

**NEWS & EVENTS**

**AUGUST 2023**

**Shawn Cohen, Director**

**Ronda Guberman, Assistant Director**

**200 East Street, Plainville, CT 06062**

**860.747.5728**

**[www.plainvillect.com/senior-center](http://www.plainvillect.com/senior-center)**

**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.

**RONDA'S GOODBYE!**

Wow! Where in the world do I even begin? I never dreamed that I'd be sitting down to write this "goodbye" message in our newsletter. Yes, you read correctly. After 36 years as the Assistant Director of this amazing Senior Center, I am leaving. I will be going to work as the Glastonbury Senior Center Supervisor. It will be a wonderful, new challenge for me and I'm looking forward to bringing my knowledge and experience to the seniors of Glastonbury.

When I came to Plainville, I actually showed up a day early because I was so excited to begin my new job! Of course, Shawn was here and she has been an incredible leader and force since day one. I have learned so much from her! Together, we have been the "dream team" and have had so many tremendous accomplishments. We've grown our Senior Center, literally through two major building additions, increased the scope of our programs and services and have become (according to others), one of the "best" and "friendliest" Senior Centers in the State! It has truly been my "home away from home".

There have been countless members, volunteers, instructors, and co-workers who I've become so fond of and that is what makes leaving difficult. I am grateful to all of you for making my work life such a phenomenal experience. A piece of my heart and soul will always be with the Plainville Senior Center.

**RONDA'S FAREWELL, THANK YOU & GOOD LUCK IN GLASTONBURY PARTY**

**THURSDAY, AUGUST 24, 1:30 PM — 3:30 PM—Please sign up so we can plan refreshments**

After 36 years, we will be celebrating the profound influence Ronda has had in our Center, in our community and statewide as well. Ronda's creativity, passion for offering unique, interesting and over the top programs, classes and events, plus her dedication to serving all seniors in Plainville has made our Center one of the most vibrant and fun places to be in CT. As a graduate of Johnson & Wales Culinary Institute, she created our La Petite Café with a great cooking crew of volunteers. She works tirelessly to bring challenge and laughter to our Outdoor Adventures again with volunteers and lots of enthusiasm.

She created our Grandparents Raising Grandchildren with staff help and brought to light the needs of loving families raising their grandchildren or nieces/nephews which includes the only statewide yearly Grandparents Conference. She also developed a fitness center designed for all abilities and strengths.

These are just a few of the ways Ronda has touched us all!!!

Come and join us and tell Ronda how she has touched your life or that of your parent or grandparent or neighbor. You can write a note or a card (we will have a basket for your thoughts) or stand up and tell the whole party. We will have entertainment and refreshments—wear orange, her favorite color, dance, sing and party hardy!!! Sign up anytime, in person or by phone.



# CLASSES & PROGRAMS

## QUILTING CLASSES

**INSTRUCTOR: DARLENE BACHAND**  
**WEDNESDAYS, 9:30 AM — 11:30 AM**  
**AUGUST 2, 9, 16, 23, 30**  
**COST: \$10.00**



*Sign up has begun*

**Autumn Splendor Quilt:** This quilt will teach you several different techniques of which, you will thoroughly enjoy and be amazed by its beauty!

SEPTEMBER 6, 13 COST: \$4.00

**Log Cabin Pumpkin Wall Hanging:** Using a traditional log cabin block and some simple applique, this wall hanging will enhance your Autumn Season!

SEPTEMBER 27 COST: \$2.00

**Stitch 'N Time:** Work on your own projects OR start a new one.

## **BOOST YOUR BRAIN HEALTH BY EATING WELL**

**TUESDAY, AUGUST 8, 1:30 PM—2:30 PM**

**FREE, SIGN UP HAS BEGUN**

**CALL THE SENIOR CENTER TO REGISTER OR REGISTER ON-LINE**

There is no question that eating a diet rich in brain healthy foods can benefit people at any and every age. It reduces inflammation, regulates blood sugar, promotes heart health and scientists are now finding it may have an effect on delaying the symptoms of Alzheimer's disease! Brain Healthy Cooking is an educational program, inspired by the well-researched Mediterranean diet, that allows individuals to learn and experience a way of eating and cooking that promotes brain and whole body health. In this 1 hour presentation hosted by Farmington Station Senior Living, participants will learn how easy nutrition guidelines and recipes can get you started on the road to a healthier mind and improved memory.

## **CAREGIVING GUILT AND DUTY: IT'S COMPLICATED ISN'T IT**

**TUESDAY, AUGUST 15, 11:00 AM** *Sign up has begun*

Join us for a discussion surrounding the guilt and duty of caregiving:

- ♦ What is Guilt and Duty?
- ♦ Ways of managing caregiver guilt.
- ♦ Ways to improve your health and wellbeing.
- ♦ How Technology can help.



## **BREAKFAST CLUB – MEN AND WOMEN INVITED**

**TUESDAY, AUGUST 15, 9:00 AM**

Join us for an informal breakfast at D' Marie's Restaurant, 17 Whiting Street, in Plainville! You'll order (and pay on your own) off the menu. Enjoy breakfast out with a great group of friends. Call the Senior Center to register.



## **FREE AMERICAN SIGN LANGUAGE CLASSES AT SENIOR CENTER**

**TUESDAYS, JULY 18—AUGUST 15**

**10:00 AM—11:30 AM**

**INSTRUCTOR: FAITH POSNER**

**SIGN UP HAS BEGUN**

We are thrilled to welcome back Faith Posner, volunteer and Freshman at Plainville High School. Faith will be teaching complimentary American Sign language (ASL) classes at the Senior Center. Participants will learn basic vocabulary and grammar skills for beginners using body language, facial expressions and hand movements, make introductions and share personal information about self, family, basic desires and interests and talk about your surroundings, by giving and receiving directions as well as sharing information using vocabulary terms. The goal is to be able to do basic fingerspelling and signed numbers as well as recognize fingerspelling and signed numbers when done slowly. In addition to being hard of hearing herself and native signer, Faith is also part of a deaf family.

## **WHITE HOUSE MEMORIES PART II**

**TUESDAY, AUGUST 15, 2:00 PM**

*Sign up has begun*



This presentation is a continuation of White House Memories Part 1 presented by Former White House Butler Alan DeValerio. There will be more celebrity sightings, and more insight into what working as a butler at the White House entailed. There is also an in depth look at First Lady Nancy Reagan (the good and the bad).

# MORE CLASSES & PROGRAMS

## **COLON CANCER PREVENTION, TREATMENT & BINGO**

**MONDAY, SEPTEMBER 25, 10:00 AM**

*Presented by Linda Ivey, Outreach Educator,  
Hartford HealthCare. Program is free. Please call the  
Senior Center to register beginning August 2.*

Colon Cancer is the 3rd most common cancer for men and women in the United States. Screening for this cancer can actually prevent cancer cells from forming and has lead to reduced rates of this disease in older adults. There are some health lifestyle choices that can help reduce your risk. Please join us for a short talk on this topic followed by a bingo game based on the talk with prizes. Come learn about some important information to pass on to the younger adults in your life also.

## **SKIN CANCER SCREENING**

**MONDAY, SEPTEMBER 11,**

*By Appointment beginning 4:00 PM*

Georgia Sterpka, APRN, will conduct a free skin cancer screening, by appointment only. Georgia can examine anything on your skin that you are concerned about and let you know if she thinks you should follow up with your own physician.



## **GOAT PARTY**

**WEDNESDAY, OCTOBER 4, 2:00 PM—3:00 PM**

*Norton Park Pavilion—FREE*

*Sign up begins August 2*

Bring the grandkids, nieces, nephews, neighbors! For the kids and the “kids at Heart”! Everyone can enjoy petting, feeding and snuggling with the goats! Don’t miss out on this fun experience with Got Your Goat from Washington Depot! Call the Senior Center to reserve your spot or register on-line at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)

## **TELEPHONE BINGO—RESUMES IN SEPTEMBER!**

**THURSDAYS, 1:00 PM—2:00 PM**



Peggy Grant will be calling bingo over the telephone and on Zoom. If you’d like to play, call the Senior Center to register and to get a bingo card. There is no charge to play. Playing for fun!

## **SNAPPY SENIORS PHOTOGRAPHY**

**RESUMES SEPTEMBER 21, 10:00 AM**

**CALL TO REGISTER (860)747-5728**



During the summer hiatus, members will be working on their summer assignment; to view an instructional article or video online, take photos using the information learned from articles/videos. Then, share these photos at the September meeting. New members joining in September can also do this assignment. Snappy Seniors Photography meets monthly on the third Thursday of the month at 10:00, except in July, August and December. For more information, contact the Senior Center.

If you have any questions or comments, please let Peggy or Bill know. They will be happy to make up answers.

## **\*ALSO: Mark Your Calendars for a Fun Day at NORTON PARK—Thursday, September 7.**

We will start at 10:00 AM, meet just left of the skating park near the restrooms. We’ll spend about an hour and a half. There are picnic tables so you can bring a snack/lunch. No alcoholic beverages are allowed in the park.

- ♦ Norton Park is beautiful and we will all have an opportunity to take photos using sun/shadows/shade throughout the park
- ♦ The plan is to roam around and find the perfect spots to take our photos. If it’s not a perfect spot, we’ll work on making it perfect.

Please stay cool and safe. Drink plenty of water to stay hydrated.

## **CURRENT EVENTS DISCUSSION GROUP**

**TUESDAYS, 1:00 PM**

Stay current by joining our lively discussion of local, state and national news as well as current events. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register—just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!



## **UKULELE JAM—RESUMES IN SEPTEMBER!**

**THURSDAYS 2:15—3:15 PM**

Join our group of ukulele enthusiasts to play and sing. Drop in for a great time.

## VETERANS' NEWS & ACTIVITIES

### HELP FOR VETERANS

**TUESDAY, AUGUST 15, BY APPOINTMENT**

Our new Veterans Service Officer, CT Department of Veteran's Affairs, Jason Coppola, will be at the Senior Center at 10:00 am BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.



### PLAINVILLE VETERANS COMMISSION

**For All Veterans in Financial Need**

**MONDAYS 6:00 PM—7:00 PM Municipal Center, Room 306**

Call Dave Dudek at 860-559-1860 before arrival.

For Veterans and spouses of any age.



### VETERANS' SOCIAL HOUR

**TUESDAY, AUGUST 22, 10:00 AM**

These monthly information and support meetings are conducted by Sherri Vogt, Veteran's Liaison for Hartford HealthCare Senior Services. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES. Call the Senior Center at (860)747-5728 to register.**

## "CENTER" NEWS

### GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we sometimes get notices about free events or interesting programs in the area or "give a-ways" or last minute trip shares or lectures or important information on community news and fun stuff to do!! On occasion, we send out emails during the month with details. Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to [beamc@plainville-ct.gov](mailto:beamc@plainville-ct.gov). PLEASE NOTE: we do not share our email address list with anyone.

### SHOWCASE YOUR COLLECTION OR HOBBY!

If you have a collection or hobby that you'd like to display in our showcase, please call us at the Senior Center to let us know. Displays are typically in the locked showcase for a month at a time.



**AUGUST: Donna Wolicki-Boyd's Bears**

A delightful collection of stuffed and ceramic bears.

## VOLUNTEERS

### PEAK CENTER & GREETER VOLUNTEERS NEEDED

We need volunteers (including Floaters) to cover a variety of shift times. We need to add names to our call list of volunteers to cover two-hour shifts. PEAK floaters and regularly scheduled volunteers receive a reduced subscription to the PEAK center. Please stop by the front office to express interest in either volunteer opportunity!!

### LANGUAGE INTERPRETERS—WE NEED YOUR HELP!

**DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?**

Once in a while, someone comes to us for help or calls and we cannot communicate because of language.

Would you help us understand and translate? Call Shawn or Bonnie at the Senior Center.



### Attention Fabulous Volunteers! The Volunteer Board is Back!!

Please be sure to record your hours. You can use the board or online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

### 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.



# 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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

## **BEGINNERS GENTLE CHAIR PILATES/BALANCE**

MONDAYS, 2:45–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

## **CARDIO CHAIR FITNESS** TUESDAYS, 1:00–1:45 PM

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 & stretching.

## **BALANCE CLASS** TUESDAYS, 11:45–12:30 PM

INSTRUCTOR: NANCY PANDOLFO

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

## **ZUMBA GOLD**

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

## **SILVER SNEAKERS CLASSIC**

FRIDAYS, 10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

Join in the fun in this certified Silver Sneakers class. Exercises are done in a chair and combine cardio and strength training. Beginners welcome.



## **SILVER SNEAKERS & PLAINVILLE SENIOR CENTER YOGA/PILATES(YOGA-LATES)**

FRIDAYS, 10:50–11:35 A.M.

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

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

## **THE PEAK FITNESS CENTER IS OPEN!**

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—Thursday, 9:00 AM—3:00 PM and Friday 9:00 AM—1:00 PM.**

# CLASS DESCRIPTIONS

## **ACRYLIC PAINTING**

RESUMES IN THE FALL

INSTRUCTOR: ABBE WADE

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

## **CERAMICS**

THURSDAYS, 9:30 AM — 11:30 AM (ON HIATUS)

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, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

## **KNITTING/CROCHET**

THURSDAYS, 1:00 PM – 3:00 PM

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.

## **WATERCOLOR CLASS**

RESUMES IN THE FALL

INSTRUCTOR: PENNY KINDBLOM

Explore the world of watercolor painting. Penny will walk you through the preparation and painting process. Supply list provided at sign up.

# CLASS SCHEDULE Class descriptions on pages 2 and 5

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

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins AUGUST 2
<b>MONDAY</b>			
Power Burst	1:30-2:30	July 31—Sept. 18, 6 weeks, \$12.00 <b>No Class Aug. 21 &amp; Sept. 4</b>	
Chair Pilates & Balance	2:45-3:45	July 31—Sept. 18, 6 weeks, \$12.00 <b>No Class Aug. 21 &amp; Sept. 4</b>	
<b>TUESDAY</b>			
Balance Class	11:45-12:30	Aug. 8—Aug. 29, 4 weeks, \$8.00	Sept. 12—Oct 24, 6 weeks, \$12.00 <b>No class Sept. 26</b>
Cardio Chair Fitness w/ Nancy	1:00-1:45	Aug. 8—Aug. 29, 4 weeks, \$8.00	Sept. 12—Oct 24, 6 weeks, \$12.00 <b>No class Sept. 26</b>
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30	July 19—Aug. 2, 3 weeks, \$9.00	Aug. 9—Sept. 20, 7 weeks, \$21.00
Quilting	9:30-11:30	<b>See page 2</b>	
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	OPEN Ceramics until further notice	OPEN Ceramics until further notice
Knitting/Crochet	1:00-3:00	July 6—Aug. 10, 6 weeks, \$12.00	Aug. 17—Oct. 12, 8 weeks, \$16.00 <b>No class Aug. 24</b>
<b>FRIDAY</b>			
Silver Sneakers Classic	10:00-10:45	<b>FOR: Silver Sneakers and Yoga-lates July 14—Sept. 1</b> <b>Free if you have Silver Sneakers <u>OR</u></b> <b>\$2.00 per class—pay teacher at class.</b> <b>Must register in advance at the Senior Center.</b>	
Yoga-Lates	10:50-11:35		

## HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to [www.schedulesplus.com/plainville](http://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, call us here at the Senior Center (860)747-5728 and we can register you.

# OUTDOOR ADVENTURES

## **CRESCENT LAKE HIKE:** FRIDAY, AUGUST 4, 9:00 AM—10:30 AM

LEADER: EILEEN CYR

COST: FREE, \*TRIP IS FULL \* Please sign the Wait List

Join us for one of the most classic hikes we have in Plainville/Southington! Our trail at Crescent Lake will take us over wooded trails of mild-moderate difficulty. Much of the trail will follow around the lake itself, though we may choose to hike up a wide, steeper gravel path to go to the summit to overlook the lake, (less than an eighth of mile up and down to the summit)! This hike will be appropriate for anyone who regularly walks and remains physically active. Remember to bring a water bottle! We will meet at the trail parking lot for Crescent Lake at 9:00 AM, located on Shuttle Meadow Road in Southington.



## **PADEREWSKI PARK GAME DAY**

WEDNESDAY, AUGUST 23,  
10:00 AM—12:00 PM

Call the Senior Center  
beginning August 2 to  
register. FREE!



Join the fun for an informal morning of “lawn” games at Paderewski Park. Eileen Cyr will be our “coach” and will lead a variety of games: croquet, ladder ball, “beach” volleyball, and cornhole. Bring a lunch (packed in a cooler), if you wish and we’ll eat together under the pavilion. Snacks and water will be provided.



## **KAYAK THE FARMINGTON RIVER IN COLLINSVILLE**

FRIDAY, AUGUST 25, 11:00 AM, COLLINSVILLE KAYAK,  
41 BRIDGE STREET, COLLINSVILLE.

Meet at 10:15 AM at the Senior Center to caravan or meet at 11:00 AM at Collinsville Kayak. **Cost is \$22.00 per hour of Kayaking.** Pay at Collinsville Kayak. Call the Senior Center to register so we can make a group reservation. Join outdoor adventure leader Eileen Cyr for a one hour leisure kayak (or feel free to try paddle boarding) along the Farmington River in Collinsville. Following the kayak ride, we will have lunch at the Crown & Hammer (pay for lunch on your own).



## **RICHES OF HARTFORD SCAVENGER HUNT AND LUNCH AT BLACK EYED SALLY’S**

WEDNESDAY, SEPTEMBER 13, Meet at Plainville Public Library at 9:15 AM Returns approx. 3:30 PM.  
Sign up begins August 2.

COST: \$5.00 Does not include bus fare or lunch. Must bring exact change for bus—0.85 cents each way.  
Minimum of 6 people, Maximum 10. Leader: Eileen Cyr

Join us for a fun urban adventure! We will travel to Hartford via the CT Transit FastTrack bus. Once we arrive at Union Station, we’ll be breaking into teams of 2 to “compete” in this fun scavenger hunt in Connecticut’s capital! We’ll walk a 2 mile loop around the city center in search of iconic buildings and great green spaces. The team that gets the most “points” will win a prize. Following our super sleuthing skills, we’ll have lunch at Black Eyed Sally’s for barbecue and southern cooking! (Pay for lunch on your own). Following lunch, we’ll grab the bus and head back to Plainville.



# MONTHLY SHOPPING TRIPS



Shopping trips to be announced. Please call the Senior Center and put your name on the list and we will call you when we know the drivers schedules for the out of town shopping trips.

## NEW TRIPS

### **AQUA TURF: ELVIS IS IN THE BUILDING! WEDNESDAY, NOVEMBER 8, 2023,**

11:00 AM—3:30 PM, COST: \$52.00 Per Person. Sign-up begins August 2. Drive on your own- (hopefully this may change). 60 Seats Available. A little less conversation, a little more rock n' roll!! John Monforto's performance brings Elvis' groove and entertainment alive!

MENU: Roast Beef/Pan Seared Salmon Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes. (See Flyer For Details)



### **UPCOMING TRIPS: A FEW OF THE TRIPS WE ARE PLANNING**

**\*MORE INFO IN FUTURE NEWSLETTERS\***

#### **Aqua Turf Parties**

**Dec. 12:** Holiday Classics w/ Downtown 6 Band! Sing-a-long: The Glamour Girls/Santa George & Mrs. Claus!

## CURRENT TRIPS

### **COVERED BRIDGES OF NEW HAMPSHIRE**

**TUESDAY, OCTOBER 10, 2023 COST: \$116 pp**

Departs: 7:15 AM from OLM Church Parish Center at 19 South Canal, Plainville, Sign up has begun

Homemade luncheon at the Inn at East Hill Farm, near Mount Monadnock in Troy, NH. Meal served family style: Soup, fresh baked breads, fritters w/ maple syrup, NE Pot Roast & Roast Turkey w/stuffing, sides & delicious dessert, coffee. All gratuities included. Covered Bridges (or "Kissing Bridges") are practically a trademark of New England life. Explore several on a Guided Driving Tour of Covered Bridges in Southern New Hampshire. (See Flyer for Details)

### **AMERICAN MUSEUM OF NATURAL HISTORY, NYC: SUNDAY, NOV. 12, 2023**

**COST: \$110 pp**

Departs Senior Center: 8:30 AM,

Approx. return 5:30 PM,

Sign up has begun

Hayden Planetarium Space Theater Space Show.

Walk under a 94 foot long blue whale.

Marvel at the most important collection of dinosaurs in the world. Walk thru a rainforest or feel the rumble of an earthquake. Explore the brain exhibition. Gift Shop & Food Court on your own.

(See Flyer for Details)



### **AQUA TURF: BRASS ATTACK BAND & DONNA SUMMER TRIBUTE: TUESDAY, SEPTEMBER 12, 2023,**

11:00 AM—3:30 PM, COST: \$52.00 Per Person. Drive on your own-(hopefully this may change)

This group pumps out energetic, infectious grooves ranging from hits by current popular artists to the R&B/Soul classics of the 60s and 70s with Rainere Martin as Donna Summer! MENU: Roast Beef/Chicken Francaise—Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes. (See Flyer For Details)

**AQUA TURF "COME FLY WITH ME": TUESDAY, AUGUST 15, 11:30 AM COST: \$52.00 pp.** A Journey Through the Decades: Sinatra, Kenney Rogers, Tim McGraw, Dionne Warwick, Dianna Ross & Roberta Flack

**MENU:** Baked Scrod/Chicken Marsala served Family style and all the trimmings plus Aqua Turf, Pasta & Salad Courses. Complimentary coffee & donuts, glass of wine/beer & door prizes. (See Flyer For Details)

### **ISLAND HOPPING-NANTUCKET & MATHA'S VINEYARD: OPEN TO THE PUBLIC**

**FRIDAY—SUNDAY, AUGUST 18—20 DEPARTURE: SENIOR CENTER COST: \$729 DOUBLE/TRIPLE-\$919 SINGLE DEPOSIT: \$200 pp due at sign up. Balance due by June 30. Day 1:** JFK Museum, **Day 2:** Daytrip to Nantucket Island, Ferry Guided Tour, Free time **Day 3:** Ferry to Martha's Vineyard. Guided tour. (See Flyer For Details)

**\*TRIP IS FULL, PLEASE SIGN THE WAITLIST\***



## MORE CURRENT TRIPS

### **SEPTEMBER 9—BOSTON DUCK TOUR & NEW ENGLAND AQUARIUM— COST: \$139.00 Senior Rate.**

Morning at the NE Aquarium— giant ocean tank with 2,000 aquatic animals-penguins, sea turtles, seals, sea lions, sharks and more! Quincy Marketplace on your own for lunch. Afternoon, it's the ride of your life aboard the DUCK—an amphibious vehicle that rides on land & becomes a boat in water. Enjoy a narrated tour of Boston by your conDUCKtor who's sure to keep you laughing.



**See Flyer For Details. \*1 SEAT LEFT AT TIME OF PRINTING\***

**OCTOBER 4—6 : 1000 ISLANDS— COST: \$685.00 per person Double. OPEN TO THE PUBLIC .Includes: Deluxe motorcoach, 2 nights accommodations, 2 breakfasts, 2 dinners, sightseeing & admissions, Friendship Tours Escort, Driver/Tour Director Gratuity. 1000 Islands Harbor Hotel, a AAA Four Diamond property on water, indoor pool, fire pit, fitness center, complimentary tea/coffee bar. Uncle Sam Boat for our Two Nation Tour through the heart of the 1000 Islands. Hear the history & folk lore as we cruise through the narrow channels, over historic sunken wrecks & magnificent summer homes. Visit Boldt Castle—owned by millionaire proprietor of the world famous Waldorf Astoria Hotel, NYC. Wine at the Thousand Islands Winery. Antique Boat Museum finest collection of nautical memorabilia in USA. See Flyer For Details.**

### **NATIONAL PARKS: ARIZONA ADVENTURE & LAS VEGAS 10/06/2023—10/13/2023-OPEN TO THE PUBLIC** **SEE FLYER FOR DETAILS.**

### **ESCORTED VIKING RIVER CRUISE—DANUBE WALTZ: APRIL 27—MAY 5, 2024**

**COST: FROM \$2,999. PP + Airfare (INCLUDES TAXES & SHORE EXCURSIONS) Call for special airfare deals!**

Includes: Passau, Germany/Vienna & Linz & Krems, Austria/Bratislava, Slovakia/Budapest, Hungary, etc. Escorted from Plainville to Europe to Plainville. Shore excursions in every port. English speaking crew. Casual dining in elegant style. (See Flyer For Details)

## COMMUNITY NOTES

### **INTERGENERATIONAL FRIENDSHIP WALKING PROGRAM—WE WALK TOGETHER**



4th or 5th Saturday of the month, May—September 2023, 9:30 AM—10:30 AM. For All Ages!!

\*August 26—Happiness Happens Month

\*September 23—Healthy Aging Month

Wear weather-appropriate clothes & proper walking shoes and bring water. Children ages 12 and under must be accompanied by an adult. (Sorry, no dogs allowed. Thank you for understanding.)

LOCATION: MDC Reservoir #4, (1420 Farmington Ave.) West Hartford, CT 06107—meet in parking lot.

Every walker receives a custom logo bracelet! For more info: [forallages.org/we-walk-together](http://forallages.org/we-walk-together)

### **PLAINVILLE PUBLIC LIBRARY—56 EAST MAIN STREET, PLAINVILLE, CT 06062, 860-793-1446** **PLAINVILLECT.COM/LIBRARY**

\*Library cards are FREE to all CT residents

\*24/7 Access to Databases with your

Library Card \*Discounted/Free Museum Passes

\*WI-FI Anytime, Anywhere



**AARP PLAINVILLE**-Meetings are 3rd Wednesday of the month at 1:00 PM. NO AUGUST MEETING  
Faith Bible Church, 168 Unionville Avenue, Plainville.  
Refreshments served!

#### **TRIPS:**

\*Oct. 17—Spooky Salem Witch Museum, \$128.00 pp

\*Nov. 29—Norman Rockwell Museum, \$142.00 pp

Reservations/Info: Sharon 860-712-2795

Trip Flyers available at the Plainville Senior Center.



### **PLAINVILLE FIRE COMPANY,** **HOT AIR BALLOON FESTIVAL**

FRIDAY, AUGUST 25 & SATURDAY AUGUST 26  
at NORTON PARK-Volunteers needed as Server/  
Runner, Parking, Novelty Booth and Clean Up.

Go to:

[plainvillefireco.com/Balloon\\_Festival.html](http://plainvillefireco.com/Balloon_Festival.html)  
for details & to sign up. Festival will feature a  
“balloon glow” fireworks display, car show,  
arts/crafts show, music, food & other vendors.



## NEW FOOD CLASS !!

### SHAKE IT UP! DELICIOUS SMOOTHIE DEMO CLASS

MONDAY, AUGUST 21, 10:00 AM, COST: \$3.00. SIGN UP BEGINS AUGUST 2.

Join Jessica Dorner, Registered Dietician, for a demo on making healthy smoothies incorporating fresh fruits and veggies! Participants will get to try 3 different smoothies and recipes will be distributed.



## FOOD AND FRIENDS

### THE SENIOR CENTER LE PETIT CAFÉ CLOSING TEMPORARILY AFTER AUGUST 3



**Open on Tuesday, August 1 and Wednesday, August 2 from 11:30 AM to 1:00 PM.**

If you have a coupon or a gift certificate, be sure to use them on these two days.

We hope to reopen in the near future.

Get one of your favorites: grilled cheese, tuna melt, BLT and salad while you can!

### DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 AM 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.

Reservation Procedure:

Call on Mondays by 10:30 AM to reserve a lunch on Wednesday

Call on Tuesdays by 10:30 AM to reserve a lunch on Thursday

Call on Wednesdays by 10:30 AM to reserve a lunch on Friday

Call on Thursdays by 10:30 AM to reserve a lunch on Monday and Tuesday

Menu available at the Senior Center.

### AUGUST 2023 MENU—CW COMMUNITY CAFÉ/BONNIE'S LUNCH

	1 Eggplant Rolatini	2 Teriyaki Pork Fried Rice	3 Crab Cakes	4 Chicken Salad
7 Florentine Chicken	8 Stuffed Shells	9 Chef Salad	10 Grilled Chicken Patty	11 Shepard's Pie
14 Pork Riblet	15 Salisbury Steak	16 Baked Fish	17 Chicken Salad	18 Roast Beef
21 Italian Sausage	22 Meatloaf	23 Spaghetti w/ Meatballs	24 Cod Fish	25 Hot Dog
28 Chicken Piccata Linguini	28 Crab Cakes	30 Kielbasa	31 BBQ Chicken	

## SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

### **MEMORY CAFÉ AT THE SENIOR CENTER**

**THURSDAY, AUG. 17, 2:00 — OPEN TO THE PUBLIC  
CALL THE SENIOR CENTER TO REGISTER.**

Memory Café is a warm & welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, & engaging environment that gives everyone a place to make new friends and interact with others. Enjoy appropriate activities such as crafts, games, music & conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Ronda Guberman at the Senior Center. 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.

### **ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY**

*Library—56 East Main St., Plainville, CT 06062*  
**2ND Monday of the month, 6:30 PM—7:30 PM**  
Build a support system with people who understand.

Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- ♦ Develop a support system.
- ♦ Exchange practical information on challenges and possible solutions.
- ♦ Talk through issues and ways of coping.
- ♦ Share feelings, needs and concerns.
- ♦ Learn about community resources.

Contact info: Deborah Stanczykiewicz,  
860-729-1648, alzhelpp@gmail.com



### **2023 SENIOR FARMERS' MARKET NUTRITION PROGRAM**

We will have Farmers Market coupon cards. The monthly income limits for this year are \$2,248 for individuals and \$3,041 for a couple. These coupons are valid until the Farmers' Markets close. Call Stephanie at (860) 747-5728.



### **INTERGENERATIONAL PROGRAM TEA @ 3 LOOKING FOR VOLUNTEERS**

Our friends at For All Ages are once again offering their free 'Tea @ 3' Community to residents age 55+. This program pairs an older adult with a college students based on common interests for a weekly 20 minute phone call during the college semester and runs each spring and fall for 12 weeks.

You'll receive a free welcome kit that includes your choice of tea, a handcrafted mug cozy, and conversation starters. For All Ages will share only your first name, phone number, and your common interests with your Tea-Mate. Together, you and your Tea-Mate will decide the day and time that works for your weekly call.

Each week you'll receive an email with ideas for that week's conversation. You'll share laughter, joy, and perhaps a recipe or 2! Together, you'll grow a new friendship.

BONUS: You are welcome to attend 2 optional, live Zoom events where you can meet other Community members.

Sign up NOW to participate in this fall's session which begins mid-September.

For more information and to sign up online, visit [www.forallages.org/tea-at-3](http://www.forallages.org/tea-at-3).



**FOOD SHARE PROGRAM - THE SEVENTH DAY ADVENTIST CHURCH** This program is offered Wednesdays for Plainville residents needing food assistance. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up, & a volunteer will put the groceries in your car!

**SNAP** stands for the Supplemental Nutrition Assistance Program (formerly called Food Stamps). **SNAP** is a federal nutrition program that provides nutrition benefits to supplement your food budget. You can apply for these benefits by completing a state application form either online, mailed or dropped off at a local DSS (Department of Social Services) office. The income limits were INCREASED as of October 1, 2022. There is no asset limit. **Single \$2,265; Couple \$3,052.** Call Stephanie with any questions or to assist with an application.



# HEALTH PROGRAMS AND INFORMATION

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**NEW INCOME LIMITS:**  
**MEDICARE SAVINGS PROGRAM (MSP)**  
**Singles Range From: \$2,564 to \$2,989**  
**Couples Range From: \$3,468 to \$4,043**

***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): 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.

## **DEMENTIA SUPPORT GROUP**

Arden Courts of Farmington—45 South Road, Farmington, CT 06032  
<https://www.arden-courts.org/farmington>  
Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or [Hollis.Hartman@promedica.org](mailto:Hollis.Hartman@promedica.org).

## **WOMEN WITH HEART DISEASE SUPPORT NETWORK**

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington.

To sign up for the support group call:  
1.855.HHC.HERE (1-855-442-4373).

## **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 ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.

## **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.



## **HOME FIRE PREPAREDNESS CAMPAIGN—FREE**

REDUCING FIRE INJURY/DEATHS

ONE HOME AT A TIME

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive: \*FREE Installed smoke alarms if needed  
\*Family Disaster Plan Guidance  
\*Valuable emergency preparedness tips/information  
Register at [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit) or call 1-877-287-3327 & choose option 1 to schedule.



## **SCAM ALERT 'NEW MEDICARE CARD' SCAM**

Fraudsters may be calling people claiming they need to verify information and obtain payment information over the phone to receive a new card. If anyone is contacted and shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.



## **COVID-19 TEST KIT FRAUD ALERT**

The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Anyone receiving these supposed "free" kits should report it to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Come to the Senior Center to pick up detailed information.



## Donations

JUNE 15 — 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.*

### MEMORIAL DONATIONS

#### IN MEMORY OF: Ceal DiFrancesco

Donna Klos, Sonia Sperduti

#### GENERAL DONATIONS

Elaine Osipowicz, Rita Susco, Frank Robinson, Carolyn Zenuh, Deanna Tino, Terry Smiarowski, Sandy & Bob Michalik, Anonymous, Polish Care Services, Rosaleen Peters, Barbara Barton

#### DIAL-A-RIDE DONATIONS

Carolyn Barker, Mary Ann Robinson, Anonymous, Rosaleen Peters

## DONATIONS NEEDED

#### ROLLATORS-ROLLING WALKERS WITH SEAT NEEDED

The Senior Center is looking for rolling walkers with seats to loan out. Call us at (860)747-5728 to make arrangements to drop off.



#### TRANSIT WHEELCHAIRS NEEDED

The Senior Center keeps a few wheelchairs on hand for members to borrow for short periods of time. Maybe you need to stay off your feet for a week or you want to bring grandma to your daughter's graduation. We need transit wheelchairs for our inventory. A transit wheelchair is light weight and does not have a big wheel that the wheelchair user moves to self-propel the wheelchair. Instead, the front wheels are small and someone needs to push the wheelchair user wherever they go. It is easily folded and put in a car. Please give us a call if you have a transit chair in good condition that you wish to donate.

## Cheer Report

JUNE 15 — 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:

Barbara Wallace, Terry Smiarowski, Sandy Therrien, Maybelline Hebert, Karen Morrison, Debbie Nelson, Beatrice Dumont, Skip Kense, Richard Belden, Jeanine Martino, Helena Niziolek, Maryana Merzlyak, Carol Accousti, Frances Horne, Cynthia Manchak, Eileen Inman, Ann Campbell, Mike & Pat Hermanowski

#### SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Gerard Martin, Dale Sharp, Marcelle Jennings, Alfreda Rossignol

#### SYMPATHY CARDS WERE SENT TO:

Jackie & James Posadas, Lola & Edward Wishart, Diane Brenner

*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.*



#### JUNE NEW MEMBERS



Angie Amato, Amrit Batra, Gurmit Batra, Sally Carlson, Elsa Chinchinian, Susan Cyr, David Gardner, Alison Johnson, Lynn Middleton, Barbara Moshier, Frank Pugliese, Maria Reis, Jo Anne Rella, Sorangel Rivera, Paul Sirois, Rilda Sirois, Jamie Smithers and Gail Vogel

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## FUN AND GAMES

### WEEKLY SETBACK TOURNAMENT WINNERS

**JUNE 26:** 1st: Butch Gudat/John Wright 2nd: Linda Arnold/Elaine

Chartier 3rd: Mary Ann Cunningham/Liz Aloï

**JULY 3:** 1st: Sandy Tyminski/Donna Albrecht 2nd: Linda Dominique/Mary

Levanti 3rd: Huguette Veilleux/Tom Wichrowski &

Elaine Chartier/Barbara Martello

**JULY 10:** 1st: Peggy Grant/Gail Grabeck 2nd: Mary Anne Cunningham/Liz

Aloï & Donna Albrecht/Sandy Tyminski

**JULY 17:** 1st: Alyce Lembo/Judith Laprise 2nd: Mary Ann Cunningham/Liz

Aloï 3rd: Peggy Grant/Gail Kreneck



## FUN & GAMES AT THE SENIOR CENTER



### POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play—NO need to sign up, just show up.

EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.

Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.



## CONGRATULATIONS



CONGRATULATIONS to the top three winners of the *AIM FOR THE*

*STARS* Peak Center Fitness Challenge. The first place winner is

*MARIANNA TABAKA* with a total of 51 stars. In second place is

*HENRIETTA ZOOLECK* with a total of 49 stars and in third place,

★ *SALLY COBRIN* with a total of 26 stars. Thanks to all who participated in the challenge.



### MEGA SIGN-UP DAY AUGUST 2, 9:15 AM—4:45 PM

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.



**WREATH SALE**—Beautiful crafted wreaths will be on sale

in August. You can purchase a Christmas, spring or summer themed wreath. The wreaths will be on display in the showcase. Prices range from \$5.00 to \$10.00.

(Limited number of wreaths)



## DIVERSE UNIVERSE

### RAINBOW LUNCH

LGBT adults & allies can join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Pre-registration required. For more information please call Karen Green (860)589-6226, ext. 2226.

**Register at: [www.cthealthyliving.org](http://www.cthealthyliving.org). To view the program here, call Ronda at the Senior Center.**

# 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 in Farmington. All other destinations are limited to Plainville only.

## 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 Transportation Services, please call (860)224-7117.**



## 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 days a year 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 \$2.90 per additional mile after that.

**Call Encompass at (860)444-4444 or visit online at [Encompass.M7Ride.com](http://Encompass.M7Ride.com).**

## 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 AM—Midnight**  
**Weekends 6:00 AM—Midnight**

**FARES:** Each ride is \$3.50 each way and discount ticket books can be purchased at **Shop & Stop** or on-line at [hartfordtransit.org/ada-paratransit-services](http://hartfordtransit.org/ada-paratransit-services) for **\$28.00 for a book of 10 tickets (\$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](http://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 process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.

**CANCELLATIONS:** please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghtdonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

### 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 Voucher program, call **(860)247-5329, extension 3086.**

# AUGUST 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b>	<b>31</b> <b>9:00 NURSE*</b> 9:00 Water Aerobics ( <b>Norton Pool</b> ) 9:15 Walk ( <b>GR</b> ) 12:30 Setback ( <b>GR</b> ) 1:30 PowerBrst( <b>BR</b> ) 2:45 Chair Pil/Bal. ( <b>BR</b> )	<b>1</b> <b>9:00 NURSE*</b> 9:15 Walk ( <b>GR</b> ) 10:00 Cribbage ( <b>GA</b> ) 10:00 Ladies Pool 10:00 Amer. Sign ( <b>GR</b> ) 11:45 Balance ( <b>GR</b> ) 1:00 Current E. ( <b>GA</b> ) 1:00 Bridge ( <b>OS</b> ) 1:00 Cardio Chr ( <b>GR</b> ) 1:30 Circle Grp ( <b>CR</b> )	<b>2</b> <b>MEGA SIGN-UP</b> 9:15 Walk ( <b>BR</b> ) 9:30 Quilting( <b>CR</b> ) 9:30 Zumba ( <b>GR</b> ) 1:00 Bingo ( <b>GR</b> ) 1:15 Charlem. ( <b>CA</b> )  Moses Trip Departs	<b>3</b> 9:15 Walk ( <b>GR</b> ) 9:30 OPEN Ceramics ( <b>CR</b> ) 10:00 Mex. Train ( <b>CL</b> ) 11:30 Bridge ( <b>OS</b> ) 11:30 Strong Enough ( <b>GR</b> ) 12:30 Pool Tourney 12:30 Pinoc. ( <b>GA</b> ) 1:00 Scrabble ( <b>CA</b> ) 1:00 Knit/Crochet ( <b>GR</b> )	<b>4</b> 9:00 Crescent Lake Hike 9:15 Walk ( <b>GR</b> ) 10:00 Silver Sneak. Classic ( <b>GR</b> ) 10:50 Yoga-L( <b>GR</b> )	<b>5</b>
<b>6</b>	<b>7</b> <b>9:00 NURSE*</b> 9:00 Water Aerobics ( <b>Norton Pool</b> ) 9:15 Walk ( <b>GR</b> ) 12:30 Setback ( <b>GR</b> ) 1:30 PowerBrst( <b>BR</b> ) 2:45 Chair Pil/Bal. ( <b>BR</b> )	<b>8</b> <b>9:00 NURSE*</b> 9:15 Walk ( <b>GR</b> ) 10:00 Cribbage ( <b>GA</b> ) 10:00 Ladies Pool 10:00 Amer. Sign ( <b>GR</b> ) 11:45 Balance ( <b>GR</b> ) 1:00 Current E. ( <b>GA</b> ) 1:00 Bridge ( <b>OS</b> ) 1:00 Cardio Chr ( <b>GR</b> ) 1:30 Circle Grp ( <b>CR</b> ) 1:30 Brain Boost ( <b>BR</b> )	<b>9</b> 9:15 Walk ( <b>BR</b> ) 9:30 Quilting ( <b>CR</b> ) 9:30 Zumba ( <b>GR</b> ) 1:00 Bingo ( <b>GR</b> ) 1:15 Charlem. ( <b>CA</b> )	<b>10</b> 9:15 Walk ( <b>GR</b> ) 9:30 OPEN Ceramics ( <b>CR</b> ) 10:00 Mex. Train ( <b>CL</b> ) 11:30 Bridge ( <b>OS</b> ) 12:30 Pool Tourney 12:30 Pinoc. ( <b>GA</b> ) 1:00 Scrabble ( <b>CA</b> ) 1:00 Knit/Crochet ( <b>GR</b> )	<b>11</b> 9:15 Walk ( <b>GR</b> ) 10:00 Silver Sneak. Classic ( <b>GR</b> ) 10:50 Yoga-L( <b>GR</b> )	<b>12</b>
<b>13</b>	<b>14</b> <b>9:00 NURSE*</b> 9:00 Water Aerobics ( <b>Norton Pool</b> ) 9:15 Walk ( <b>GR</b> ) 12:30 Setback ( <b>GR</b> ) 1:30 PowerBrst( <b>BR</b> ) 2:45 Chair Pil/Bal. ( <b>BR</b> )	<b>15:00 NURSE*</b> 9:00 Breakfast Club 9:15 Walk ( <b>GR</b> ) 10:00 Amer. Sign ( <b>GR</b> ) 10:00 Ladies Pool 10:00 Cribbage ( <b>GA</b> ) 10:00 Vet. Help*( <b>CL</b> ) 11:00 Caregiv. Guilt ( <b>CR</b> ) 11:30 AquaTurf-FLY 11:45 Balance ( <b>GR</b> ) 1:00 Cur.E. ( <b>GA</b> ) Bridge ( <b>OS</b> ) 1:00 Cardio Chr ( <b>GR</b> ) 1:30 Circle Grp ( <b>CR</b> ) 2:00 White House ( <b>BR</b> )	<b>16</b> 9:15 Walk ( <b>BR</b> ) 9:30 Quilting ( <b>CR</b> ) 9:30 Zumba ( <b>GR</b> ) 1:00 Bingo ( <b>GR</b> ) 1:15 Charlem. ( <b>CA</b> )	<b>17</b> 9:15 Walk ( <b>GR</b> ) 9:30 OPEN Ceramics ( <b>CR</b> ) 10:00 Mex. Train ( <b>CL</b> ) 11:30 Bridge ( <b>OS</b> ) 12:30 Pool Tourney 12:30 Pinoc. ( <b>GA</b> ) 1:00 Scrabble ( <b>BR</b> ) 1:00 Knit/Crochet ( <b>GR</b> ) 2:00 Memory Café( <b>CA</b> )	<b>18</b> 9:15 Walk ( <b>GR</b> ) 10:00 Silver Sneak. Classic ( <b>GR</b> ) 10:50 Yoga-L( <b>GR</b> )  Island Hopping Trip Departs	<b>19</b>
<b>20</b>	<b>21</b> <b>9:00 NURSE*</b> 9:00 Water Aerobics ( <b>Norton Pool</b> ) 9:15 Walk ( <b>GR</b> ) 10:00 Smoothie Class ( <b>GR</b> ) 12:30 Setback ( <b>GR</b> )	<b>22</b> <b>9:00 NURSE*</b> 9:15 Walk ( <b>GR</b> ) 10:00 Cribbage ( <b>GA</b> ) 10:00 Ladies Pool 10:00 Vet Social ( <b>BR</b> ) 11:45 Balance ( <b>GR</b> ) 1:00 Current E. ( <b>GA</b> ) 1:00 Bridge ( <b>OS</b> ) 1:00 Cardio Chr ( <b>GR</b> ) 1:30 Circle Grp ( <b>CR</b> )	<b>23</b> 9:15 Walk ( <b>BR</b> ) 9:30 Quilting ( <b>CR</b> ) 9:30 Zumba ( <b>GR</b> ) 10:00 Lawn Games ( <b>Paderowski Park</b> ) 1:00 Bingo ( <b>GR</b> ) 1:15 Charlem. ( <b>CA</b> )	<b>24</b> 9:15 Walk ( <b>GR</b> ) 9:30 OPEN Ceramics ( <b>CR</b> ) 10:00 Mex. Train ( <b>CL</b> ) 11:30 Bridge ( <b>OS</b> ) 12:30 Pool Tourney 12:30 Pinoc. ( <b>GA</b> ) 1:00 Scrabble ( <b>CA</b> ) 1:30 Ronda's Party	<b>25</b> 9:15 Walk ( <b>GR</b> ) 10:00 Silver Sneak. Classic ( <b>GR</b> ) 10:50 Yoga-L( <b>GR</b> ) 10:15 Kayak	<b>26</b>
<b>27</b>	<b>28</b> <b>9:00 NURSE*</b> 9:15 Walk ( <b>GR</b> ) 12:30 Setback ( <b>GR</b> ) 1:30 PowerBrst( <b>BR</b> ) 2:45 Chair Pil/Bal. ( <b>BR</b> )	<b>29</b> <b>9:00 NURSE*</b> 9:15 Walk ( <b>GR</b> ) 10:00 Cribbage ( <b>GA</b> ) 10:00 Ladies Pool 11:45 Balance ( <b>GR</b> ) 1:00 Current E. ( <b>GA</b> ) 1:00 Bridge ( <b>OS</b> ) 1:00 Cardio Chr ( <b>GR</b> ) 1:30 Circle Grp ( <b>CR</b> )	<b>30</b> 9:15 Walk ( <b>BR</b> ) 9:30 Quilting( <b>CR</b> ) 9:30 Zumba ( <b>GR</b> ) 1:00 Bingo ( <b>GR</b> ) 1:15 Charlem. ( <b>CA</b> )	<b>31</b> 9:15 Walk ( <b>GR</b> ) 9:30 OPEN Ceramics ( <b>CR</b> ) 10:00 Mex. Train ( <b>CL</b> ) 11:30 Bridge ( <b>OS</b> ) 12:30 Pool Tourney 12:30 Pinoc. ( <b>GA</b> ) 1:00 Scrabble ( <b>CA</b> ) 1:00 Knit/Crochet ( <b>GR</b> )	<b>1</b> 9:15 Walk ( <b>GR</b> ) 10:00 Silver Sneak. Classic ( <b>GR</b> ) 10:50 Yoga-L( <b>GR</b> )	<b>KEY:</b> <b>GR:</b> Green Room <b>BR:</b> Blue Room <b>CR:</b> Craft Room <b>CA:</b> Café <b>CL:</b> Comp. Lab <b>GA:</b> Game Room <b>OS:</b> Old Store <b>Z:</b> ZOOM <b>*APPOINTMENT NEEDED</b>