 9:00 Lighthouse Cruise OLM 9:15 Walk (BR) 9:30 Table Runner (CR) 10:00 Vet Appt.*	4 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA)	5 9:00. Little Bit of Everything Trip 9:15 Walk(GR) 11:00 Yoga-L (GR/Z)	6
7	8 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	9 9:00 NURSE* 9:15 MEGA SIGN-UP DAY 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool	10 9:15 Walk (BR) 9:30 Table Runner (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	11 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Diabetes (GR) 10:00 M. Train (CL) 12:30 Pool Tourney 12:30 Pinoc.(GA)	12 9:15 Walk (GR) 11:00 Yoga-L(GR/Z)	13 9:00 Quilting Class Field Trip
14	15 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	16 9:00 NURSE* 9:00 Shopping Trip 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Cardio Ch(GR) 1:00 Bridge (OS) 1:30 Circle Group (CR)	17 Dental Clinic* 8:30 Friesians OLM 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 EARLY BIRD 10:00 TAG SALE 1:15 Charlem. (CA) 3:00 Coloring (BR)	18 Dental Clinic* 9:15 Walk (GR) 10:00 TAG SALE 10:00 M. Train (CL) 10:00 Brighter Fcs(GA) 10:30 Snappy Seniors (CR) 12:30 Pool Tourney 12:30 Pinoc.(GA)	19 9:15 Walk (GR) 9:30 Shop-O-Rama 11:00 Yoga-L(GR/Z)	20
21	22 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	23 9:00 NURSE* 9:15 Walk (GR) 10:00 Veterans Social Hour (BR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Bridge (OS) 1:00 Current E.(GA)	24 9:15 Walk (BR) 9:30 Table Runner (CR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	25 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Kayak Collinsville 10:00 M.Train(CL) 12:00 Rainbow Lunch Hour (CA) 12:30 Smart Driver (GR)	26 9:15 Walk (GR) 11:00 Yoga-L(GR/Z)	27 9:30 Sessions Hike
28	29 9:00 NURSE* 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst(BR) 2:45 Chair Pil/Bal. (BR)	30 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Bridge (OS) 1:00 Current E.(GA) 1:00 CardioChr(GR) 1:30 Circle Grp (CR)	31 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Pocket Pillow (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	1 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 M. Train (CL) 11:00 Comedy/ Luncheon (GR) 12:30 Pool Tourney 12:30 Pinoch.(GA) 1:00 Bridge (OS) 1:00 Scrabble (CA)	2 9:15 Walk (GR) 11:00 Yoga-L(GR/Z)	

Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations

SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES

TO MEDICAL APPOINTMENTS

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. 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. **To discuss riding or volunteering with Senior**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS

& 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.

ADA Paratransit 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 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. to 8:00 p.m.

Each ride is just \$3.50 and discount ticket books can be purchased at Stop & Shop in a book of ten for \$28 (only \$2.80 each). There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:

The online application can be found at www.ctada.com. You can also call the Senior Center at (860)747-5728 for an appointment with

Stephanie who can assist with the online application

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi

NEWS & EVENTS

AUGUST 2022

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 & more. No question is too small. Call (860)747-5728.

RENTERS REBATE PROGRAM

The Town of Plainville's Assessor's Office has begun to make appointments to take applications for the Renters Rebate Program for elderly and disabled renters. Income requirements for the Renters Rebate are: for single people \$38,100, and married couples \$46,400.

Qualifications for the renter's benefit are:

- Applicants must have been 65 years old prior to Dec. 31, 2021, or have a 100 percent disability rating from the Social Security Administration.
- Applicants must have been a resident of CT for any one year.
- Persons filing must provide a copy of their 2021 SSA 1099 from Social Security & their 2021 income tax return. If not required to file a return, they must supply copies of their 1099s from all sources of income.
- Renters applicants must also have rent receipts for all 12 months of 2021 and all utility receipts for 2021.

Call the Assessor's Office for an appointment at (860) 793-0221, ext. 7134.



2022 TAG SALE & JEWELRY SALE!

WED. AUG. 17 & THURS. AUG. 18

10 A.M.- 2 P.M.

EARLY BIRDS: AUG. 17, 9:30-10 A.M., \$1.00 ENTRY FEE. ALL PROCEEDS BENEFIT DIAL-A-RIDE.

We will start accepting tag sale items and jewelry on **Monday, August 8**. We do not have room to store items before that date so please do not drop anything off at the Senior Center before August 8.

We cannot accept furniture, clothes, purses, shoes or appliances. We need volunteers to help sort, set up, sell, and clean up after the sale. Volunteers who have a truck to help us donate and bring left-over items to another organization are especially needed on **Thursday, Aug. 18, and Friday, Aug. 19**. Please call us at **(860)747-5728** to sign up to help!

DO YOU NEED OR WANT A FREE COVID-19 SELF-TEST KIT?

Kits are available from the U.S. Government. Every home can order a third round of kits. To order: go to **www.covid.gov/tests** or call **1-800-232-0233 (TTY 1-888-720-7489)**. Packages will ship free. Sharon can help you here if needed. Please note: The Senior Center no longer has any test kits to distribute.

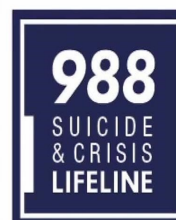
2022 Farmers' Market Coupon Books are here! See page 2 for details.

DENTAL CLINIC RETURNS AGAIN TO SENIOR CENTER! See page 2.

The Senior Center's Le Petit Café is closed for August but will reopen in September.

Dial-A-Ride Drivers needed! See page 12.

NEW 988 DIALING CODE FOR SUICIDE PREVENTION & MENTAL HEALTH CRISIS HAS GONE INTO EFFECT. SEE PAGE 3.



CT Dept of Veterans Affairs Annual Stand Down event will be held on Friday, Sept. 23, 8:00 a.m. – 2:00 p.m. at the Bristol Sports Armory on Center Street. See next month's newsletter for details.

CLASSES & PROGRAMS

NEW WATERCOLOR CLASS STARTS NEXT MONTH!

FRIDAYS, SEPT. 9-OCT. 28, 9:30-11:30 A.M.

\$16. SIGN-UP BEGINS AUG. 9.

CLASS SIZE LIMITED TO 12.

INSTRUCTOR PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process to complete an 8 X 10 surface design. A photo of the first project is on display in the Senior Center Showcase. An additional supply list will be available at the time of registration. A pattern packet including a color photo and design for transfer will be provided for you in the first week of class. We will keep the atmosphere informative and relaxed in an attempt to create an enjoyable experience for all. Join Penny and let this watercolor journey begin.

NEW QUILTING CLASSES!

ALL CLASSES TAUGHT

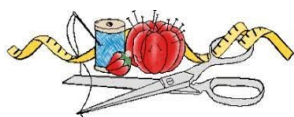
BY DARLENE BACHAND,

MAXIMUM 10 STUDENTS

PER CLASS. SUPPLY LISTS

PROVIDED UPON

REGISTRATION. SAMPLES ON DISPLAY IN SENIOR CENTER SHOWCASE.



POCKET PILLOW

WEDNESDAY, AUG. 31, 9:30-11:30 A.M.

SKILL LEVEL: ALL, COST: \$2.00.

Just add a storybook to this easy project to make a great gift for that little someone you know!

FABRIC-COVERED MOUSEPAD/COASTER

WEDNESDAY, SEPT. 7, 9:30-11:30 A.M. COST: \$2,

SKILL LEVEL- ALL. SIGN-UP BEGINS AUG. 9.

A totally "no sew" project using your favorite fabric!

COURTYARD QUILT

WEDNESDAYS, SEPT. 28, OCT. 5, 12

9:30-11:30 A.M. COST: \$6. SKILL LEVEL-ALL

SIGN-UP BEGINS AUG. 9.

A fat quarter-friendly lap quilt using fabrics of a different color theme or scrappy fabric is fun too!

STAY COOL AT ADULT SWIM AT BERNER POOL!

The Plainville Recreation Dept. offers an **Adult Swim** at the Elizabeth A. Berner Pool located at Norton Park, 197 South Washington Street, **Monday through Friday from 5:00-6:00 p.m.**

DECODING DIABETES

THURSDAY, AUG. 11, 10 A.M.

FREE, SIGN-UP HAS BEGUN.

Registered Dietician Jessica Dorner from ShopRite of Bristol will discuss how diabetes develops, affects our body, and how to eat for optimal diabetes control. **Call the Senior Center or register online at: www.schedulesplus.com/plainville.**

DENTAL CLINIC RETURNS AGAIN

The Community Health Center Mobile Dental Clinic will be offering preventative dental services by appointment on **August 17 & 18. To schedule an appointment, call Monica Caseley at (475)241-7375.** Services include x-rays, cleaning, fluoride & oral health education. For patients with no dental insurance, a standard fee of \$30 for cleaning, x-rays and fluoride applies. Patients unable to afford the \$30 fee can contact Stephanie for scholarship and eligibility information. You **must** contact Stephanie prior to your appointment.

AN ACCIDENTAL WEDDING COMEDY & LUNCHEON

THURSDAY, SEPT. 1, 11:00 A.M.

COST \$4.00. INCLUDES SHOW AND YOUR CHOICE OF TUNA OR EGG SALAD SANDWICH WITH CHIPS, DRINK AND DESSERT OR PROGRAM IS FREE IF YOU DON'T WANT LUNCH. SIGN UP BEGINS AUG. 9. MUST REGISTER BY AUG. 29.

Join us for a delightful day of live comedy and entertainment. "An Accidental Wedding" by Steve Henderson is a hilarious encounter with a wouldn't-be groom, an irate match maker and a tall tale like they write tall tales about. A highly interactive, roll in the aisle comedy you won't want to miss. Following the 2-person comedy, stay for lunch, if you wish (must pre-register in advance).

2022 SENIOR FARMERS' MARKET

NUTRITION PROGRAM

We have Farmers' Market coupon books. The monthly income limits for this year are \$2,096 for individuals and \$2,823 for a couple. These coupons are valid until the Farmers' Markets close. Call Stephanie at (860)747-5728.

AUGUST AARP SMART DRIVER COURSE
IS FULL. PLEASE SEE SEPT.
NEWSLETTER FOR DETAILS
ON NEXT CLASS.



OUTDOOR ADVENTURE

KAYAK THE FARMINGTON RIVER IN COLLINSVILLE

THURSDAY, AUGUST 25, 10:00 A.M.

COLLINSVILLE KAYAK, 41 BRIDGE ST., COLLINSVILLE.

MEET AT 9:15 A.M. AT THE SENIOR CENTER TO CARAVAN OR MEET AT 10 A.M. AT COLLINSVILLE KAYAK.

COST IS \$22.00 PER HOUR OF KAYAKING.

SIGN-UP BEGINS AUGUST 9. PAY AT COLLINSVILLE KAYAK. CALL THE SENIOR CENTER TO REGISTER, SO WE CAN MAKE A RESERVATION AT COLLINSVILLE KAYAK.

Join a group of adventure seekers as we kayak leisurely along the Farmington River in Collinsville. Meet at the Senior Center at 9:15 to caravan or meet at Collinsville Kayak at 10:00 a.m.

SAIL AWAY ON THE SCHOONER ARGIA, MYSTIC

FRIDAY, SEPT. 9, LEAVES SENIOR CENTER AT 7:45 A.M.

RETURNS AT APPROXIMATELY 3:00 PM.

COST: \$42 INCLUDES SAIL & TRANSPORTATION.

Join us as we sail away with Outdoor Adventure enthusiasts from other Connecticut senior centers! The Schooner ARGIA is one of the fastest sailing ships in New England. Discover islands, lighthouses and the beauty of sailing. Trip sails even in cloudy and light drizzle weather conditions; wear an extra layer and bring a jacket. There is a bathroom on board but you need to climb a ladder to access it. After the cruise, enjoy about two hours for lunch (on your own) and/or shopping in downtown Mystic.



HYDROCYCLE TOUR, OLD SAYBROOK

SATURDAY, SEPT. 24, LEAVES SENIOR CENTER

AT 10 A.M. RETURNS APPROXIMATELY 3 P.M.

COST: \$53 INCLUDES 1.5 HOUR HYDROCYCLE TOUR & TRANSPORTATION. SIGN-UP HAS BEGUN.

Hydrocycle you ask? Yes! Biking on water! These hydrocycles are basically wheel-less bikes on pontoon boats. They are fun, safe and stable. Great for folks of any age! The guided expedition begins in an estuary along the Oyster River, Old Saybrook, and leads into Long Island Sound. Following the tour, we will stop for lunch (on your own) at Bill's Seafood.

MEGA SIGN-UP DAY AUG. 9, 9:15 A.M. - 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 or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.

SESSIONS WOODS HIKE

BURLINGTON, CT

SAT. AUGUST 27, 9:30-11:30 A.M.

COST: \$3.00.

MEET AT 9:30 A.M. AT SESSION WOODS PARKING LOT, 341 MILFORD ST. HIKE FINISHES AT APPROXIMATELY 11:30 A.M.

HIKE IS LED BY JARED SCOVILLE.

SIGN-UP BEGINS TUESDAY, AUG. 9.

Join us for a walk and hike at Sessions Woods over mild wooded/gravel trails. Much of the trail is flat, except for a modest hill towards the end of the hike. We will meet at Session Woods in Burlington (parking located at 341 Milford St) at 9:30am and hike for approximately 2.5 miles total. Be prepared for warm temperatures and bring water. The total hike will be approximately two hours. Great chance to catch up with everyone, see the beautiful woods there, and maybe even see a deer drinking water from the stream that runs through the area!

NOTEWORTHY

NEW 988 DIALING CODE

FOR SUICIDE PREVENTION & MENTAL HEALTH CRISIS HAS GONE INTO EFFECT

988—the new universal three-digit dialing code for suicide prevention and mental health crisis—has gone into effect. SAMSHA (the Substance Abuse and Mental Health Services Administration of the U.S. Dept. of Health & Human Services) administers the new “988 Suicide and Crisis Lifeline,” which replace the current toll-free National Suicide Prevention Lifeline 1-800-273-TALK (1-800-273-8255). Importantly, the pre-existing 10-digit number will remain active and connects callers to the new 988 Lifeline. The 988 Lifeline is designed to become a simple alternative to both 911 and the existing 1-800 number.

Source: National Center on Law & Elder Rights

POOL TOURNAMENTS & BRUSH-UP GROUP

Calling all pool players—join us at **12:30 p.m.** on **Thursdays** for our weekly tournament. Brush-up lessons for ladies are available **Tuesdays at 10 a.m.** with Ellen. **The brush-up group for men won't be offered over the summer.** We hope to resume the men's group in the fall. Call ahead at (860)747-5728 to check if an instructor will be available. Other dates and times may be available.

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with 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.

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

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.

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 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

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.

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. PEAK Center hours are: **Monday-Friday, 9:00 A.M.-1:00 P.M.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 A.M. — 12:00 P.M.

INSTRUCTOR: ABBE WADE

Instructor Abbe Wade teaches four unique techniques using acrylic paints. Students must provide their own supplies.

CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

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.

KNITTING/CROCHET

THURSDAYS, 1:00 – 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

Here's your opportunity to enjoy the company of others while getting some help if you need it! Finish an old project that's been hanging around in your closet or start something new.

CLASS SCHEDULE Class descriptions on pages 2,4

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, August 9, between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **August 16** 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. 9. Payment Due Upon Registration.
MONDAY			
Acrylic Painting	10:00-12:00		Sept. 26-Dec. 5, 10 weeks, \$20.00. No class Oct. 10.
Power Burst	1:30-2:30	June 13-Aug. 22. 8 weeks. \$16.00. No class Aug. 1.	Aug. 29-Oct. 17, 6 weeks, \$12.00. No class Sept. 5 & Oct. 10.
Chair Pilates & Balance	2:45-3:45	June 13-Aug. 22, 8 weeks. \$16.00. No class August 1.	
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00-1:45	July 26-Sept. 20, 6 weeks, \$12.	.
Balance Class	2:00-2:45	July 26-Sept. 20, 6 weeks, \$12.	
WEDNESDAY			
Zumba Gold	9:30 -10:30	Aug. 3-Sept. 21. 8 weeks, \$24.	
Quilting Classes! NEW!	9:30-11:30	SEE PAGE 3 FOR DESCRIPTIONS.	
THURSDAY			
Ceramics	9:30 – 11:30	July 14-Sept. 8. No class Aug. 18. \$32.	
Knitting/Crochet	1:00-3:00	July 28-Sept. 8. 6 weeks-\$12, no class. Aug. 18.	
FRIDAY			
Yoga-Lates	11:00-11:45	Aug. 19-Sept. 2. 3 weeks. \$6. FREE if you have Silver Sneakers.	

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

PROGRAMS, ETC.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, AUGUST 18, 2:30 P.M.

SIGN-UP BEGINS AUG. 9. CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.

SIGN UP TO DISPLAY YOUR COLLECTION, HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call Jeannette at the Senior Center to let her know. Displays are typically in the locked showcase for a month at a time. In the past, people have displayed vintage Valentine cards, paintings, wood carvings, quilts, photographs, memorabilia, dolls & much more!

BOOK BUDS: GROUP DOES NOT MEET IN AUGUST, BUT THEY WILL MEET AGAIN IN SEPTEMBER.

Check next month's newsletter for details on when they will meet and their next book.

MyHomeCT Helps Eligible Homeowners

With Mortgage Difficulties Due to COVID-19

Connecticut has been awarded approximately \$123 million to establish MyHomeCT, a program funded by the Homeowner Assistance Fund.

The goal of MyHomeCT is to cure mortgage delinquencies and defaults, and prevent foreclosures among eligible homeowners that occurred as a result of the COVID-19 pandemic. The program also includes assistance for qualified non-mortgage expenses including, but not limited to, non-escrowed real estate taxes and insurance as well as condominium or homeowners' association fees.

The CT Dept. of Housing is the responsible entity for the program and has designated the Connecticut Housing Finance Authority (CHFA) to administer on its behalf.

The MyHomeCT Program offer reinstatement, up to 12 months of forward payments or a combination of both, to eligible Connecticut homeowners. For eligibility requirements and more information, call the MyHomeCT Call Center at (877)894-4111 Mon.-Fri. 10 a.m. – 8 p.m.



VETERANS' NEWS & ACTIVITIES

INDIVIDUAL APPOINTMENTS FOR VETERANS - WEDNESDAY, AUGUST 3, 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 on **Wednesday, August 3**, 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). Jason is scheduled to be at the Senior Center the first Wednesday of each month. In September, Jason will be here on **Wednesday, Sept. 7**.

VETERANS' SOCIAL HOUR

TUESDAY, AUGUST 23, 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.



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. The wall is located at Town Hall outside the Town Clerk's office. Brass plates engraved with the Veteran's rank, name & branch of service can be purchased for \$14. Contact the Senior Center for an order form.

TRIP GUIDELINES



PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE & MOTORCOACH TRIPS ON THE BUS. DESTINATIONS—BOATS, RESTAURANTS, MUSEUMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES

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 9** from 9:15 a.m. to 4:45 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.

ATTENTION TRAVELLERS,
PLEASE SEE CORRECTED NUMBER BELOW.

CANCELLATIONS: Call the Senior Center immediately so we can try and find a replacement for you from our waiting list (if we have one). *If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 before 9:00 p.m. the night before the trip 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 rarely given.** We will always attempt to get a refund, and whatever we are refunded will be passed on to you.

PLEASE NOTE CHANGE:

PARKING: Parking for most trips will change to Our Lady of Mercy Parish Center (the former parish school) Parking Lot (19 South Canal St.) on the right hand side of South Canal, the same side as the Rectory, past the church & rectory. Enter Parish Center

parking lot on the right as close to the dividing fence with the Rectory and park on your right. Do not scatter and use the entire lot—please park one after the other in the lined areas.

For many overnight trips, parking is provided at Our Lady of Mercy Parish Center, at your own risk. But we suggest, if possible, that someone drops you off and picks you up or have someone pick up your car after the multi-day trip has left and bring it back to OLM for the day you are due back. Do not contact OLM for trip parking questions, call the Senior Center. There is no overnight parking at the Senior Center.

MEDICAL ID CARDS: You must show the bus captain that you have a medical ID. The card is for your protection. In case of emergency, a physician will be able to know your health history and there is an emergency contact for us to call. 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.

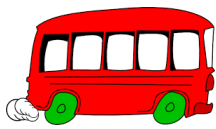
DISCLAIMER: The Plainville Senior Center is not responsible in whole or in part to trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your 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.

QUICK TRIPS GUIDELINES

*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 wheelchair lift, tell us at sign-up.*

QUICK TRIP GUIDELINES: No phone reservations are accepted. Refunds are 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. After hours, you may call Angela at **(860)839-7346**. 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.



TRIPS

Current Trips

CONNECTICUT LIGHTHOUSE CRUISE

NEW LONDON & MYSTIC, CT –THE TRIP IS FULL.

WEDNESDAY, AUGUST 3

DEPARTS AT 9 A.M. FROM OUR LADY OF MERCY .

ESTIMATED RETURN AT 6 P.M.

FRIESIANS OF MAJESTY

TOWNSHEND, VERMONT

WEDNESDAY, AUGUST 17, **OPEN TO THE PUBLIC!**

BRING YOUR FRIENDS! DEPARTS FROM OLM PARISH CENTER AT 8:30 A.M. APPROXIMATE RETURN: 7:30 P.M. COST: \$130.

Tour the European Style Stables and meet these gentle, friendly horses. Arena Musical Dance performed by the Elegant Friesians. Full Course Lunch: fresh baked bread, garden salad, choice of Herb-Crusted White Fish, Balsamic Peach Glazed Chicken Breast or Maple Barbeque Pork Loin, Side Dishes, Fruit Cobbler, Soft Drink, Coffee or Tea.

AQUATURF -JIMMY MAZZ TRIBUTE

TO BOBBY DARIN & CONNIE FRANCIS

OPEN TO THE PUBLIC!

BRING YOUR FRIENDS!

SEPT. 13, 11 A.M.-3:30 P.M.

\$47 PER PERSON (DRIVE ON YOUR OWN) OR \$51 (TAKE OUR BUS). SIGN-UP HAS BEGUN. SALAD,

PASTA, FAMILY STYLE ROAST BEEF & CHICKEN FRANCAISE, VEGETABLE & POTATO, DESSERT.

Jimmy Mazz pays tribute to Bobby Darin & Connie Francis as only he can. Come relive the magic with us!



THE BREAKERS & TOPIARY GARDENS,

NEWPORT, RHODE ISLAND

OPEN TO THE PUBLIC! BRING YOUR FRIENDS!

THURSDAY, SEPT. 8, DEPARTS 7:45 A.M. AT OLM PARISH CENTER. EST. RETURN: 6:30 P.M.

IN PLAINVILLE. COST: \$122.

Explore the Breakers, the grandest of Newport's "summer" cottages. Lunch at the Atlantic Resort on the water in Middletown, RI. Choice of Sautéed Chicken Breast with Tarragon Mustard Cream Sauce or Baked Stuffed Scrod, Vegetable, Potato, Ice Cream Sundae and Coffee. Then we'll visit the oldest topiary garden in the U.S. - the Green Animals Topiary Garden in Portsmouth, RI.

New Trips!

SOUNDS OF SUMMER WITH JIMMY RUSSO

AMARANTE'S SEA CLIFF, NEW HAVEN, CT

WEDNESDAY, SEPT. 7. DEPARTS 10:15 A.M. FROM OLM PARISH CENTER. EST. RETURN: 5 P.M. IN PLAINVILLE

COST: \$97. SIGN-UP BEGINS TUESDAY, AUGUST 9.

Come for the view. Enjoy the food. Stay for the show! Amarante's Sea Cliff is a family owned venue that has been in business for 60 years. The beautiful waterfront property has a private deck and ballroom overlooking the cove and is known for its outstanding hospitality and good food. Jimmy Russo is a dynamic entertainer blessed with a beautiful voice **and a love of music from the 60s & 70s**. Jimmy will perform many of your favorite tunes.

PLEASE NOTE CHANGE:

PARKING: Parking for most trips will change to Our Lady of Mercy Parish Center (formerly the Parish School) Parking Lot (19 South Canal St.) on the right hand side of the street, past the church & rectory. Enter the parking lot on the right as close to the dividing fence with the Rectory and park on your right. Do not scatter and use the entire lot—please park one after the other in the lined areas. Do not park next to the building.

MASK REQUIREMENTS—FRIENDSHIP TOUR TRIPS

Friendship Tour trips require masks on the bus. For restaurants & boats, etc., it is the decision of the vendor. Also, each person traveling with Friendship Tours will be required to sign a Wellness Declaration Form and Travel Liability Waiver at departure. To review a copy of the Waiver & Wellness Declaration, please see the front desk.

RAINBOW LUNCH – AUG. 25

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour on Thursday, Aug. 25, at noon. Pre-registration is required. This month's topic is "30 Day Challenge & Bucket Lists." Bringing your own lunch is optional. For more information, call Karen Green at (860)589-6226, ext. 2226. **Register at: www.cthealthyliving.org. To view the program here, call the Senior Center or go online to register at www.schedulesplus.com/plainville.**

MORE TRIPS NEXT PAGE.

Trips



New Quick Trips

SUNSET MEADOWS VINEYARD

GOSHEN, CT

FRIDAY, SEPT. 16, DEPARTS 10:30 A.M.

FROM OUR LADY OF MERCY PARISH CENTER

APPROXIMATE RETURN 4:45 P.M.

COST: \$28.00. LUNCH ON YOUR OWN.

SIGN-UP BEGINS AUGUST 9.

Learn all about wine making, enjoy a walking tour of the vineyard with the vineyard master and enjoy wine tasting with a flight of 5 different wines. Lunch on your own before the winery at JD T's in Thomaston. **Pick up flyer with full details at the Senior Center as you will choose a wine flight selection of reds, whites, sweet or dry or both.**

COMING IN OCTOBER

- **FLORENCE GRISWOLD MUSEUM**

OLD LYME, WEE FAERIE VILLAGE

"TWINKLE POINT: AN AMUSEMENT PARK FOR THE WEE FAERIE FOLK." PLUS THE ENTIRE FLORENCE GRISWOLD MUSEUM.

- **CONCORD & LEXINGTON**

LOUISA MAY ALCOTT'S ORCHARD HOUSE

TUESDAY, OCT. 4.

LUNCH AT COLONIAL INN

COSTUMED GUIDED TOUR OF LEXINGTON, OLD NORTH BRIDGE & MINUTEMAN NATIONAL PARK AND OTHER REVOLUTIONARY WAR SITES.

Monthly Shopping Trip



BRISTOL WALMART

TUESDAY, AUGUST 16.

PICKUP AT **SENIOR CENTER** AT 9:00 A.M.

HOME PICKUPS BEFORE 9:00 A.M.

SHOP FROM 9:30 – 11:30 A.M.

PICKUP AT 11:30 A.M. AT WALMART.

SIGN-UP BEGINS AUGUST 9.

Current Quick Trips

A LITTLE BIT OF EVERYTHING TOUR

FRIDAY, AUG. 5, **OPEN TO THE PUBLIC, BRING YOUR FRIENDS!** LEAVES **SENIOR CENTER** AT 9 A.M.

RETURNS APPROXIMATELY 5:00 P.M.

COST: \$8 FOR TRANSPORTATION.

Collinsville Antiques Company, one of New England's largest antique shops, lunch on your own at New Hartford Diner. Six Spoons Chocolatier, handcrafted chocolates and fudge. Winsted's Whiting Mills. The former hosiery mill is now home to a variety of artists, craftspeople and retail shops. Canton's Ocean State Job Lot, the most well stocked, brightest Ocean State Job Lot we've ever seen.

SHOP-O-RAMA!

MANCHESTER & VERNON, CT

FRIDAY, AUGUST 19, **OPEN TO THE PUBLIC, BRING YOUR FRIENDS!** HOME PICKUPS BEFORE 9:30 A.M.

LEAVES **SENIOR CENTER** AT 9:30 A.M.

RETURN APPROXIMATELY 4:30 P.M. COST: \$8.

First stop—Christmas Tree Shop in Manchester. Break for lunch (on your own). Choose from McDonald's or Panera Bread. Afternoon stop will be in Vernon for Home Goods and T.J. Maxx.

NOTEWORTHY

SNAPPY SENIORS PHOTOGRAPHY

GROUP MEETS THURSDAY, AUG. 18

10:30 A.M. CALL TO REGISTER (860)747-5728.

Share photos from anytime or place.

Show us something you learned **OR** a special photo & why **OR** one of your all time favorites! Bring ideas for future classes, trips and lectures. We will

be scheduling an in-person course on smart phone photography and we will also watch an instructional DVD about cell phone photography. For more information about joining the Snappy Seniors Photography Group, please call the Senior Center.



LUNCHES ARE BACK! Lunches are available

Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 a.m. to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu is available at the Senior Center.

HEALTH MATTERS

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/ assistance with co-pays and cost-share):

Medicare Savings Programs (MSP)		
	Single	Couple
QMB	\$2,390	\$3,220
SLMB	\$ 2,617	\$ 3,525
ALMB	\$ 2,786	\$3,754

The State of CT offers financial assistance to eligible Medicare enrollees. They 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.

TIPS FOR PREVENTING TICK BITES

- Avoid areas where ticks are likely to be, such as in grassy, brushy, or wooded areas. Ticks are most active from spring to fall but may also be active on warmer days during winter.
- Consider the use of CDC-recommended mosquito repellents containing DEET, picaridin, oil of lemon eucalyptus, IR3535, or 2-undecanone, and apply according to directions, when outdoors.
- Check yourself and your children for ticks immediately after coming indoors. Showering within two hours of coming indoors may be effective in reducing the risk of tick-borne disease.
- Examine clothing, gear, and pets carefully after coming indoors. Tumble dry clothing for 10 minutes to kill ticks that were carried inside.
- Talk to your veterinarian about the best tick prevention products for your dog.
- Consider treating items such as boots, clothing, and hiking or camping gear with products containing 0.5 percent permethrin.

For information on Powassan virus and how to prevent tick bites, visit <https://www.cdc.gov/powassan/index.html>.

SOURCE: CT DEPT. OF PUBLIC HEALTH

FREE ONLINE PROGRAM TEACHES HEALTHY HABITS TO PREVENT ONSET OF DIABETES

Over 88 million Americans have prediabetes, and most don't know it. The State of Connecticut has partnered with WellSpark to offer a free online Digital Diabetes Prevention Program to help people who are at risk for prediabetes. The Health Enhancement Program (HEP) focuses on improving lifestyle behaviors to reduce diabetes risk by bringing powerful educational materials and motivating support right to your computer, smartphone or tablet. Go to: <https://carecompass.ct.gov/diabetes/> for more information, or call (866)611-8005.

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

Donations

JUNE 22-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.

GENERAL DONATIONS

Amelia Goodfield, Suzanne Martin, Lillian Oullette, Anonymous, Dianne Misko, Paula Harland, Diane Chamberlain, Annaluise Hock, Dolores Martin, Middlewoods of Farmington, Sharon Messenger, Marlene Maglio, Vella Panella, Pierrette LeDuc, Leatha Toner, Jacqueline Plourd, Donna Wolicki, Lola Wishart, Allen & Jean Gridley, Jeanette Schmidt, Ronni Bonura, Debra Devries, Rachel Bell, Diane DeCrisanti, Gene Kelsey.

MEMORIAL DONATIONS

In Memory of: Noel & Cecile Ouellette

Rena Albert

In Memory of: Roland Pelletier

Kay Evans & Richard Smith

DIAL-A-RIDE DONATIONS

Anne Wroblewski, Marci Negro.

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.

Cheer Report

JUNE 22-JULY 15

*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:

Alan Anderson, Carol Mazzalupo, Evelyn Case, Bonnie Pelletier, William Fabian, Jennie Bucchi, Reggie Michaud, Rosaleen Peters, Jane Roy, Ellen Couture, Sandy Robinson, Beverly King, Ann Campbell, Peggy Palaia, Joyce Cannon, Jeanine Martino.

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Emogene Ott, Robert Murtha, Anthony Cavallo, Eleanor Davey, Victoria Madia, Joseph Palumbo, Frank Wojcik, Marion Zang, Eileen Zavaski, Eleanor Dutton, Marie Tar-diff, Edith Stavnezer, Lauren Akins.

SYMPATHY CARDS WERE SENT TO:

Janet Vandrilla, Alan & Frances Krysiak, Olga Callender, Verna Pekrul, Bonnie Pelletier, Jeannette Varkal, Shirley Guerriero

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

John Anderson, Frederick Campbell, Linda Cannon, Doug Carlson, Gary Chiarella, Marjorie Copeland, Brian Cosgrove, Jacqueline Gwiazda, Melody Howse, Maria Klym, Bob Korpita, Timothy Lagano, Rebecca Lamarre, Brian Lister, Ellen Mangiafico, Bonnie Miller, John Miller, Patricia Parenteau, Maureen Rich, Frank Smith, Diane Sumpter, Vincent Sumpter, Barbara Wojciola and Marian Wojciola.



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THIS AND THAT

THANKS TO EVELYN & PIERRE OUR GARDENERS EXTRAORDINAIRE!

If you notice our beautiful gardens outside our entrance, please take a moment to thank our Dial-A-Ride driver Pierre Morin & his wife Evelyn. Pierre & Evelyn donate their time to create and care for the flowers and plants seven days a week. We are so grateful for Pierre's lovely designs and his green thumb.



FOOD SHARE PROGRAM - 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!

FARE-FREE BUS SERVICE STATEWIDE CONTINUES UNTIL DEC. 1

The Connecticut Department of Transportation (CTDOT) has announced that all public transit buses will be fare-free across Connecticut until Dec. 1. Free services include all CTtransit local buses statewide, CTtransit Express and CTfastrak services. ADA Paratransit is also fare free statewide until Dec. 1. For information on routes and schedules, check online or call (860)525-9181. Call Stephanie at the Senior Center for assistance.

SETBACK WEEKLY TOURNAMENT WINNERS

June 27: 1st: Elaine Chartier & Charlie Stepney, 2nd: Mary Levanti & Linda Dominique, **July 11:** 1st: Alice Lembo & Judy LaPrise 2nd: Elaine Chartier & Charlie Stepney, 3rd: Donna Albrecht & Sandy Tyminski. **July 18:** 1st: Bob Albrecht & Sandy Colello, 2nd: Charlie Stepney & Elaine Chartier, 3rd: Sally Miller & Gail Krenech.

WEEKLY POOL TOURNAMENT WINNERS

June 23: 1st: John Gasparini & Stan Funk, **June 30** 1st: Stan Funk & Ray Phillips, 2nd: John Gasparini & Joe Babin. **July 7:** 1st: Stan Funk & Val Dumais 2nd: John Gasparini & Dan Burgess, **July 14:** 1st: John Gasparini & Ray Phillips, 2nd: Joe Babin & Dan Burgess.

WII BOWLING IS BACK!

Join us on Wednesdays, beginning Sept. 7 at 1:30 for a friendly game of Wii Bowling! Call the Senior Center to let us know if you'll be joining the fun. Don't worry if you've never played before ... we will be happy to teach you!

DIAL-A-RIDE DRIVERS NEEDED!

The Plainville Senior Center is looking for on-call drivers for our Dial-a-Ride Program. Drivers must have a CDL or F-endorsement in order to drive our wheelchair lift-equipped bus. Training and hourly wage provided. Hourly range between \$15.50—\$16.61. Hours are on-call to assist when regularly scheduled drivers are out or when the schedule is busy and more drivers are needed. F-endorsement is now easier to obtain and can be done without going to DMV and can be completed in two weeks. Contact Shawn or Ronda at the Senior Center for more information or visit www.plainvillect.com for an application.

VOLKSMARCH AWARDS COLLECTION OUR AUGUST SHOWCASE IS FROM

MARJORIE "SUE" PIERCY. Sue's late husband, Frank Piercy, competed & won several awards in Volksmarch in Germany where he served as a Sgt. First Class in the U.S. Army. Volksmarching is a form of non-competitive fitness walking that developed in Europe in the mid-late 1960s. Check out the display & be sure to ask Sue for more details on Germany's most popular sport.