



S.E.N.I.O.R. DECEMBER 2016



Plainville Senior Center

Dynamic Past * Vibrant Future

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Free Sign-Up Day is December 6. Mega Sign-Up Day is December 7, 9:15 a.m.—4:00 p.m.

REMINDER: After Mega Sign-Up Day, sign-ups for paid events and trips take place Monday through Friday between 9:15 a.m. - 12:00 (noon), and Mondays from 5:00 - 5:30 p.m. We accept cash and checks made out to Plainville Senior Center only.



MAMMOGRAMS AT THE SENIOR CENTER, "TAKE THE TIME" DIGITAL MOBILE MAMMOGRAPHY

Tuesday, February 28, 2017, 9:00 a.m.—1:45p.m., by appointment, Senior Center Parking Lot

Cost: Insurance is accepted. Free for women with no insurance. No one will be turned away for inability to pay. If a woman has no insurance, Hartford Hospital has donated funds available to pay for her mammogram. **Registration:** Call the Senior Center to register for an appointment. When you come for your appointment, make sure to bring a Photo ID and your health insurance card, if applicable. Walk-ins are welcomed on a first-come first-serve basis until capacity is reached.

ELIGIBILITY FOR A SCREENING MAMMOGRAM: •Women whose last mammogram was more than 12 months ago. •Women who have no breast problems such as suspicious lumps, abnormal swelling, bleeding from nipples, or unusual tenderness. •Women who have not had any type of breast biopsy or breast surgery since their last mammogram. •Women who have not had a history of breast cancer in the past three years.

HANDWRITING ANALYSIS

Tuesday, December 13, 1:00 p.m.



Learn so much more about yourself, your spouse, significant other, children, grandchildren, anyone with whom you interact on a daily basis, as well as business associates and your friends. Come join us for an hour of insight into your character and personality. You won't regret it. This is a presentation where you can look at your own handwriting and enjoy seeing all of your great traits. Instructor: Pat Senich, Certified Graphoanalyst. Program is free. Open to members only. **Sign ups have begun.**



CHRISTMAS DINNER AT THE SENIOR CENTER

Christmas Day, Sunday, December 25, 2016 at 11:30 a.m.



The Plainville Senior Center holds a delicious homemade traditional Christmas dinner for Center members who would otherwise be alone on the holiday. Volunteers are available to drive those who need a ride to the Center. Plainville residents who are homebound may call the Center and have the dinner delivered. To register for the dinner, volunteer at the dinner or volunteer to deliver dinners, please call the Senior Center, 860-747-5728. At the time of registration, let us know if a ride will be needed or if the dinner should be delivered. There is no charge for the dinner, but donations are greatly appreciated. **Call the Senior Center to sign up.**



HOLIDAY COOKING/CRAFT DEMONSTRATION

Monday, December 12, 3:00 p.m.

Jeff Alexander, Chef Manager of Sheridan Woods, will return to the Center for his annual holiday cooking/craft class! Learn to make candy cane sleighs and painted wine glass candle holders! Space is limited to 10. The program is **free** but advanced registration is required. **Sign up begins December 1.**

For SUGGESTION BOX NEWS, please see pages 9 and also page 13

"THEY CALLED HER RECKLESS"

A TRUE STORY OF WAR, LOVE AND ONE EXTRAORDINARY HORSE

Friday, January 20, 10:00 a.m., Plainville Senior Center



When the U.S. Marine Fifth Regiment's Recoilless Rifle Platoon acquired a small Korean pony to haul ammunition up the steep hills to the front lines, they got a real-life warhorse, the courageous and indomitable Reckless, who stood with her buddies for two years during the Korean War, saving lives, raising spirits and winning the love and respect of all who knew her. Join us to hear Reckless' story as told by Janet Barrett, author of the first full biography of this amazing warhorse. Enriched by the memories of more than 60 Marines who knew her in Korea and thereafter, "They Called Her Reckless" tells of an incredible human-horse connection, and the power it unleashed. Copies of the book, signed by the author, will be for sale at this event. **Snow Date: Friday, January 27, 2017. This is a free event. Sign up begins December 6.**

Senior Center Special Events



BOOKS & BAGELS BOOK CLUB COMING TO THE SENIOR CENTER IN JANUARY!

Wednesday, January 18th, 9:30 a.m.

Save the date for the first meeting of our new Books & Bagels Book Club! Led by Senior Center member, Kathy Marsan. The book club will meet on the 3rd Wednesday of January, February and March 2017. The title of the first book will be *Inferno* by Dan Brown known for his best sellers *The DaVinci Code* and *Angels and Demons*, has again brought his hero, Professor Robert Langdon on another harrowing journey. His expertise in symbology is needed to solve the clues found in *Dante's Inferno*. If he is too late, it could mean the end for humankind. Think seeing the movie prior to reading the book is a spoiler alert? Not at all! The author digs deep into the psyche of the minds of those involved in this life and death thriller which is difficult to portray in the movie! Read the book and compare your movie vs book impressions with the club. There is an abundance of subject matter to discuss in this story! Kathleen Marsan is a long time member of the local Book and Beyond Book Club and co-author of *"Beyond the Book; How to Start or Jumpstart Your Book Club"*. Copies of the book will be available at the Plainville Public Library. Program is free, however, pre-registration is necessary. Space limited to 12. **Sign ups begin December 6.**

MEDICARE OPEN ENROLLMENT

October 15th – December 7th

It is time to review your Medicare Choices. During Open Enrollment you can change plans as needed to meet your current health care needs. You may be able to save money, get better coverage or both. If you are satisfied with your current plan you do not need to make any changes. Stephanie and Bette are available to meet with you and go over the options available for 2017.

VETERAN'S COFFEE HOUR AT THE SENIOR CENTER

Tuesday, December 6 at 10:30 a.m.

Informational and support meeting conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **Please call 860-747-5728, so we can plan refreshments. FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** *Coffee Hour will be held the 1st Tuesday of each month at 10:30 a.m. Call the Senior Center to register.



AARP SMART DRIVER COURSE

Tuesday, December 6, 9:30 a.m. - 1:30 p.m. at the Plainville Senior Center

This course covers the effects of aging and medications on driving, local hazards, accident prevention measures and more. No written or on-the-road test required. Upon completion of the course, your insurance company must give you a discount of at least 5% on your auto insurance. **The cost to take the class is \$15.00 for AARP members providing a membership number and \$20.00 for all other attendees. Please bring a bag lunch if you wish. Sign-up for members and non-members has begun.**

HOLIDAY CARD MAKING

Friday, December 16, 10:00 a.m.

Join volunteer member Diane Sperry to learn how to create your own personalized holiday cards using simple materials. Space is limited to 15 students, members only. Free. **Sign up begins December 6.**



HOLIDAY SING-A-LONG WITH THE TOFFOLON ELEMENTARY SCHOOL CHOIR

Wednesday, December 21, 11:00 a.m.



More than 30 students grades 3 to 5 are excited to make a stop at the Senior Center to spread their holiday cheer to our members!



NEW MEMBER PARTY

Tuesday, December 6, 2:30 p.m.

New Members: Invitations were sent the week of November 7, 2016 to those who have joined the Plainville Senior Center since July 26, 2016. You are being invited to our Welcome New Member Party to be held on Tuesday, December 6 at 2:30 p.m. Our Welcoming Committee looks forward to seeing you at this informative, entertaining program. If, for some reason, you did not receive an invitation, please call us: 860-747-5728.

The Plainville Lion's Club would like to extend their gratitude for the very generous donations from everyone that contributed at the Senior Center for the Homeless Project. Overall, over 1,089 items and 101 back packs were collected throughout the Plainville community.

LARGE PRINT NEWSLETTERS

If you are in need of receiving a larger print newsletter, please let us know and you can pick it up at the Senior Center

Craft & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes.

Members may sign-up for new classes beginning on Mega Sign-up Day, December 7 between 9:15 a.m. - 4:00 p.m. or between 9:15 a.m. - 12:00 p.m. on any day following. You may also sign up on Mondays, between 5:00-5:30 p.m. If there is room in a class, non-members may sign-up for classes that allow non-members one-week after member sign-up begins. The Drop-in rate for any of the classes (that allow 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 for details.

Class	Time	Current Session	Next Session Sign up begins December 7
MONDAY			
Zumba Tone	9:30 – 10:30 am	now – December 19 \$27.00 members, \$54.00 non-members.	January 23—March 20 (8 weeks) (no class Feb. 20). \$24.00 members; \$48.00 non-members.
TUESDAY			
Italian Class	9:15—10:15 am	Ends December 20 No fee. Limited to 12. Members Only	
French Class	3:00-4:00 pm	Ends December 6 Free class but text book purchased through Instructor. Members Only	Class resumes in April
WEDNESDAY			
Quilting	9:30 – 11:30 am	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt	
Zumba Gold	10:30 – 11:30 am	December 7—December 28 (4 Weeks) \$12.00 Members, \$24.00 Non-Members. Sign up has begun.	January 18—March 8 (8 weeks). \$24.00 members; \$48.00 non-members
Power Burst	3:00 – 4:00 pm	Ends December 21 \$10.00	
THURSDAY			
Ceramics	9:30 – 11:30 am	Ends December 15 \$28.00 members only.	January 19—March 9 (8 weeks). \$32.00 members only
Beginners Yoga-Class meets at Plainville Library. Arrive at 8:45, doors lock at 9:00	9:00 – 9:45 am	Ends December 22 \$24.00 members only.	January 19—March 9 (8 weeks). \$24.00 members only.
Beginners Fargo Fit	10:30 – 11:30 am	Ends December 22 \$12.00	
Intermediate Fargo Fit	1:00 -2:00 pm	Ends December 22 \$12.00	
Knitting & Crochet	1:00 – 3:00 pm	Ends December 22 \$12.00	January 19—March 9 (8 weeks) \$16.00 members only
FRIDAY			
Intermediate Yoga--Class meets at Plainville Library. Arrive at 8:30, doors lock at 8:45	8:45 – 9:30 am	December 2—December 30 (5 Weeks) \$15.00. Sign up has begun.	January 20—March 10 (8 weeks) \$24.00 members only.
Cardio Step & Abs	10:30 – 11:30 am	December 2—December 16 (3 Weeks) \$9.00 Members, \$18.00 Non-Members. Sign up has begun.	January 20—March 17 (8 weeks). (no class Feb. 3). \$24.00 members; \$48.00 non-members.

CRAFT AND FITNESS CLASS DEScriptONS

BEGINNERS FARGO’S FUNCTIONAL FITNESS: Class designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Ann Fargo .**

BEGINNER’S YOGA FOR EVERY BODY: Designed for individuals who are new to yoga. Improve health and cultivate inner peace. **Instructor: Tim Molnar. Class is held at Plainville Public Library.**

CARDIO STEP & ABS: Step up your work-out with a 45-minute step/low impact aerobic interval workout to the oldies. Intervals of 3 minutes of low impact aerobics and 2 minutes of step (total of 5 intervals). You can do the step portion without a step if you prefer. Includes 15 minutes of abdominal exercise at the end of each class (standing, sitting or on a mat). **Instructor: Eileen Cyr.**

CERAMICS: Learn how to choose a piece of greenware, clean it, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty supplies. Class fee includes instruction, glazes and firing. **Instructor: Gloria Cerniglia.**

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

INTERMEDIATE FARGO’S FUNCTIONAL FITNESS: This popular exercise class is designed to build fitness for everyday life. Gentle exercises in these classes are designed to improve muscle strength, muscle endurance, body balance, flexibility, agility and vitality. **Instructor: Ann Fargo .**

INTERMEDIATE YOGA FOR EVERY BODY: Designed for those who have been practicing yoga for one year or more. Through yoga, we will improve the health of our bodies and also cultivate an inner peace. **Instructor: Tim Molnar. Class held at the Plainville Public Library.**

ITALIAN: This class will build upon what was taught last year and turn simple words into phrases, sentences and conversations. Open to members who have some knowledge of the language. **Instructors: Angela Civitillo and Juliana Rudolph.**

KNITTING & CROCHET: Finish an old project that’s been hanging around in your closet or start something new! **Instructor: Evelyn Morin.**

POWER BURST: This circuit training exercise program, made up of 6-10 “stations”, is a great way to improve mobility, strength and stamina. At each station a special exercise is done for 1-2 minutes, followed by 2 minutes of walking or marching in place. **Instructor: Ann Fargo.**

QUILTING: Beginners are always welcome to this class. Beginners will learn proper rotary cutting and sewing techniques. Class participants may also work on the annual Senior Center quilt that is raffled during the Holiday Fair or they may work on their own projects. **Instructor: Karen Kebinger.**

ZUMBA GOLD: This is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA and adjust it to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray.**

ZUMBA TONE: The Zumba Toning Program offers the best of both worlds; the exhilarating experience of Zumba with the benefits of safe and effective strength training. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Toning classes help participants build muscle strength, increase bone density, improve mobility, posture and coordination. **Instructor: Amy Gray.**

OUTDOOR ADVENTURE CLUB

Please Note: All participants of any Outdoor Adventure activity must register in advance (by calling or stopping by the Center) even if payment is not due until the day of the event, unless otherwise noted. Programs may get cancelled if we do not have enough participants registered in advance. We also need to give an accurate roster to the group leader.



WEDNESDAY WALK IN THE WOODS

Walks start at 9:00 a.m.

Sign-ups for Walk in the Woods begin December 1

December 7: West Hartford Reservoir, Farmington: Meet at the Reservoir parking lot at 9:00 a.m. We will wander through the forests along the trails for 1.5 hours. This is a longer walk of moderate difficulty. Not recommended for beginners. Homemade snacks provided by leader. *

December 14: The Other Side of the River Walk, New Rd, Avon: The rails to trails path along Route 4 in Avon is enjoyed by many people. Have you ever wandered about the path on The Other Side: Well join us on this adventure to find out! Homemade snack will be provided by the leader but if you would like, bring a lunch/snack. This walk will be a 2 hour adventure and not recommended for beginners to Outdoor Adventures. *

December 21: Tunxis Meade, Farmington: Meet at 9:00 a.m. in the gravel parking lot of Tunxis Meade then wander along river trails enjoying a 1 to 1.5 hours of gentle walking on gravel paths. This is a great walk for beginner outdoor enthusiasts. Homemade treats provided. *

****Every walk in the woods is along forest trails that include rocks, roots and some gentle hills. Good walking shoes, walking sticks and outdoor clothing required. If you do not have walking sticks we do have some at the Senior Center. Each walk is 45 minutes to an hour in duration. Bring water for hydration. Homemade snacks will be provided by the leader. Cost: \$3.00 paid to the leader the day of the event.***



It ADVENTURE INDOOR ROPES COURSE at JORDAN'S FURNITURE, NEW HAVEN

Friday, December 2, 12:00



It Adventure Indoor Ropes Course includes: Two 60' high ropes course-the largest indoor ropes course in the world with over 100 activities like zig zag swinging beams, crisscross angle rope ladders, cargo nets, bridges and plank-walking. **Liquid Fireworks:** Jordan's very own water show with over 1000 water nozzles choreographed to state of the art lights, sounds and music. **Zip It:** Four 200' long zip lines...the longest ever made! One zip line, 45' high, zips over the water show...you will get wet! **COST: \$33.00 includes entry fee and transportation paid at time of registration.** Depart the Senior Center 12:00 p.m., return to the Senior Center approximately 5:00 p.m. **Sign ups have begun. **IMPORTANT: Please note: the lighting is dark and there are strobe lights which may effect people who have low vision and balance issues.**



WALK AT HAMMONASSET BEACH STATE PARK IN MADISON/NATURE CENTER

Friday, December 9, 12:00 to 5:00 p.m.

Instructor: Eileen Cyr. Take a winter walk around the beautiful Meigs Point at Hammonasset surrounded by miles of wetland which is home to dozens of species of birds. You can see several man-made nest boxes in this bird lover's paradise. After the walk, spend time on one of Connecticut's most popular beaches and enjoy the calming sounds of the ocean for one last time before the new year. Make sure to wear sturdy walking shoes and clothing suited for the weather. After the walk, we can explore the new Nature Center. Bring a picnic lunch to have on the beach and water to keep yourself hydrated. *Depart Senior Center at 12:00 p.m. Noon and return approximately 5:00 p.m.* **Cost is \$10.00 for transportation/leader due at the time of registration. Sign-ups have begun.**



• December 2	Walmart, Bristol	8:45 a.m.—12:00 p.m.
• December 16	Price Chopper/Job Lot, Southington	8:45 a.m.—12:00 p.m.
• December 30	Shop Rite, Southington	8:45 a.m.—12:00 p.m.

Sign-up begins on December 6. Call the Senior Center before 11:00 a.m. on the Wednesday before the Shopping Bus date to add your name to the pick-up list.

In order to ride the Friday Shopping Bus you must be a member of the Plainville Senior Center or a Plainville resident over 60, or a Plainville resident of any age who is disabled.

QUICK TRIPS & SATURDAY SHOPPING BUS

These trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or OLM, depending on the day/time of the trip. We use our Dial-A-Ride Bus or school buses that are handicapped accessible with wheelchair lifts; but passengers must be able to get to and from the bus on their own. **If a wheelchair lift is needed, let us know at sign-up.**

TRIP GUIDELINES—PLEASE NOTE CHANGES:

- **Starting September 1st, all Quick Trips/Saturday Shopping Bus will charge \$8.00 for transportation. This is payable when registering at the Senior Center. No phone reservations will be accepted.**
- **Refunds will be given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given.**
- If you are ill and unable to attend, please call the Senior Center (860-747-5728) when it is open or call Ceal DiFrancesco after hours (860-747-1927).
- You should be at the departure point at least 15 minutes prior to the scheduled leaving time. The bus will not wait for late-comers.
- **We need at least ten participants in order to run a trip. If there are not enough people, we will have to cancel...so, please encourage your friends to join you. (Non-members may sign up one week after members sign-up, if space is available.)**

Saturday, December 3, 2016 Home Goods and Marshalls (Wethersfield)
or at Bed, Bath & Beyond, Payless Shoes, and TJMaxx **9:30 a.m.—3:30 p.m.**
Join us for a trip to the shopping centers in Wethersfield. Lunch will be at Panera Bread on your own. Home pick-ups, **for those who do not drive**, begin at 9:30 a.m. followed by Senior Center pick-up. Return to Plainville at about 3:30 p.m. \$8 for transportation is due at registration. **Sign-ups have begun.**

Sunday, December 4, 2016 Christmas Tree Shop (Manchester) **9:30 a.m.—3:00 p.m.**
Due to the popularity of this location, we are offering another trip to the Christmas Tree Shop, followed by lunch at Home Town Buffet on your own. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups have begun.**

Tuesday, December 6, 2016 Bright Nights at Forest Park (Springfield, MA) **4:00—8:00 p.m.**
Bright Nights at Forest Park has welcomed more than 3.8 million visitors since 1995. It is known as the Northeast’s premier holiday lighting experience. The 2.5 mile route features lighting displays with over 650,000 lights. Join us for this spectacular holiday treat! \$10 for transportation and admission is due at registration. Home pick-ups **for those who do not drive** begin at 4:00 p.m., then Senior Center pick-up. Return to Plainville about 8:00 p.m. **Sign-ups have begun.**

Sunday, December 11, 2016 Living Nativity at Lourdes Shrine (Litchfield) **1:30—6:00 p.m.**
We will be offering transportation to the Lourdes in Litchfield Shrine for a special presentation of the Living Nativity with live animals, little angels, shepherds, choristers and a real baby Jesus. The Grotto Gift Shop will be open for you to look over the many precious gifts for your holiday shopping. The Grotto Café is closed during the winter season. Please note there is some walking involved with slight inclines. There will not be a lunch stop so please plan accordingly if you wish to eat (bring a lunch, snacks, etc.) Cookies and hot chocolate will be served. It is suggested that a \$5.00 donation be made at the presentation. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 1:30 a.m., then Senior Center pick-up. Return to Plainville about 6:00 p.m. **Sign-ups have begun.**

Saturday, January 7, 2017 Shopping at Boscov's and Meriden Mall (Meriden) 9:30 a.m.—3:00 p.m.

Take advantage of all the New Year buys at the Westfield Mall in Meriden. Visit Boscov's, a full-service department store with a range of brand-name apparel and shoes for the entire family, handbags, cosmetics, jewelry, domestics, small appliances and a complete line of home furnishings. Take time for lunch at Ruby Tuesday's or at the Food Court. \$8 for transportation is due at registration. Home pick-ups **for those who do not drive** begin at 9:30 a.m., then Senior Center pick-up. Return to Plainville about 3:00 p.m. **Sign-ups begin December 7.**

Important Trip Information:

- **Sign-up:** Trip sign-ups take place Monday – Friday, between 9:15 a.m.—12:00 noon and Mondays from 5:00-5:30 p.m. One day a month we also offer **Mega Sign-up Day. This month it is December 7** between 9:15 a.m.—4:00 p.m. Payment is due at the time of sign up. If you wish to line up before the Senior Center opens, line up at the back door with the ramp. (**Not** on the Stillwell Drive side.)
 - **Open to the public:** Trips are open to the public 7 days after member sign-up unless otherwise stated.
 - **Cancellations:** Call the Senior Center immediately so we can try and find a replacement for you from our waiting list. If you must cancel the night before or the morning of the trip, please call Ceal DiFrancesco at (860) 747-1927 that evening or before 9:00 a.m. the day of the trip. Ceal will have the waiting list and will try to fill your seat, but she should only be called if the Center is closed. You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies. We will always attempt to get a refund, and whatever we are refunded, it will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most cover all costs if the cancellation is due to illness, but others may cover a variety of additional reasons. **Overnight parking:** Overnight parking is allowed at Our Lady of Mercy Church at your own risk, but is not recommended. There is no overnight parking at the Senior Center. We suggest that you have someone drop you off and pick you up or have someone come and get your car after the trip has left and bring it back on the day of return.
 - **Medical ID cards:** Medical ID Cards must be shown to the bus captain. If you don't have a card or you need a new one, please stop by the Senior Center or get one from the bus captain.
 - **Disclaimer:** The Plainville Senior Center is not responsible in whole or in part to the 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.
- *****Remember, be at your departure location 15 minutes prior to our departure time in order to board the bus.

MEGA SIGN-UP DAY

Mega Sign-up Day is December 7. Sign up for paid trips, classes and activities from 9:15 a.m.- 4:00 p.m. On all other days, paid sign-ups take place from 9:15 a.m.-12:00 noon and Monday evenings, 5:00-5:30 p.m. Please make arrangements to be here during the hours that we offer sign-ups. **We will not take money any other time.** If you cannot be here yourself, you may send money in with someone else. If you have any questions about our policy, please feel free to ask.

Current Trips



HOLIDAY SPARKLE IN THE BIG APPLE, -SUNDAY, DECEMBER 4, 2016

Holiday shopping, lunch at DaRosina Ristorante and a two-hour fabulous guided riding tour of Manhattan. COST: \$87.00 per person. **PLEASE NOTE: TRIP LEAVES FROM THE SENIOR CENTER AT 9:15 A.M., NOT OLM. This trip is filled. Please sign waiting list.** Estimated return 9:15 p.m.



LA TRAVIATA-METROPOLITAN OPERA, SATURDAY, APRIL 8, 2017
*Featuring Placido Domingo**

In Verdi's classic work, Parisian courtesan Violetta surrenders her last hope of personal happiness for the sake of her lover Alfredo...La Traviata means "fallen woman" and refers to the main character Violetta. The opera features some of the most challenging and revered music. The aria "Sempre libera" at the end of Act I is especially well known. ***Placido Domingo is scheduled to perform April 8-his performance is subject to change.** Time after the performance for dinner on your own in Lincoln Center area. **COST: \$170 per person. \$110 deposit due at registration. Balance due by March 2, 2017. 22 Seats available. Orchestra Rear Seating. 1:00 p.m. performance. Trip leaves the Plainville Senior Center at 8:45 a.m. and estimated return is 7:30 p.m. Sign ups have begun.**

And a Few More Upcoming 2017 Trips!



.....and more to come!!

May 18: Metropolitan Museum of Art/Central Park Tour
June 8: Mama Mia/Westchester Broadway
June 24: Capt. JP's Locks & Lunch, Troy, NY
July 12: All You Can Eat Lobster/The Delaney House
August 12: Ice Cream Train in Newport
August 17: Who Loves You-Jersey Boys/Aqua Turf
September 7: Chihuly at the Botanical Gardens, NY

September 19: Bennington Potters-Lunch & Orchard-VT
October 1: Hairspray Thomaston Opera House
October 18: Jack O'Lantern Spectacular, RI
October 21: House of the Seven Gables & Biz Baz Street Fair-Salem, MA
November 20: Friendship Tours Gala-Aqua Turf
December 9: Christmas in Newport



2017 "BIG TRIPS"



Complete itineraries available on the "rack" for trip details

Big trips are open to the public so invite your friends. All four trips are fully escorted from Plainville back to Plainville.

- ♦ **CUBA CRUISE EXPERIENCE, MARCH 17-24, 2017** Fly to Jamaica to board the cruise ship. This is a walking intensive tour. Full itinerary and details available at the Senior Center. Trip is Full. Please sign reserve list with Tours of Distinction.
- ♦ **WONDERS OF ITALY, APRIL 25—MAY 5, 2017** Visit Rome, Vatican City, and more.
- ♦ **CANADIAN ROCKIES AND VANCOUVER, BRITISH COLUMBIA BY TRAIN, BUS & PLANE SEPTEMBER 2-8, 2017** : Visit Vancouver, Kamloops, Lake Maligne, Banff and Calgary. The trip includes among other exciting adventures a Snow Coach Ride-Walk on a Glacier, Jasper River Rafting, Cruise on Lake Maligne and Wildlife Safari! All aboard for our relaxing daytime journey on VIA Rail Canada will take us past snowcapped mountains, glacial lakes, rushing rivers and perfectly pristine Canadian wilderness! This is a walking intensive tour.
- ♦ **INCREDIBLE ICELAND, October 19 to October 25, 2017 (7 Days/8 Meals)**
HIGHLIGHTS: Full-Time Tour Manager... Reykjavik city tour...Old Town, the Cathedral, the Asmundur Sveinsson Sculpture Museum, the Pearl, the Hofoi House, the Hallgrímskirkja...Northern Lights (Aurora Borealis) excursion...stunning landscapes...breathtaking scenery and legendary stories...glacial rivers to the dramatic sea cliffs to spectacular waterfalls...volcanos...a magical hot spring that spouts every few minutes...see Iceland's most famous and impressive waterfall featuring a spectacular double cascade...geological phenomenon of tectonic plates coming apart...world-famous Blue Lagoon is a natural spa geothermal seawater...you can enjoy a drink while you relax in the Lagoon, position yourself under the waterfall, apply a Silica mud mask or simply enjoy the healing powers of the Blue Lagoon. **PRICE: Double Occupancy—\$2,999 per person; Single Occupancy: \$3,499 per person.**

FYI: 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 will 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 will always sign-up members first, we will skip over the non-members until all members have been contacted.



ROAD SCHOLAR CATALOGS FOR LOAN-DO YOU LOVE TO TRAVEL AND LEARN?
"Our experiential learning opportunities change lives"

As the leader of the lifelong learning movement, not-for-profit Road Scholar (formerly Elderhostel) is the world's largest and most innovative creator of experiential learning opportunities. They have guided generations of lifelong learners on transformative learning adventures from San Francisco to Siberia, and nearly everywhere in between. Road Scholar believes in living life to the fullest at every age — by experiencing the world, and not just looking at it. By meeting new people, touching history where it happened and delving deep into the cultures and landscapes explored. The Senior Center has two Road Scholar travel Catalogs (International and North America) that you can borrow to travel on your own. Also sign up with Road Scholar for their travel emails at: www.roadscholar.org

2016 Holiday Craft Fair Results

Senior Center Booth	\$351.12
Porcelain Doll Raffle	\$36.00
White/Green Afghan	\$67.00
Mickey and Minnie Raffle	\$67.00
50/50 Raffle	\$632.00
Santa & Mrs. Claus Raffle	\$129.00
Painting Raffle	\$107.00
Cookie Booth	\$375.50
Quilt Raffle	\$160.00
Bake Sale	\$415.00
Food Raffle	\$57.00
Blue Afghan	\$49.00
Total Miscellaneous Raffles	\$2,445.62
Less 50/50 Raffle Winner	-\$316.00
Craft Fair Vendors	\$1,060.00
Café	\$657.00
Prior Quilt Sales	\$1,340.00
Quilt Donations	\$45.00
Miscellaneous Donations	\$17.00
Total Fair	\$5,248.62
Quilt	
Prior Sales	\$1,340.00
Sold at Fair	\$160.00
Total Quilt Sales	\$1,500.00

FAIR RAFFLE WINNERS

50/50	Pina Fortuna
Quilt.....	Angela Fasold
Mr. & Mrs. Claus.....	Nancy
Food Raffle.....	Jen Simko
Painting.....	Doris Rudnicki
White/Green.....	Ferial Thibodeau
Afghan	
Mickey/Minnie.....	Jen Simko
Blue/White.....	Annette
Afghan	
Porcelain Doll.....	Ida Pedrolini

A BIG THANK YOU!!

Thank you to all the generous folks who donated baked goods, raffles, handmade items and more to our Holiday Craft Fair. We couldn't do it without you!



More Senior Center Activities

THE SUGGESTION BOX

Drop your suggestions in our box either signed or unsigned. If you need an answer to a question, please leave a name or number. The box is located at the giveaway area, near the public computers. Please go to **page 13** for more Suggestion Box.

SENIOR CENTER DISPLAY CASE

Do you have a collection, hobby or artwork you would like to put on display such as teapots, figurines, etc? If so, stop by the front desk to make a reservation for our display case.



SNAPPY SENIORS

Thursday, January 19, 10:00 a.m. Plainville Library

Any Senior Center member with a camera and an interest in photography may join the Snappy Seniors by coming to a monthly meeting and signing up. There will be no meeting in December but join us when we meet again January 19, 2017.

** Snappy Seniors Photography Display **

In the month of December at the Plainville Public Library come and view photos by the Snappy Seniors.

PEAK FITNESS CENTER



Hours

Monday - Thursday: 9:00 a.m. - 4:45 p.m.
Fridays: 9:00 a.m. - 1:00 p.m.

Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym!

- Cardiovascular equipment includes: Nusteps, treadmills, recumbent bicycles and elliptical cross trainers
- Weight Training includes: Seven pieces of upper and lower body strength training equipment
 - * Chest Press * Leg Press * Tricep Press * Row * Seated Leg Curl * Leg Extension * Abdominal

Stop by the front desk for a membership packet that includes a medical approval form

☆ Membership rates: \$9.00 for 1 month, \$40.00 for 6 months and \$60.00 for one year. A one-time registration fee of \$25.00 (cardio & weights), or \$8.00 (cardio only), \$17.00 (weights only), is charged at the time of your initial training.

DONATIONS

When you bring donations into the Senior Center, our volunteer receptionist needs to know your name and what you are donating so that we may list your name in the Newsletter. (If you wish to have your donation remain anonymous, please tell that to the receptionist). We do our best not to leave any donor’s name off the list, but if we do, please let us know so we can include it in the next Newsletter.

Thank you to all who made donations

GENERAL DONATIONS: October 19—November 8

Helen Kissick, Sharon Simpson, Sonya Noveck, Plainville Food Pantry, Anonymous(5), Elizabeth Klatt, Claire Camp, Maria Wynkoop, Sue Smolski, Antoinette Francalangia, Eileen Cyr, Joann Manuli, Circle Group(3), Carol Wright, Family of Pauline Soltis, Dianne Lewis, Rosemary Morante, United Way, Betty Kirch, Marie Ragaglia, Brenda Tella, Tom Wichrowski, Carol Nicolucci, Marie Cassidy, Madeline Drake, Dale Nightingale, Doreen Bulbo, Barbara Wallace, Mary, John & Rita Susco, Family of Elizabeth Klatt, Ellie Miranda, Sandy Therrien, Nancy Pohl, Ann Moore, Anne Wroblewski, Rachel Bell, Sandy Cummiskey, Nancy Blake, Patti Cancelli, Sue DesRochers, Diana Raymond, Ann Krupinski, Donna Klos, Nellie Talbot, Ellie Gendron, Joan McBain, Barbara Wallace

MEMORIAL DONATIONS

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

In Memory of Peter Pestillo: Lucy Pestillo, *In Memory of Antoinette Santucci:* Lucy Pestillo, *In Memory of Doris Savino:* Hazel Decker, *In Memory of Doris Savino:* Sally Martin, *In Memory of Doris Savino:* Barbara Roucoulet, *In Memory of Dorothy Stephenson:* Maria Wynkoop, *In Memory of William “Billy” Furlong III:* Pina Fortuna

Dial-A-Ride: Rosalie Sastre, Anonymous



Cheer Report



DO YOU KNOW SOMEONE WHO COULD USE SOME CHEER?

Please let us know if someone is hospitalized, sick, convalescing or has lost a loved one. We have no other way of knowing. The cheer cards mean SO much to our members and it also helps us to keep our files updated. Contact the Senior Center at 860-747-5728. When you give a name, please let us know if the person should receive a cheer card or a sympathy card. A special thank you to Carol Perry for handling our cheer report.

CHEER REPORT: UPDATE

CHEER CARDS: Frances D’Addese, Rosemarie Miller, Roberta LaLama (2), Alma Barth, Lorraine Woerz, Emily Wiener, Gene Kelsey, Judith Sheldon, Janice Gauvin, Helen Hybner, Rose Plourde, Jeannine Corriveau, Marcia Chapman.

SYMPATHY CARDS: Richard Vantrisco, Family of Doris Savino (2), Judy Duperry, Lucy Cannarella, Family of Dorothy Stephenson, Family of Barbara Mackiewicz, Mr. and Mrs. Richard Politis, MaryAnn Cunningham, Family of Paul Mallia, Family of Douglas Rich (2), Family of Alexander Rudolewicz (2)

NEW MEMBERS: October 3—October 31

Rose Rabenold, Lynn Gagnon, Diane Satton, Jerry Possum, Linda Catucci, Linda D’Aprile, Sue Smolski, Sonia Criniti, Norbert Grohoski, Patricia Weich, Richard Scheidel

Thank you to everyone who thought of us and donated fabric, yarn, crafts etc. At this time we do not have the space to accept any more donations. Please check back with us in March to see if we have space.



THE SENIOR CENTER NEEDS SYMPATHY, GET WELL AND THINKING OF YOU CARDS

We send cheer, get well and sympathy cards to our members who could use a lift of their spirits. If you are interested in donating these cards, please bring them to the Senior Center’s front desk. We would really appreciate it. At this time, we cannot use blank cards, holiday cards, etc. If you know someone who needs a card, please let us know! Thank you for helping to bring sunshine to someone in need!



DONATIONS FOR PLAINVILLE ANIMAL CONTROL CENTER

During the month of December, the Senior Center will be collecting donations of blankets, sheets, towels, pet food and toys for the dogs and cats that are at the Animal Control Center in Plainville. In addition, Donna Weinhofer, Animal Control Officer, wants Plainville residents to know that they can contact her for help with their animal’s health, food, flea and tick medications or recommendations for vet care. Officer Weinhofer can be reached at 860-747-1616 ext. 291.

AARP Trips

PLEASE NOTE: AARP Trips are NOT sponsored by the Plainville Senior Center, therefore, you cannot sign-up or pay for them at the Center. You must call Sally for more information and to sign-up at 860-747-1732.

- January 10, 2017: Mohegan Sun, \$25.00
- March 5, 2017 Women’s Basketball Semi-Final Game, Mohegan Sun, \$72.00
- April 18—25, 2017: Outer Banks, NC \$1,524.00 pp double occupancy
- May 7, 2017: Follies Broadway Musical at the Warner Theatre, Lunch at San Marino in WTBY, \$98.00
- May 24, 2017: Harlem, NY. Visit the Apollo, Sylvia’s for Soul Food and the Garden Conservatory \$112.00 pp

EVERSOURCE URGES CUSTOMERS TO REPORT SCAMMERS & DECEPTIVE MARKETERS

Eversource business and residential customers continue to pick up their phones and open their doors to find individuals on the other side claiming to be “representatives” or “partners” of Eversource. Whether these scammers are using aggressive marketing tactics to sell “discounted power” or threatening to turn off electricity unless an immediate payment is made, the company is warning customers to be cautious. These individuals are not affiliated with Eversource in any capacity and are most likely either scammers or third-party suppliers choosing to use deceptive marketing tactics. For more information contact Eversource or stop by the Senior Center for the full article.

QUESTIONS FOR THE SOCIAL WORKER

Mondays, December 5th and December 12th
12:30-1:30 p.m.

Do you have questions about Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing Options? Maybe you have questions about where to find Alzheimer’s help in the community, Caregiving, Homecare, etc. Just stop by Stephanie’s office to have an individual chat with her. Please note: this program is for Plainville residents 60 and over only. **No pre-registration necessary. No question is too small!**

Grandparents/ Relatives Raising Grandchildren
Tuesday, December 13 10:30
Plainville Senior Center

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Millions of children are living in grandparent-headed households, where the grandparents and relatives are responsible for the needs of children. Share resources, ideas, struggles, joys and more with others who are raising their grandchildren. *Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging.* **Please call the Plainville Senior Center to register.**

FRIENDS HELPING FRIENDS



Friday, December 16 11:30 a.m.
Great Taste, New Britain
Sign-up begins December 6

Care & Support



We are here to help!

CAREGIVING CONNECTIONS

Tuesday, December 20, 2016, 10:00 a.m.

Dance like no one is watching. Sing like no one is listening. Love like you’ve never been hurt and live like it’s heaven on Earth. *Mark Twain.*

What a design for living! Caregiving is very demanding and often we forget to dance, sing and love our way through it. Come share holiday joy, stories and tips with your friends. Caregivers from neighboring towns are welcome. Call Bette with any questions.

BRIGHTER FOCUS

Thursday, December 15, 10:00 a.m.

We are made for JOY!

Join us to share the peace and joy of the holiday season. We will continue to explore the challenge of living life to the fullest amid a growing awareness of our own mortality. Come share your wit and wisdom to lighten and inspire! New members are always welcome. Call Bette with any questions.



Community Announcements

LGBT EVENTS

Simsbury: December 10: Dinner and Jukebox Bingo, Simsbury Senior Center, 5:00 p.m.—8:00 p.m.
RSVP by December 6, 2016 860-658-3273 or kmarschall@simsbury-ct.gov



ENERGY ASSISTANCE

The State of Connecticut Energy Assistance Program is available to income eligible residents. This income eligible program is designed to help assist in lowering your winter heating costs. The current income guidelines are \$33,880.70(gross) for single individuals and a family of 2 could possibly make \$44,305.40 (gross) and be eligible for this program. Households that are income eligible may get assistance with oil, propane, kerosene or wood, heating assistance for Natural Gas customers, heating assistance for Electric customers. **If you would like more information or think that you might be eligible, please call the Energy Department for an appointment: Bristol Community Organization, 55 South Street, Bristol, CT 06010, (860)582-7490.** When you call, make sure you get a list of items you will need to bring to your appointment. If you don't have transportation, call Dial-A-Ride, (860) 589-6968 for a ride to your appointment. Anyone with questions may call Stephanie or Bette at The Plainville Senior Center, (860)747-5728. Those who are homebound may call Stephanie or Bette and make an appointment for them to meet with you.

STORM CLOSING INFORMATION

We would like to update you on the Senior Center's policies for storm cancellations:

- Announcements regarding activity cancellations are made on the television channels and websites of the following networks: WFSB, WVIT, and Fox 61 as well as radio 1080 AM.
- Our policy is to cancel activities when the Plainville Public Schools are closed. When this happens we cancel meals, Dial-a-Ride, Peak Center, and all classes and activities.
- If Senior Center activities are cancelled, the Senior Center staff, as town employees, always report to work and the center remains **OPEN**. We are always available to answer questions, provide social services, and talk to caregivers etc. You are welcome to come over, play cards, shoot pool or socialize with friends over a hot cup of coffee. Please be careful on the ice and snow.
- If public schools have a delayed opening, we will open at our regular time of 9:00 a.m. and our schedule will usually not be affected. If you are taking an early class at the Senior Center, please call ahead to see if the instructor will be here, as some instructors live out of town.
- Sometimes public schools have an early dismissal because of their need to safely transport school children on buses. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed in the event that the weather has deteriorated and schools have been canceled.
- Always check the TV, radio and Internet for Plainville Senior Center closing information, as there are times when the public schools are on vacation or have a holiday break.



Weekly Tournament Winners



BILLIARD WINNERS

October 20: 1ST: Don Carlson & Jerry Possum, 2ND: Ellen Couture & Rich Nordgren

October 27: 1ST: Rich Nordgren & Jerry Possum, 2ND: Ellen Couture & Mike Hermanowski, 3RD: Stan Funk & Tony Lusitani

SETBACK WINNERS

October 24: 1ST: John Daversa & Bernard Grabeck, 2ND: (Tied) Verna Pekrul & John Sisson/Barbara Metzen & Gemma Croteau

October 31: 1ST: Elaine Chartier & Sandy Tyminski, 2ND: Terry Pedrolini & Jeanne Raducha, 3RD: Bob Albrecht & Ron Roper

November 7: 1ST: Verna Pekrul & John Sisson, 2ND: Joan Noyes & Adele Mancini, 3RD: Marla Ludwig & Harold Bissonette

Wii BOWLING WINNERS

October 4: 1ST: Roseanna Garcia, 2ND: Sally Miller, 3RD: Bev Heslin

October 11: 1ST: Barb Cichon, 2ND: Bev Heslin, 3RD: Roseanna Garcia

October 20: Tournament: Glastonbury vs. Plainville. Plainville Wins by 66 pins!!

October 25: 1ST: Linda Dominique, 2ND: Rose Marie Machowski, 3RD: Georgia Jewell

November 1: 1ST: Linda Dominique, 2ND: Georgia Jewell, 3RD: Lynne Krakauske

November 2: 1ST: Linda Dominique, 2ND: Georgia Jewell, 3RD: Lynne Krakauske



CENTER CAFE

Open Tuesdays and Wednesdays from 11:00 a.m.-1:00 p.m.

The Café features a variety of made-to-order fresh salads, grilled Panini, sandwiches and weekly specials. The Center Café is open to the public. Invite your friends and family to enjoy our selection of wholesome, handcrafted foods that are sure to wow your taste buds!

CHECK OUT OUR DECEMBER SPECIALS:

- December 6 & 7: Sausage and Peppers. Tuscan Soup.
- December 12 & 14: Black Bean Burger with Avocado and Salsa. Mexican Chicken Corn Chowder
- December 20 & 21: Meatball Grinders. Chicken and Rice Soup.
- December 27 & 28: Grilled Cheese with Bacon and Tomato. Italian Wedding Soup.



Transportation



DIAL-A-RIDE, (860) 589-6968

Monday

9:00 a.m.-5:30 p.m.

Tuesday-Thursday

9:00 a.m. - 4:30 p.m.

Friday

9:00 a.m.-12:30 p.m.

Dial-a-Ride can provide transportation to medical and social service appointments, and to visit loved ones in nursing homes in Plainville, Bristol, New Britain, Southington, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. The Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. In addition, the drivers cannot help with groceries or packages or help you walk. However, the bus is wheelchair equipped. Reservations should be made one week ahead for medical or social service appointments and two days in advance for all other errands. *A donation of \$1.00 for each way is suggested, but not required.*

Need a Ride? Americans with Disability Act (ADA) Paratransit Service Adds More Hours and Service on Sunday!

The ADA Paratransit ride service travels anywhere for any reason to 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.

Plainville hours, except for major holidays, **Monday-Friday, 5:45 a.m.-midnight, Saturdays, 6:15 a.m.-midnight and Sundays, 7:40 a.m.-7:00 p.m.** Some of these hours may change, dependent on ridership usage of the CT Transit buses. ADA can transport you to many more towns and many more hours than our Dial-A-Ride service. *Each ride is just \$3* and discount ticket books can be purchased at Stop and Shop. **A driver can assist you door-to-door.** There is a wheelchair lift, if needed. Reservations may be made a week before and up until a day ahead of time. A personal care assistant can accompany you for free if approved. There is a phone reminder service and a Smartphone mobile app if you would like to use this.

How to Apply:

The application process is now part of the Greater Hartford Transit District. You can also call the Senior Center (860-747-5728) for an appointment with one of our social workers who can assist with the online application process. We also have copies of the application here at the Center. An application can be sent to you by calling **860-247-5329 x3086 or x3100**. The same number can be called to get an updated ID number if you are already an ADA Paratransit rider.

After the online or paper application is submitted, the next step is to call 860-247-5329 ext. 3086 or ext. 3100 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes 4 weeks. Even if you don't see a need now, it is good to get an application approved for the future. For any complaints or issues, please call Customer Service at 860-724-5340 ext. 9.

Rides are reserved by calling **860-724-5340 x1**, 7 days a week, 8:00 a.m.—5:00 p.m.

So give it a try, broaden your horizons, go shopping, visit a friend. Sunday's service can take you to church or schedule a medical appointment to a destination not covered by Dial-A-Ride.

OUR SUGGESTION BOX

We had two suggestions to designate a parking spot close to the doors as "15 Minute Parking" or "Short Term Parking". The Staff and Committee on Aging discussed this idea and found that it would be difficult to supervise. Someone would need to be responsible for making sure that individuals are not parking for longer than 15 minutes as folks could be waiting for the slot to open and upset when it's been used for more than 15 minutes. If someone is using the spot for longer than 15 minutes and a complaint is made, a person would have to run through the building announcing that a certain license plate needs to move. From our experience, this can take a very long time. We do not have enough Staff and Volunteers available for the additional supervision needed to monitor parking. Lastly, our parking is extremely limited and usually fills very quickly. The Committee on Aging agreed that if the "15 Minute Spot" was not being used, individuals trying to find a long term spot would be angry seeing an empty spot. **Please Note:** You can pull up to the large ramp to drop off a passenger who has a hard time walking because of breathing problems or is in a wheelchair, etc.

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*BC = Back of Calendar.



Volunteer. Volunteer. Volunteer!

VOLUNTEERS NEEDED!!

Contact Toni, Volunteer Coordinator, if interested.

- **Café:** Looking for someone to be a café volunteer floater for food preparation, serving or cashier.
- **Foreign Language Instructor and/or Interpreter:** Are you fluent in Polish, Italian or Spanish etc?? If so, please let us know if you could help teach a class or with interpreting.
- **Towel/Apron Folder:** Help fold kitchen towels/aprons and Nurses towels one to two times per week.



CAFÉ HELP WANTED-TRAINING PROVIDED! Flexible Volunteer Hours in the Café

Meet new people, enhance or learn new cooking skills, express your creativity, share your talents. Join the Senior Center Café 2 to 5 hours each Tuesday. Preparing food, making soups, salads or sandwiches. See Ronda, Toni or call the Senior Center at 860.747.5728.



Choral Group

Friday, December 2, 9:45 am



PLAINVILLE LIBRARY FALL 2016

Wednesday, December 7, 6:00 p.m.: Shell Crafts with Gail Farrar. Make holiday ornaments and gifts. (Registration Required).

Thursday, December 8, 1:00 p.m.: Movie Matinee (movie to be determined)

Thursday, December 8, 6:30 p.m.: Adult Coloring. Colored pencils, markers and coloring pages will be provided. Refreshments are provided by the Friends of the Plainville Public Library.



LESSARD LANES INDOOR MINI GOLF LEAGUE FOR ACTIVE ADULTS

Tuesday Mornings at 10:00 a.m., now to December 13, 2016

COST: \$5.50 per person/per week. Includes 1 round of 18 hole indoor mini golf on our brand new course, free coffee, individual awards. **Sign up by calling Lessard Lanes, 860-747-1657** and join the fun!!

Lessard Lanes, 136 New Britain Avenue, Plainville CT



CURRENT EVENTS **Mondays at 10 a.m.**

Join us for a lively discussion of local, state ,national news and current events.



CANASTA PLAYERS **Fridays at 10:00 a.m.**

You don't need a partner for this game.
We'd love to "deal" with you!

CONGREGATE MEAL PROGRAM: December 2016

Please stop by the kitchen to pick up the December calendar. **Reservations for a meal** must be made at least one day ahead by calling the kitchen at 860-747-5728 between 10:15 a.m. and 12:00 noon. A suggested donation is \$2.50.

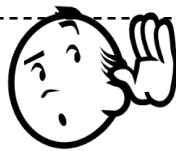
Nursing and Other Services



Foot Care

Regular Foot Care and Diabetic Foot Care **Please note fee increase.**

The Senior Center offers appointments for regular and diabetic foot care. Foot care is provided by an APRN and includes a foot inspection and nail cutting. Cost is \$18.00 Plainville resident members and \$28.00 for Out of Town Plainville Senior Center Members and must be paid with exact change or by check only (made out to the Plainville Senior Center). Neither the Nurse nor the Senior Center can make change. Please call the Senior Center to make an appointment. **Foot care is for Senior Center members only.**



Ear Wax Removal

Call the Senior Center to make your ear wax removal appointment. At least one week prior to your appointment, you must come into the Senior Center for an instruction sheet explaining the prep procedure and pick up the paperwork that must be filled out and brought in at the time of your appointment.

Blood Pressure Clinics at the Senior Center

Many thanks to The Pines of Bristol, Hartford Health Care Senior Services and The Summit for Offering their Services

- December 5, 1:00 pm—2:00 pm (The Pines of Bristol)
- December 8, 1:00 pm—2:00 pm (Hartford Health Care)
- December 19, 1:00 pm—1:30 pm (Georgia, Senior Center Nurse)
- December 21, 11:00 am—12:00 pm (The Summit in Plantsville)

Blood Pressure Clinics are for Senior Center members only.



Alzheimer's Support Group at Mulberry Gardens of Southington Every Second Tuesday, 10:30a.m.—11:30 a.m.

Living with Alzheimer's disease or a related memory disorder is challenging. Mulberry Gardens proudly offers a support group for families and caregivers. Topics include Communication Techniques, Caregiver Support, Wandering and much more!

FLU SHOTS AVAILABLE FOR HOMEBOUND CLIENTS

If you are a Plainville resident over 60 and homebound, our APRN Georgia can come to you! Please call the Center to make an appointment, 860-747-5728; and Georgia will call you back with a date and time! Please leave your name, phone number and address when making an appointment.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We refresh this list throughout the year so we can be certain that such folks will be safe during a power outage/ weather event. It is everyone's personal responsibility to have a plan in the event of a power outage. We share our At-Risk list with the Plainville Fire and Police Departments to ensure that no one's health is in jeopardy during a weather emergency. Please call the Center at 860-747-5728, if you wish to have your name added to the At-Risk List. Bette and Stephanie are available to help you develop a plan for power outages/ weather emergencies.

RECYCLE YOUR OLD CELL PHONES

Do you have old cellular phones that you don't know how to properly dispose of? Keep them out of landfills by donating them to The Plainville Senior Center. The donation box is located in the hallway between the main office and billiards room on the table. Please drop **ONLY** cellular phones in the box! Please no phone chargers or any other type of electronic devices. **Thank you to all who have donated. The money received from these cellular phones goes to support Dial-a-Ride! Every phone helps, tell your friends and family!**



December 2016



Plainville Senior Center , 200 East Street, Plainville CT 06062 Phone 860-747-5728

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	KEY: GR: Green Room, BR: Blue Room GA: Game Room CR: Craft Room C: Café CL: Computer Lab OS: Old Store L: Library *: By Appointment			1 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:30 Begin.Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Fargo Fit BR 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band / Dancing BR	2 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 9:45 Choral Group BR 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L 12:00 Ropes Course	3 Home Goods/ Marshalls or Bed,Bath, Beyond/ Payless Shoes/ TJMaxx
4 Christmas Tree Shop, Manchester Holiday Sparkle	5 *9:00 Nurse 9:00 Walking 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Mahjong GA 12:30 Bowling 12:30 Setback GR 12:30 Questions for the Social Worker 1:00 Blood Pressure 3:30 Chair Yoga BR	6 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Smart Driver Course GR 10:30 Veterans Coffee 10:00 Ladies Billiards 10:00 Cribbage GA 12:00 Pinochle GA 1:00 Bridge OS 1:30 Adv. Wii Bowling GR 2:30 New Member PartyBR 3:00 French Class GA 4:00 Bright Nights at Forest Park FREE SIGN UP No Begin Wii Bowl	7 9:00 Walking GR 9:00 Walk in the Woods 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR MEGA SIGN UP	8 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train GA 10:30 Begin.Fargo Fit BR 12:00 Comm on AgingCR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Fargo Fit BR 1:00 Scrabble C 1:00 Blood Pressure 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band / Dancing BR	9 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 10:30 Cardio Step GR 12:00 Pinochle L 12:00 Walk at Hammonasset	10 LGBT Dinner
11 Living Nativity at Lourdes Shrine	12 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30: Questions for the Social Worker 12:30 Mahjong GA 12:30 Bowling 12:30 Setback GR 3:00 Cooking Demo C 3:30 Chair Yoga BR	13 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage OS 10:30 Grandparents CR 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR 1:00 Handwriting	14 9:00 Walking GR 9:00 Walk in the Woods 9:30 Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	15 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 9:30 Ceramics CR 10:00 Mexican Train OS 10:00 Brighter Focus GA 10:30 Begin.Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Fargo Fit BR 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS 2:30 Band / Dancing BR	16 8:45 Shopping Bus 8:45 Int Yoga L 9:00 Walking GR 9:00 Mahjong GA 10:00 Canasta OS 10:30 Cardio Step GR 11:30 Friends Helping Friends 12:00 Pinochle L	17 A Film at The Kate, Old Saybrook
18	19 *9:00 Nurse 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Current Events OS 12:30 Mahjong GA 12:30 Bowling 12:30 Setback GR 1:00 Blood pressure	20 *9:00 Nurse 9:00 Walking GR 9:15 Italian Class CR 9:30 Beg Wii Bowling BR 10:00 Ladies Billiards 10:00 Cribbage OS 10:00 Caregiving GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv.Wii Bowling BR	21 9:00 Walking GR 9:00 Walk in the Woods 9:30 Quilting CR 10:30 Zumba Gold BR 11:00 Blood Pressure 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR 3:00 Power Burst BR	22 *9:00 Nurse 9:00 Walking GR 9:00 Begin Yoga L 10:00 Mexican Train GA 10:30 Begin.Fargo Fit BR 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Int. Fargo Fit BR 1:00 Scrabble C 1:00 Knit & Crochet GR 1:00 Bridge OS No Band/Dancing	23 SENIOR CENTER CLOSED	24 
25 Christmas Dinner at the Senior Center 11:30 a.m. 	26 SENIOR CENTER CLOSED	27 *9:00 Nurse 9:00 Walking GR 9:30 Beg Wii Bowling BR 10:00 Cribbage GA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 Adv. Wii Bowling BR	28 9:00 Walking GR 9:30 Open Quilting CR 10:30 Zumba Gold BR 1:00 Bingo GR 1:00 Open Painting CR 1:15 Charlemagne C 3:00 Coloring Club GR	29 9:00 Walking GR 10:00 Mexican Train GA 12:00 Pool Tournament 12:30 Pinochle GA 1:00 Scrabble C 1:00 Bridge OS 2:30 Band / Dancing BR	30 SENIOR CENTER CLOSED	31 