

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062 860.747.5728 www.plainvillect.com/senior-center
 Monday: 9:00 a.m. – 6:00 p.m. Tuesday-Thursday: 9:00 a.m. – 5:00 p.m. Friday: 9:00 a.m. – 1:00 p.m.

Mega Sign-Up Day (for free and paid programs) is on Tuesday, December 4 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. If the Center is closed on Mega Sign-Up Day due to weather or any other emergency, Mega Sign-Up will be held on the first day that the Center is re-opened and fully operational. After Mega Sign-Up Day, sign-ups for paid events and trips start daily at 9:15 a.m. during regular Senior Center hours. We accept cash and checks made out to the Plainville Senior Center only.

Christmas Dinner Will be Served at the Plainville Senior Center

TUESDAY, DECEMBER 25, 11:30 A.M.

Once again, the Center will provide this special meal to Senior Center members and any Plainville residents age 60 or older who will be alone on Christmas Day. We will serve a fresh, delicious Christmas dinner including turkey, ham, side dishes and dessert. There is no charge for this meal, but donations are greatly appreciated. We are grateful to The Pines at Bristol for generously donating fresh-baked pies for our Christmas Dinner. Volunteers will provide transportation within Plainville for those who need a ride to the Center. You must register in advance, so please let us know when you register if you will need a ride. If you are homebound and would like a dinner delivered to your home, call the Center. Sign up has begun. Please call 860-747-5728 to register.



OPEN TO THE PUBLIC! MORE SEATS AVAILABLE!

LaSalette Festival of Lights and Concert

SATURDAY, DECEMBER 8, 9:15 A.M.

We still have a few seats available for this annual holiday motorcoach tour, which travels to the LaSalette Shrine in Attleboro, MA for their fabulous Festival of Lights and sing-along Concert! Enjoy a delicious family-style lunch at Morin's Restaurant of Attleboro, including ziti with meatballs, boneless breast of chicken with cranberry glaze, broiled scrod with lemon crumb topping, au gratin potatoes, salad and rolls, and assorted pastries and coffee. **More details, page 8**

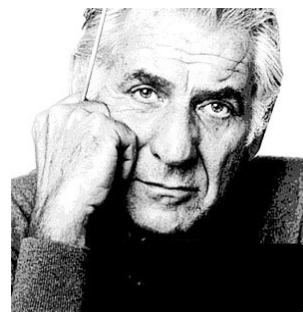


Intergenerational
 Holiday Fun!
 Please see page 3

LEONARD BERNSTEIN, AN AMERICAN TREASURE

TUESDAY, DECEMBER 11, 2:00 P.M.

Musician and lecturer Jeffrey Engel will present a program on Leonard Bernstein, the most gifted, famous, popular and successful musician produced by America. Bernstein was a virtuoso pianist and conductor, a composer of music ranging from Broadway musicals to the classical repertory, an educator, lecturer, author and TV personality. As 2018 is the 100th anniversary year of Bernstein's birth, it is a good time to celebrate this American treasure. Our presenter played cello with numerous orchestras in France including that of the Paris Opera, performed in chamber ensembles and taught in municipal conservatories. His lectures are infused with amusing anecdotes and musical illustrations. Since 2004 he has taught at Northwestern Connecticut Community College. Program is free. Sign up has begun.



UCONN WOMEN'S BASKETBALL AT GAMPEL



SUN., JANUARY 13, 2019, 10:30 A.M. and
 SAT., FEBRUARY 9, 2019, 10:30 A.M.

Now open to the public!

We are offering two fantastic opportunities to see the UCONN Women's Basketball team play. These matinee games against rival teams are not to be missed! On **January 13**, the Lady Huskies take on the **University of South Florida**, expected to finish second in the American Athletic Conference. On **February 9**, they play against **Temple University**, coached by Tonya Cardoza, a former UCONN assistant coach for 14 seasons. **(More, page 10)**

Setting some New Years' Fitness Goals?

Let us help you!

Check out a PEAK Center membership for 2019! See page 5 for info.

Get Your Flu Shot!
 Please See Back of Calendar

Apply for Energy Assistance
 Please See Back of Calendar

Storm Closing Information
 Please See Page 12

Special Events

CURRENT EVENTS DISCUSSION GROUP

EVERY MONDAY, 10 A.M.

Stay current by joining our lively discussion of local, state and national news as well as current events. We do not discuss politics; rather, we talk about health issues, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! Feel free to come and just listen. There is no pressure to participate and new folks are always welcome!

WATCH YOUR STEP: PREVENTING FALLS, IMPROVING BALANCE & MANAGING DIZZINESS

MONDAY, DECEMBER 3, 3:00 P.M.

Did you know that one in three Americans age 65 and older will fall this year? Are you fearful of falling, or have you fallen in the past? There are many factors that contribute to a person falling. These include lower body strength, sensation and vision. There can also be environmental factors in your home or in the community that can affect your balance or likelihood of falling. In this program you will learn effective strategies to increase balance and continue to participate in typical physical activity and activities of daily living. Presented by Kevin M. Connellan, PT and Channing Harwood, PT, DPT of Physical Therapy & Sports Medicine Centers (PTSMC) of Plainville. Call the Senior Center at 860-747-5728 to register. Sign up has begun.

VETERANS' COFFEE HOUR

TUESDAYS, DEC. 4 and FEB. 5 at 10:30 A.M.

These monthly information and support meetings are conducted by Wayne Rioux, a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** There will be no meeting in January 2019. Please call the Center at 860-747-5728 to register. Sign-up has begun.

NEW MEMBER OPEN HOUSE

THURSDAY, DECEMBER 6, 1:30 p.m.

Invitations were sent the week of November 5 to everyone who has joined the Plainville Senior Center since December 1, 2017. If for some reason you did not receive an invitation, please call us: 860-747-5728. Our Welcoming Committee looks forward to seeing new members at this informative, entertaining program! Sign up has begun.

LEND A HELPING HAND — MICHAELA'S GARDEN

MONDAY, DECEMBER 10, 1:00 TO 3:00 P.M.

We need volunteers to help count and pack Four O' Clock seeds for the Michaela's Garden project. So we can get a count of who is available, please sign up at the Senior Center if you can help out. Sign-up has begun. Thank you!

MAGIC WITH MASON

MONDAY, DECEMBER 10, 2:30 p.m.

Mason Tartamella, a junior at Plainville High School, will visit us on Monday, December 10th to perform magic tricks in the Living Room. Drop in and be amazed!



COOKING FOR ONE CLUB

TUESDAY, DECEMBER 11, 2:00 P.M.



This group meets on the 2nd Tuesday of each month at 2:00 P.M. at the Senior Center. Join us to share tips, ideas, short cuts and recipes that make cooking for one "easy peasy." The program is free and open to members only. Sign-up begins December 4.

CREATING CARDS FOR WOUNDED SOLDIERS

TUESDAY, DECEMBER 11, 1:00 P.M.

Join Evelyn and friends to create holiday greeting cards for our wounded veterans. Bring only your creativity and holiday spirit; all supplies will be provided! Sign-up begins December 4.

AARP SMART DRIVER

TUESDAY, DECEMBER 11, 9:30 A.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Upon completing the course your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15.00 for AARP members providing a membership number and \$20.00 for all others. Limited to 25. Bring a bag lunch if you wish. Sign-up has begun.

TOFFOLON SCHOOL CHOIR HOLIDAY CONCERT

WEDNESDAY, DECEMBER 19, 10:45 A.M.

Come listen, sing along and get into the holiday spirit with Toffolon School students!

BOOKS AND BAGELS

WEDNESDAY, DECEMBER 19, 9:30 A.M.

The December book is ***The Christmas Box*** by Richard Paul Evans. A young couple and their 4-year-old daughter, hired as caretakers for the home of an elderly widow, move into their new surroundings just before the holiday season. As the relationship between the widow and the family develops, the widow is compelled to share an important message with the young father and is afraid he won't understand her message in time. This heartwarming story of parental love, healing and Christmas is bound to be a favorite read for the holidays. Join discussion leader Kathleen Marsan for coffee, tea, bagels and what is sure to be another interesting book discussion. Copies of this book are available at the Plainville Library. Please read the book prior to the meeting. Sign up begins December 4.



FRIENDS HELPING FRIENDS

FRIDAY, DECEMBER 21, 11:30 A.M.

This gathering, typically on the third Friday of each month, is for single, widowed or divorced members. Come out and socialize! We will meet at 11:30 a.m. at Mission BBQ on Queen Street, Southington. Sign-up begins December 4.

MORE, NEXT PAGE

More Special Events

“REINDEER CHOW” INTERGENERATIONAL PROGRAM
THURSDAY, DECEMBER 27, 1:00 P.M.
Free! Bring the kids! School is still on break, holiday music is still playing, so we still need to make reindeer chow here at the Senior Center! Join Marisa, dietitian with ShopRite of Southington, for a festive mini-party. Bring the kids and grandkids to make reindeer chow together and take it home to family and friends! Healthier snacks and treats will also be served. Happy holidays! Sign-up begins December 4.



MANAGING NECK AND BACK PAIN
THURSDAY, JANUARY 17, 1:00 P.M.
In this free “lunch and learn” program, Presenter David Santoro of Hartford Healthcare will share information about the general causes of back and neck pain and review the non-surgical procedures (diet, exercise, medication management, and other alternative approaches to pain management) that are currently available. Attendees will have an opportunity to sign up for a more in-depth 6-week program that begins January 31. (See “Maintaining a Healthy Back,” below.) Sign-up begins December 4.

SNAPPY SENIORS
JANUARY 17, 2019, 10:30 A.M.
The Snappy Seniors Camera Club usually meets on the third Thursday of the month at the Plainville Public Library. There will be no formal Club meeting in December as the Camera Club is holding an exhibit throughout December at the Plainville Public Library (See page 4). The next regular meeting will be held in January. Sign-up begins December 4.

COUGH & COLD MEDICINES
THURSDAY, JANUARY 31, 10:00 A.M.
Topics of this free program will include what medicines are safe and how to take them. This program will be presented by Sean Jeffery, pharmacist with Integrated Care Partners, Hartford HealthCare Group and clinical professor at the UCONN School of Pharmacy, and Christina Polomoff, clinical pharmacist with Hartford HealthCare Integrated Care Partners and assistant clinical professor at UCONN School of Pharmacy. Sponsored by Hartford HealthCare Senior Services. Sign-up begins December 4.



MAINTAINING A HEALTHY BACK — EXERCISE & EDUCATION STRATEGIES
THURSDAYS, JANUARY 31— MARCH 7 2:00-3:00 P.M.
During this free 6-week program, learn about the general causes of back and neck pain and non-surgical procedures that may offer relief. Sessions 1 and 6 will include a pre- and post-assessment of posture and function. You will also receive a report on your progress, a list of educational tips, and a description of exercises taught in class. Limited to 20 participants; attendance at all sessions is highly recommended. Presented by David Santoro, MBA, OTR/L with Hartford Healthcare, with assistance from Quinnipiac Master students. This series is co-sponsored by Quinnipiac University and Hartford Health Care. Call the Senior Center beginning December 4 to register!

2019 Fair Results

Senior Center Booth:	\$ 315.00
Afghan Raffles:	223.50
50/50 Raffle:	510.00
Painting Raffle:	87.00
Cookie Booth:	383.50
Quilt Raffle:	209.00
Bake Sale:	425.50
Food Raffle:	68.00
Pick a Prize Raffles:	69.00
Café:	507.00
China Dinnerware Set:	30.00

Less 50/50 Raffle Winner:	-\$255.00
Craft Fair Vendors:	1,060.00
Prior Quilt Sales:	1,110.00
Quilt Donations:	54.50
Miscellaneous Donations:	10.00

Total Fair Proceeds: \$4,807.00

RAFFLE PRIZE WINNERS

50/50:	Susan DesRochers
Handmade Quilt:	Cheryl Livermore
Food Raffle:	Pina Acca
Painting:	Donna Lamothe
White Crochet Afghan:	Charlotte Oakes
Ring Crochet Afghan:	Ed Zakowski
China Dinnerware Set:	Roxanne Tonn

Plus....17 “Pick a Prize” Raffle winners!

Thank you all for everything!

We want to send a great big “Thank You” to all the generous folks who donated baked goods, raffle items, handmade items and more to our Holiday Craft Fair. We also appreciate everyone who helped set up and staff the fair, who baked or worked at the Cookie House, who sold raffle tickets or served up delicious food in our Café. Our success is **your success**. We couldn’t do it without you!

Do You Draw or Paint?

The Amateur Art Group would like to invite you to join us at **Open Painting**, which meets every Wednesday from 1:00 to 3:00 p.m. We are a small group of amateur artists who just love getting together to create something while also having a good time. Just bring your supplies and ideas to the Craft Room in the front of the Senior Center. While there is no formal instructor, we all help and learn from each other every week! It’s a great opportunity to stay connected to like-minded people while you improve your artistic talents. There is no fee — just fun!



Housing Information

The Plainville Housing Authority Wait List is closed. Below is a list of Housing Authorities in the area. You may contact any of these to ask if they have openings, or to sign up on their Wait List if it is open.

- Public Housing Authorities**
 - Bristol 860-582-6313
 - Farmington 860-675-2390
 - Southington 860-628-5200
 - New Britain 860-225-3534
 - Newington 860-521-8396
 - West Hartford 860-953-0002
- Tarrant House, Plainville:** 118 Broad Street, 860-747-4405
- Castle Apartments, Plainville (near Norton Park)** - Family Housing, Konover Corp., 844-692-0072
- Flanders West, Southington:** 860-621-1700
- The Jefferson, New Britain:** 877-339-0247
- Talcott Garden Apts., New Britain**—Family Housing, 860-229-9554
- Website / Phone** — www.cthousingsearch.org OR dial 2-1-1.



PLAINVILLE HOUSING AUTHORITY
2019 FOODSHARE DATES

All dates are on Mondays, 10:30 - 11:30 a.m.

January 14	July 15
January 28	July 29
February 25	August 12
March 11	August 26
March 25	September 9
April 8	September 23
April 22	October 7
May 6	October 21
May 20	November 4
June 3	November 18
June 17	December 2
July 1	December 16

SNAPPY SENIORS WILL DISPLAY NEW WORKS AT PLAINVILLE LIBRARY IN DECEMBER



Following their well-received display at the Senior Center and at Apple Rehab earlier this fall, our own Snappy Seniors will bring their “Oh, The Places We’ve Been” photo exhibit to the Plainville Public Library for the month of December.

The exhibit will be a highlight of the Library’s Open House on Thursday, December 6. (More Library Open House news, page 10) Featuring photos taken by Snappy Seniors on their travels around the world and across the United States, the December exhibit will include new works that were not exhibited in earlier shows. Please be sure to check out the free exhibit at the Library in December!

Le Petit Cafe

at the Plainville Senior Center
Open TUESDAYS and WEDNESDAYS

11:00 a.m. - 1:00 p.m. No reservations needed!

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

- December 4 & 5** Greek Chicken Panini (grilled chicken, artichokes, olive tapenade and feta cheese)
Chicken and Rice Soup
- December 11 & 12** Cobb Salad
Butternut Squash Soup
- December 18 & 19** Turkey BLT Panini
Chicken Corn Chowder

Café Closed December 25 & 26



We Welcome New Members for October

New Members for October 2018

Rick Bakowski, Robert Rosenstreich, Dennis Manzik, Gail Pugliese, Teresa Derda, Czeslaw Derda, Lauren Akins, Nancy Lachapelle, Alex Derewonko, Genowefa Derewonko, Deborah Plantamuro, Marlene Andrusia, Vivian Green, Robert Ruszcz, Mary Ruszcz, Cathy Antigiovanni, Joannie Leahy, James McCoy and Elizabeth McCoy



Tuesday Shopping Bus

In order to ride the Senior Center’s Shopping Bus, you must be a member of the Plainville Senior Center, a Plainville resident over age 60 or a Plainville resident of any age who is disabled. Please be ready at least 15 minutes before departure. We leave on time. Call the Senior Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up. We can only accommodate eight (8) people on the Tuesday Shopping Bus. Sign up early! Home pickups start at 11:15 a.m. The bus leaves the shopping center at 3:00 p.m.

- December 4, Walmart, Bristol**
- December 18, Price Chopper, Southington**
- January 8, 2019 — Bristol Shopping Plaza**

*Heartfelt
thanks to the numerous people who
generously donated used wedding gowns to
the Cradling Threads project on
November 7!*

Weekly Tournament Winners PEAK Fitness Center

SETBACK

- OCT. 22:** 1ST: Bob Albrecht & Richard Nordgren
2ND: John Sisson & Verna Pekrul
3RD: Sally Miller & Gail Kreneck
- OCT. 29:** 1ST: Sally Miller & Gail Kreneck
2ND: Gemma Croteau & Barbara Metzen
3RD: Charlie Stepney & Bernard Grabeck
- NOV. 5:** 1ST: Linda Dominique & Lynne Krakauske
2ND: John Sisson & Wendell Copeland
3RD: Bob Albrecht & Richard Nordgren

BILLIARDS

- OCT. 18:** 1ST: Mitch Ziolkowski
2ND: Stan Funk
- OCT. 25:** 1ST: John Gasparini & Mike Hermanowski
2ND: John Clancy & Pat Cancelli
- NOV. 8:** 1ST: John Gasparini & Tony Lusitani
2ND: Rich Nordgren & Mitch Ziolkowski

Bowling League

October Bowlers of the Month:

- **Mary Oakes and Mary Jane Dumais**
 - **Peter Zeleniuk and Joe Terzini**
- Please call Frank Robinson at 860-747-2918 or e-mail him at FgrahamR@aol.com if you have any questions about the Bowling League.

Did you know that exercise can help you:

- Boost your energy
- Live longer
- Sleep better
- Gain self-confidence
- Socialize with others
- Reduce heart disease /blood pressure
- Improve your memory
- Increase your mobility & flexibility
- Control your weight
- Maintain better control of diabetes and cholesterol



Enjoy a great work out in our state-of-the art fitness center that is comparable to a commercial gym! Members receive fitness center training from a professional, certified Exercise Physiologist.

Cardiovascular Equipment:

- **Treadmills:** Walk at your own pace.
- **NuStep:** Seated “stair stepper” which offers a low-impact cardio-vascular workout using both upper and lower body.
- **Bicycle:** Recumbent bicycle allows you to ride in comfort. There is a seat back for full support.
- **Elliptical Cross Trainer:** Provides a total body workout with minimal impact.

Weight Training Equipment: Seven-piece circuit of upper and lower body strength training equipment.

Membership: Costs are \$9/one month, \$40/six months and \$60/year. A registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is charged at the time of initial training. When you’re ready to sign up, stop by our front desk for a membership packet that includes a medical approval form.

Donations

The Senior Center Always Needs Sympathy, Get Well and Thinking of You Cards! We send **cheer, get well and sympathy** cards to our members who could use a lift of their spirits. If you wish to donate cards, please bring them to the Senior Center’s front desk. We appreciate it! **We do not use blank cards, holiday cards, religious cards, mass cards or birthday cards.** If you know someone who needs a smile, please let us know! Thank you for helping to bring sunshine to someone in need! **Please note:** 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 this Newsletter. (If you wish to have your donation remain anonymous, please tell 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.

GENERAL DONATIONS, October 16 — November 15

Ellen Couture, Lillian Elliott, Carol Webster, Terry Smiarowski, Ashley Misakian (Apple Rehab), Wilma Michaud, Lee Toner, Betty Green, Marilyn Petit, Maryann Davis, Helen Schultz, AnnMarie Heering, Carol Skultety, Marlene Andrusia, Charlene Damiano, Rita Susco, Marge Burris(2), Sally Cobrain & Pat Cancelli, Kathleen Brousseau, Judie Duperry, Circle Group(2), Robert Michalic, Lucy Silverio, Tom Wichrowski, Anonymous, Barbara Barton, Sharon Simpson, Allyn & Martha Kall, Lorraine Corsini, Rebecca Razel, Grace Bonola, Lois Schmidt, Betty Kreder, Katherine Swanson, Kathy Sadloski, PHS Italian Honor Society (Maria Colangelo, teacher), John Susco, Joe & Lise Terrien, Lucy Pestillo, Rosaleen Peters, Soni Sperduti, Karen Boucher

MEMORIAL DONATIONS through November 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.

In Memory of:

- **Michael Heslin**, from Lee Ann Korus
- **Peter Pestillo**, from Lucy Pestillo
- **Antoinette Santucci**, from Lucy Pestillo
- **William Furlong III** from Cathy & William Furlong II

DIAL-A-RIDE DONATIONS through November 15

Glen & Karen Smith, Jerzy Kalinowski, Barbara Barton, Carol Wright(2), Anonymous, Matthew Schultz, Rosaleen Peters(2), Carol Perry

Craft, Technology & Fitness Classes

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 — Tues., December 4 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting December 11 if there is still room in the class. The drop-in rate for any class that allows drop-ins and/or has space available, 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
MONDAY			
Zumba Tone	9:30 – 10:30 a.m.	October 1 – December 17, 10 weeks, \$30.00 members only	Jan. 14—March 18. No class Jan. 21, Feb. 18. 8 wks. \$24 members only
Acrylic Painting	10:00 a.m. - 12:00 p.m.	Sept. 24 – Dec. 10. 10 weeks. \$30.00; non members \$60.00	Feb. 25—April 15. 8 wks. \$24. Members only.
Beginner Yoga	10:15 - 11:15 a.m.	Oct. 15 – Dec. 17. Class held at Library. 9 weeks \$27.00	Jan. 14—March 18. No class Jan. 21 or Feb. 18. 8 wks. At Library. \$24 members only
Power Burst 1	1:15 - 2:05 p.m.	October 29 – December 17. 7 weeks, \$14.00. Members only	Jan. 14—March 18. No class Jan. 21 or Feb. 18. 8 wks. \$16 members only
Power Burst 2	2:15-3:05 p.m.	October 29 – December 17. 7 weeks, \$14.00. Members only	Jan. 14—March 18. No class Jan. 21 or Feb. 18. 8 wks. \$16 members only
TUESDAY			
Intermediate Yoga	10:15-11:15	November 27—December 18. Class held at Library. 4 weeks \$12.00. Members only	Jan. 15—March 5. 8 wks. \$24. Members only. At Library.
Aqua-Arthritis Water Fitness	10:45 - 11:30	January 8 – February 19. 7 weeks. \$21.00. Free for YMCA Members. Sign up begins December 4. See page 6 for description and special instructions. Class held at YMCA.	
French Class	3:00 - 4:00	Continues until end of December. Members only.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	
Zumba Gold	10:00 -11:00	October 24 – December 19. 9 weeks \$27.00 Members only	Jan. 16—March 6. 8 wks. \$24. Members only
iPad Class	1:00 - 3:00	November 14—December 19. 5 weeks, \$15.00 Members only.	
THURSDAY			
Ceramics	9:30 – 11:30	October 11 – December 13 8 weeks \$32.00. Members only	Jan. 17—March 7. 8 weeks. \$32. Members only.
Aqua-Arthritis Water Fitness 2	10:45 - 11:30	January 10 – February 21. 7 weeks. \$21.00. Free for YMCA Members. Sign up begins December 4. See page 6 for description. Class held at YMCA.	
Knit & Crochet	1:00 – 3:00	October 4 – December 20. No class Dec. 6. 10 weeks \$20.00. Members only	Jan. 17—March 7. 8 weeks. \$16 members only.
Ukulele	1:00—2:00	8 week class, ends December 13.	
FRIDAY			
Chair Yoga 1	9:30-10:30	October 19 – December 21. 8 weeks \$16.00. Members only	Jan. 18—March 8. 8 weeks. \$16. Members only.
Chair Yoga 2	10:40-11:40	October 19 – December 21. 8 weeks \$16.00. Members only	Jan. 18—March 8. 8 weeks. \$16. Members only.



Cheer Report



October 16 to November 15, 2018

Get Well & Thinking of You Cards were sent to:

Dale Nightingale, Rose Marie Conte, Evelyn Case, Joseph Mack, Donna Cook, Len Wishart, Ann Krupinski, Norma Weisenburger, Val Dumais, Anthony Famiglietti, Donald Hallin

Sympathy Cards were sent to:

Family of Frank Maglio, Karen Durbis, Family of Rosaire Gagnard, Debra Robinson, Dennis Martin, Carol Harmon, Family of Audrey Lewis, Family of Celia Rodriguez, Kenneth Pol

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 help 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.

Class Descriptions

ACRYLIC PAINTING: You will learn methods to overcome the challenges of the medium, plus some special techniques. A supply list will be given to you at registration. If you're unsure whether this class is for you, we provide beginner kits, which include some paints, canvas and drawing pads. Scholarships are available through the generosity of the Plainville Amateur Art Group. Call Ronda for info.

Instructor: Abbe Wade

AQUA ARTHRITIS WATER FITNESS AT THE Y:

This course is held at the Plainville YMCA pool and offers a gentle range-of-motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of the water. Bring a bathing suit and towel. You may use YMCA locker rooms before and after class. Please check in at the YMCA desk before class. The sessions are made possible thanks to the Main Street Community Foundation Grant, providing for the partnership between the YMCA and Plainville Senior Center to offer quality programs to local seniors.

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

Instructor: Gloria Cerniglia



CHAIR YOGA: In this mindful chair yoga class, we will practice gentle postures, breath work and meditation to discover the grace and wisdom of mind-body-spirit in movement and in stillness. **Instructor: Rosalie Tanguay**

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

GENTLE YOGA FOR BEGINNERS—LEVEL 1

This class is an introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release and is especially good for newcomers to yoga or those who would like a refresher on the basics. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayapraba Mare DiBenigno.** Class is held at Plainville Library.



GENTLE YOGA FOR EXPERIENCED — LEVEL 2

This class is for experienced students who are ready for the next level. You will experience yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. **IMPORTANT:** Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. Please see Instructor for further details. **Instructor: Jayapraba Mare DiBenigno.** Class is held at Plainville Public Library.

IPAD CLASS: Learn all about your new iPad in this fun and informative class. Learn its main components including the keyboard, Internet, camera and basic apps. Practice other functions such as sending emails, listening to music and using social media sites like Facebook. **Instructor: Evelyn Morin.**

KNITTING & CROCHET: 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. **Instructor: Evelyn Morin**

POWER BURST: This class includes intervals of low-impact movement including walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout. **Instructor: Caroline Dube**

QUILTING: Beginners are always welcome to this class. You will learn proper rotary cutting and sewing techniques. Participants may also work on the Annual Senior Center quilt that is raffled during the Holiday fair, or on their own projects. **Instructor: Karen Kebinger**

ZUMBA GOLD: Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels. **Instructor: Amy Gray**

ZUMBA TONE: Zumba Tone classes combine Zumba with strength training to build muscle strength, increase bone density, and improve mobility, posture and coordination. **Instructor: Amy Gray**

Ongoing Support for Veterans

Jason Coppola, Veterans Services Officer with the Office of Veterans Affairs, holds individual appointments on the first Wednesday of each month at the Senior Center. He will be at the Center on **Wednesday, December 5** and **Wednesday, February 6**. There will be no appointments at the Senior Center in January. Please call Jason directly at 1-203-805-6340 to make an appointment in advance.



Trips

Sign-Up Info

Current Trips

Sign-up: Trip sign-ups take place Monday 9:15 a.m. to 5:45 p.m., Tuesday through Thursday 9:15 a.m. to 4:45 p.m., and Friday 9:15 a.m. to 12:45 p.m. Early each month we offer Mega Sign-up for new trips. This month it is on Tuesday, December 4, from 9:15 a.m. to 4:45 p.m. Payment is due at the time of sign up.

Open to the public: Trips are open to the public one week (7 days) after member sign-up unless otherwise stated.

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 will be passed on to you. If trip insurance is included in the trip cost, please refer to the specific coverage offered. Most insurance policies cover most 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 that you 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 trip participants for any loss, damage, injury or financial loss whatsoever, to persons or property however caused, during or in connection with any trip. Parking is at your own risk. Before boarding the bus, get your seat assignment from the bus captain. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for late comers.***

FYI: We keep Reserve Lists for all trips including Quick Trips. When you sign up on the Reserve List for a trip that is filled, we will ask if you are a Senior Center member. If there is a cancellation, we always sign up any members from the Reserve List first! Therefore, a member who signs the Reserve List with a non-member friend should be aware that since we always sign up members first, we will skip over non-members on the Reserve List until all the members have been contacted.



LA SALETTE FESTIVAL OF LIGHTS & FATHER PAT'S HOLIDAY CONCERT
SATURDAY, DECEMBER 8, 9:15 A.M.

Now open to the public — so bring family and friends! We have more seats available for this popular motorcoach tour, which travels to the LaSalette Shrine in Attleboro, MA for the fabulous Festival of Lights illuminating a beautiful landscape. The Concert evokes the spirit of the holidays with everyone singing along. Attend mass, stroll the grounds, view the Nativity scenes, and visit the book and gift shop. The family-style lunch at Morin's Restaurant of Attleboro includes ziti with meatballs, boneless breast of chicken with cranberry glaze, broiled scrod with lemon crumb topping, au gratin potatoes, salad and rolls, and assorted pastries and coffee. The \$78 cost includes the motor coach trip, visit to Festival of Lights and Holiday Concert, and lunch. Depart Senior Center at 9:15 a.m. and return at about 8:30 p.m. Sign-up has begun.



2019 Trips

Save the dates! These Senior Center trips are planned for 2019!

- March 19: Gaelic Meets Garlic
- April 26: Winner, Winner, Chicken Dinner (Twin River Casino)
- May 5: Mamma Mia, Warner Theater
- May 14-22: Utah's National Parks
- May 22: All You Can Eat BBQ & Bingo
- June 4-6: Jesus & Amish, Philadelphia
- June 10-22: Alaska and the Yukon
- June 12: "On Your Feet," Westchester Broadway Theater
- July 10: All You Can Eat Lobster, Delaney House
- July 16: Celebrate Italia
- July 30: Riverboat Cruise on Lake Charggoga-goggmanchauggagoggchanbungung amaug)
- August 12: Kenny Rogers, Dolly Parton Tribute
- Sept. 17: Frank Sinatra Tribute
- Sept. 19: Frankie Pizzaro - Platters lead singer
- Sept. 24: Berkshire Gilded Age
- Oct. 6-16: Spain—History to Heart
- Oct. 16: Delaware & Ulster RR — Fall Foliage
- Oct. 20: Barry Manilow Tribute
- Nov. 13-15: Miracle of Christmas Sight & Sound

We are waiting for "shares" and dates:

- Historic Isle of Shoals, NH
- Secrets of Grand Central Terminal
- Old Rhinebeck Aerodrome Air Show
- Friesians of Majesty Horse Show, Vermont
- Shear Madness, Boston
- Circle Line, NYC
- Andy Warhol Exhibit
- United Nations
- Libraries of Manhattan

Big Trips 2019

11-DAY GUIDED TOUR OF SPAIN'S HIGHLIGHTS

OCTOBER 6 — 16, 2019

Explore historic Spanish cities including Cordoba, Toledo, Barcelona, Seville, Madrid and others! Savor the highlights of this beautiful and historical country. In Barcelona on the Mediterranean Sea, explore wonderful plazas, modern squares, works by Gaudi (a UNESCO World Heritage Site) and the Gothic Quarter and Spanish Village. In Seville, visit the burial spot of Christopher Columbus and ride by rail to Madrid, to enjoy an evening Flamenco show. Visit the Prado Museum, the Royal Palace, the Las Ventas Bullring and the Bernabeu Football Stadium. Your visit to Toledo, another UNESCO World Heritage Site, includes a tour of a magnificent Gothic cathedral and a 13th century synagogue. Trip costs include international airfare, 16 meals with wine at dinner, a visit to a Spanish olive orchard, canal cruise, tour of Alhambra Palace and more! Pick up a trip flyer at the Senior Center!

UTAH'S NATIONAL PARKS FROM LAS VEGAS

MAY 14—22, 2019

See the "Mighty 5" National Parks — Canyonlands, Arches, Capitol Reef, Bryce (Shawn's favorite) and Zion National Parks. Add to that the Grand Canyon, Monument Valley, Route 66 and a brief stop in Las Vegas for the trip of a lifetime! Added tours and adventures include: Tour of Antelope Canyon, 4-Wheel Drive Tour of Monument Valley with a Navajo Guide, Dead Horse State Park, Jet Boat Ride on the Colorado River, Red Cliffs Adventure Lodge, 4x4 Jeep Tour of Canyonlands National Park, Moab, Utah Movie Museum and Castle Creek Winery. The trip will be fully escorted from Plainville, includes local guides and a professional tour guide throughout and so much more! The trip is open to the public, so invite your friends (airfares are available across the US). Flyers are available at the Senior Center.

ALASKA & THE YUKON

JUNE 10-22, 2019

Fully escorted from Plainville, this trip includes 8 days of land touring and 4 days of cruising on Holland America. Enjoy a ride on the McKinley Explorer Domed Train to Denali National Park, a Tundra Wilderness Tour plus Mt. Denali, stops in Fairbanks and a visit to the Trans-Alaska Pipeline. In Dawson, you'll view old-time wooden boardwalks, frontier-era buildings and the Jack London Museum.



Continued...

Please help us by signing up for Trips, Outdoor Adventures and Quick Trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects those who have already signed up. Thank you!

ALASKA & THE YUKON, cont.

On your four-day cruise Skagway to Vancouver, watch for whales, eagles and otters, see Glacier Bay National Park, sheltered fjords, rainforests and wildlife, take in the Saxman Native Village and the Lumberjack Show in Ketchikan and still more! The trip is open to the public, so invite your friends (separate airfares are available from around the country). Pick up a brochure at the Senior Center!

Quick Trips

Senior Center Quick Trips are curb-to-curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center or Our Lady of Mercy Church (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. **Passengers must be able to get to and from the bus on their own.** If you need a wheelchair lift, tell us at sign-up.

TRIP GUIDELINES: All Quick Trips charge \$8.00 for transportation, payable at registration. No phone reservations are accepted. Refunds are given only if we are able to fill your spot from the Wait List. If we cancel the trip, refunds will be given. If you are ill and cannot attend, please call the Senior Center when it is open. After hours, you may call Ceal DiFrancesco (860-747-1927).

Please be at the departure point at least 15 minutes before departure. We leave on time. Non-members may sign up one week after the trip opens. Please help us by signing up for trips as soon as possible. This helps us in planning and assures that we won't have to cancel a trip, which affects everyone who has already signed up. Thank you!

SAVIN ROCK PARK MUSEUM (GUIDED TOUR) AND LUNCH AT DUFFY'S TAVERN

SATURDAY, DECEMBER 8, 10:30 a.m.—3:30 p.m.

Join us for a guided tour of the Savin Rock Museum, which houses artifacts from the old Savin Rock amusement park — a popular recreational center for western Connecticut residents in the 1870s. The museum also chronicles West Haven's 360-year history and houses a theater and learning center. Lunch at popular Duffy's Tavern is on your own, followed by the Museum visit. The total cost of \$10 for transportation and Museum admission is due at registration. Home pickups **for those who do not drive start** at 10:30 a.m. The bus will leave the Senior Center at 11:00 a.m. and return to Plainville by 3:30 p.m. Sign-up has begun.

FLORENCE GRISWOLD MUSEUM — "THE MAGIC OF CHRISTMAS" / LUNCH AT SAYBROOK SOUP & SANDWICH / IVORYTON ILLUMINATIONS

SAT., DECEMBER 15, 12:30 P.M.

This trip is full. You may sign up for the Waiting List.



More Quick Trips, next page

Quick Trips, cont.

“WOMEN PHOTOGRAPHERS OF CONNECTICUT” — A PHOTOGRAPHIC EXHIBIT at LA GRUA CENTER, A VISIT TO THE STONINGTON HISTORICAL SOCIETY and LUNCH AT THE SEAHORSE RESTAURANT
FRIDAY, DECEMBER 14, 9:30 A.M.

Join our Snappy Seniors for a trip to Stonington. The group will first have lunch at the Seahorse Restaurant. Following lunch, participants will visit La Grua Center to view the *Women Photographers of Connecticut* exhibit. This project, organized in 2015, brings together all the talented female photographers of Connecticut. It now includes over 762 women. The group will then visit the Stonington Historical Society to view the photography exhibit of Rollie McKenna, a famous photographer from Stonington. In the 1950s, Rollie was introduced to Truman Capote and began a career in literary portrait photography. A \$5 donation is payable at registration to cover the visit to La Grua Center. There is no cost for transportation. The bus will leave the Senior Center at 9:30 a.m. and return to Plainville by approximately 5:00 p.m. Sign-up has begun.

TRI-CITY PLAZA, VERNON LUNCH AT ANGELLINO’S RESTAURANT

SATURDAY, JANUARY 5, 9:00 A.M. — 3:30 P.M.
Spend a day shopping at all the great stores at the Tri-City Plaza (TJ Maxx, Home Goods, Dollar Tree, Roz & Ali, Price Chopper, etc.) The group will also stop at the Unicorn Polish Bakery and enjoy lunch at Angellino’s Italian Restaurant. Lunch is on your own. \$8 for transportation is payable at registration. **Home pick-up for those who do not drive** begins at 9:00 a.m. and Senior Center pick-up starts at 9:30 a.m. Return to Plainville by 3:30 p.m. Sign-up begins on December 4.

UCONN WOMEN’S BASKETBALL AT GAMPEL PAVILION, STORRS, CT (cont from p. 1)

- *SUN., JANUARY 13, 2019, 10:30 A.M.*
- *SAT., FEBRUARY 9, 2019, 10:30 A.M.*



We just opened these trips to non-members, so if any of your friends or family are interested in joining you, be sure to act quickly! The cost of \$28, due at registration, includes your round-trip transportation and a great seat! Seats are behind the UCONN basket in the upper level (Section 214, Row K), so there are some stairs to climb. The bus will leave the Senior Center at 10:30 a.m. Both games start at 1:00 p.m. so you may grab a bite at the Student Union, which has a variety of food options, or wait to eat inside Gampel Pavilion. The bus will leave Gampel immediately after the game and arrive back at the Senior Center at about 4:30 p.m. Sign-up has begun.

Please Remember: The Plainville Senior Center AND Senior Center Trips are Scent-Free Zones!

Please help us to keep the air we share healthy and fragrance free. Chemicals used in scented products make some people sick; especially those with asthma, allergies and other medical conditions. Please do not wear perfume, cologne, aftershave or other fragrances at the Senior Center!

Outdoor Adventure Club

STANLEY LOOP TRAIL

WEDNESDAY, DECEMBER 12, 9:15 A.M.

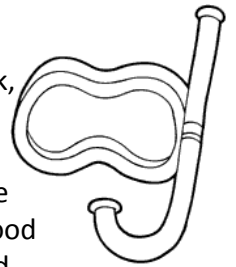
The City of New Britain has completed the first phase of the “Stanley Loop Trail,” which is a multi-use trail at A.W. Stanley Park. The trail is 10 feet wide (with some rolling hills) and there are beautiful views of forests and ponds. We will walk for about an hour and cover approximately 3 to 4 miles. Wear walking athletic shoes (sneakers). If you have any conditions like asthma or diabetes, please bring appropriate medication. Also wear layers and bring water. Meet us there by 9:30 a.m. at 2159 Stanley Street, New Britain or come to the OLM lot by 9:15 a.m. to caravan/carpool. Registration starts December 4. Pay leader Eileen Cyr \$3.00 on day of walk.

LEARN TO SNORKEL WITHOUT GOING TO THE ISLANDS!

FRIDAY, JANUARY 11, 2:30 P.M.

We will travel to **Wilderness**

Experiences Unlimited in Southwick, Massachusetts for a 2-hour indoor snorkeling lesson! While there won’t be any exotic fish or coral, we can guarantee that you’ll have a good time! Cost is \$40.00 per person and includes transportation, instruction, snorkeling equipment and life jacket. Bring a bathing suit, towel, water bottle and dry clothes to change into after snorkeling. Private changing rooms are available. Bus leaves from the Senior Center at 2:30 p.m. and returns approximately 6:30 p.m. Sign-up begins December 4.



WINTER WALK IN HAMMONASSETT BEACH STATE PARK / LUNCH AT LENNY & JOE’S

SATURDAY, JANUARY 19, 2019 9:30 A.M.

We will be meeting the Outdoor Adventure group from the South Windsor Senior Center at the beach for a winter walk around the beautiful Meigs Point at Hammonasset, surrounded by miles of wetland and home to dozens of bird species. After the walk, spend time on one of Connecticut’s most popular beaches and enjoy the calming sounds of the ocean. Wear sturdy walking shoes and clothing suited for the weather. Afterwards, we will have lunch (on your own) at Lenny and Joe’s. Bring water, snack and necessary medications, if needed. Cost is \$8.00 for transportation and leader, due at registration. Leaves from Senior Center at 9:30 a.m. and returns approximately 3:30 p.m. Sign-up begins December 4.

Library News

To sign up for or ask questions about any events at the Plainville Public Library, please call the Library at 860-793-1446 or stop by the Reference Desk.

- “An Attorney Evaluates the UFO Experience” with Dyke Spear, Wednesday, December 5 at 7:00 p.m. As a spokesman and investigator for the CT Chapter of the Mutual UFO Network, Atty. Spear can give an insightful analysis of the UFO phenomenon.
- The Library’s Open House on December 6 will coincide with the town’s Holiday Stroll and feature a 7:00 p.m. performance by the Plainville Flute Ensemble and a photo exhibit by the Plainville Senior Center’s Snappy Seniors Group. Refreshments will be provided by the Friends of the Public Library.

Transportation

DIAL-A-RIDE

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, Southington, New Britain, Farmington and the Newington VA Hospital. It will also take you to any destination in Plainville. Dial-a-Ride drivers cannot assist passengers in or out of their homes or into the building at their destination. Also, drivers cannot help with groceries, 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 \$1.00 donation for each way is suggested, but not required.*



ADA Para-Transit

Another option with more hours and 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.

The ADA Paratransit ride service 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 still may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m.-8:00 p.m.**

Some of these hours may change, depending on usage of the CT Transit buses. ADA can transport you to many more towns during more hours than our Dial-A-Ride service. *Each ride is just \$3.50 and discount ticket books can be purchased at Stop and Shop in a book of ten for \$28 (only \$2.80 each).*

Continued...

Your suggestions, ideas, concerns and comments are welcome! Feel free to talk directly to Shawn or Ronda or write them down and put in the Suggestion Box on the counter across from the rest rooms.



A driver can assist you door-to-door if you make arrangements ahead of time. 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.

You Must be Pre-Approved — How to Apply:

The application process is now part of the Greater Hartford Transit District. The on-line application can be found at **www.ctada.com**. 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 have copies of the application here at the Center as well. 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.



After the online or paper application is submitted, the next step is to call 860-724-5340 ext. 1 for a face-to-face interview. A medical form will be sent to your doctor if needed. The entire process generally takes two to four 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. 3046.

Once you are approved, you can reserve rides by calling **860-724-5340 ext. 1**, seven days a week, 8:00 a.m. to 5:00 p.m. So give it a try — broaden your horizons, go shopping or visit a friend. Sunday service can take you to religious services. You can schedule an appointment at a destination not covered by Dial-A-Ride. If you have any questions or problems with ADA service, please call Margaret at (860-247-5329 ext. 3043).

2018 ADA PARTICIPATION GROUP FORUM

ADA riders and other interested persons may attend a Public Forum to discuss issues regarding ADA Paratransit. These are held on the second Wednesday of every other month from 5 p.m. to 6 p.m. in the Transit District's Conference Room in the Union Station Transportation Center, One Union Place, Hartford. To learn the date of the January 2019 meeting, please go online to: **www.hartfordtransit.org/adapublicforum**. Dates for 2019 were not available at time of this publication. Free ADA Transportation is available to attend the Forum. Call 860-724-5340, Select 1, to arrange a ride. You may mail written comments related to the ADA Paratransit Service to: GHTD, Attn: P. Williams, One Union Place, Hartford, CT 06103 or email to: **pwilliams@hartfordtransit.org** 48 hours in advance.

You may call Bette or Stephanie at 860-747-5728 with any questions you may have about transportation.

Does Connecticut's Big List Have YOUR Name on It?

More than 1.6 million names make up the state's Big List of unclaimed property. This includes money from uncashed paychecks, bank accounts, utility deposits, insurance proceeds, liquidated assets from safe deposit boxes, stocks, and bonds. People are sometimes unaware that they have inherited money, and others may forget about unused accounts. Go online to **CTBigList.com** to learn more. You may also call 1-800-833-7318 for assistance.

This & That

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AARP Trips ... Call Sally Miller!

- **Tuesday, December 11, Foxwoods, \$25.** Bus leaves from OLM at 8:00 A.M. *No casino trips in January and February*
- **April 1-9, 2019, New Orleans Tour, \$2,299.**

For information on these trips or to sign up, please call Sally Miller at 860-747-1732. AARP Trips are NOT sponsored by the Plainville Senior Center. You cannot sign-up or pay for them at the Center.

STORM CLOSING INFORMATION

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.

- Announcements regarding cancellations are made on the television channels and websites of the following networks: **WFSB, WNBC and Fox 61** as well as radio **WTIC 1080 AM.**
- If Senior Center activities are cancelled, the Center remains **OPEN.**
- If public schools have a delayed opening, we open at our regular time of 9:00 a.m. and our schedule is usually not affected. If you are taking an early class, please call ahead to confirm.
- Sometimes public schools have an early dismissal. This does NOT necessarily mean the Senior Center activities are cancelled. Please call the Senior Center to see if our afternoon schedule has changed.



Halloween Basket Raffle Winner

Congratulations to Ann Marie Ondrick, who won our Halloween Basket Raffle, which included surprises such as \$25 in cash, a \$25 store gift card, an autumn-scene plate, and lots of sweet Halloween treats!



CHORAL GROUP has no scheduled rehearsals in December. The next rehearsal is Friday, January 4, 2019.

SENIOR CENTER DISPLAY CASE

If you have a collection, hobby or artwork to display, stop by the front desk to reserve a time period for 2019!

CONGREGATE MEAL PROGRAM

You may stop by the big kitchen to pick up the December calendar. Reservations for a meal must be made at least one day ahead by calling Bonnie in the kitchen at 860-747-5728. **WE CANNOT TAKE ANY CALLS BETWEEN 11:45 A.M. AND 12:15 P.M. AS WE ARE SERVING LUNCH. You may call between 10:15 a.m. and 11:45 a.m. OR between 12:15 and 12:45 p.m. only.** A suggested donation is \$2.50.

MEALS ON WHEELS VOLUNTEERS NEEDED

Volunteers are needed to deliver Meals-on-Wheels in Plainville, Mon-Fri., typically from 10 A.M. to 12 noon. Deliver one or more days per week, or be "on call" to cover for other volunteers during an illness or vacation. Mileage reimbursement is available. Please contact Evelyn, Ronda or Bonnie at the Senior Center for more information: 860-747-5728.

LOOKING FOR A USED, STRAIGHT STAIR LIFT and A GARAGE TO RENT

Please contact Shawn at the Senior Center, 860-747-5728.

Nursing, Insurance Info, Etc.

Care & Support

We are here to help!

FLU SHOTS ARE AVAILABLE!

- Flu shots for homebound Plainville residents are available. Please call the Senior Center at 860-747-5728 to schedule.
- All other Plainville residents aged 60 and above may get their flu shot at 12:00 p.m. sharp on Tuesdays in December (while vaccine supplies last). No appointment needed. Bring insurance card.
- The price for any uninsured person is \$25. All insurance except Wellcare is accepted.

REGULAR AND DIABETIC FOOT CARE



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 for Senior Center members who live in Plainville and \$28.00 for out-of-town Senior Center members.** You may

pay with cash or check made out to the Plainville Senior Center. Please call the Senior Center to make an appointment. **Senior Center members only.**

EAR WAX REMOVAL

Call the Senior Center to make your appointment for ear wax removal. At least one week before your appointment, you must come in to the Senior Center to pick up an instruction sheet that explains how to prepare, as well as paperwork to fill out and bring to your appointment. This service is provided by ProHealth Physicians. Your insurance and/or Medicare will be billed, and ProHealth will waive any outstanding balance over \$5.00. In most cases, patients will not pay more than \$5.00 for the service.

FREE BLOOD PRESSURE SCREENINGS

- **Thursday, Dec. 13,** 1:00—2:00 p.m.
(provided by Hartford Health Care)
- **Wednesday, Dec. 5 & Dec. 19,** 11:00 a.m.-12 p.m.
(provided by Interim Health Care)
- **Monday, Dec. 17,** 12:00—12:30 p.m.
(with our Nurse)

CHOLESTEROL SCREENING

A quick appointment and a prick of your fingertip can tell you your total cholesterol, good (HDL) and bad (LDL) cholesterol, triglycerides and glucose numbers. This test does not require fasting. Knowing these numbers and taking appropriate health measures are great steps toward a healthier you! Call the Senior Center for an appointment with our nurse. Cost is \$12.00.

Energy Assistance

The State of CT Energy Assistance Program is available to income eligible residents to help assist in lowering winter heating costs. This year a family of one could possibly make \$34,366 (gross) and a family of two could possibly make \$44,941 (gross) and be eligible for the program. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA has taken over for BCO and is located at the same address: 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** See Bette or Stephanie with any questions.

QUESTIONS FOR THE SOCIAL WORKER

MONDAYS, DECEMBER 3 & DEC. 10, 12:30 P.M.

When you have questions, we have answers! We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find Alzheimer's help in the community or homecare. Stop by Stephanie's office to have an individual chat with her. *Please note:* this service is for Plainville residents 60 and over only. No sign-up needed and no question is too small! If you are unable to meet at the designated time, call Stephanie at the Senior Center to schedule a time that's convenient.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, DECEMBER 11, 10:30 A.M.

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 households where grandparents and relatives are responsible for their needs. Come and 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. Sign-up begins December 4.



CAREGIVING CONNECTIONS

TUESDAY, DECEMBER 18, 10:00 A.M.

Handling holiday hassles can be difficult for caregivers who are overworked, tired and stressed! Join us as we share our holiday survival secrets and look forward to the new year. Changes in routines can be refreshing as well as confusing for folks with dementia. Give yourself a gift by spending time with friends who understand. Caregivers from other towns are welcome. Call Bette with any questions or concerns.

BRIGHTER FOCUS

THURSDAY, DECEMBER 20, 10:00 A.M.



Be kind whenever possible, it is always possible." Dalai Lama

Behind every face there is a story ... a person's mind, heart and/or body can be burdened with invisible pain... Give people the benefit of the doubt and you will not add to their burden(s). Your bright focus, especially during the holidays, may become a beacon of hope bringing joy to others. Join us for seasonal sharing as we close out 2018! Call Bette for further information.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of individuals who depend on electricity to maintain optimum health. We update this list during 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 health and safety. Please call the Center at 860-747-5728 to have your name added to the At-Risk List. Bette and Stephanie can help you develop a plan for power outages/weather emergencies.

DECEMBER 2018

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		2				DEC. 1
2	3	4	5	6	7	8
<div>KEY: GR: Green Room, BR: Blue Rm, GA: Game Room, CR: Craft Room C: Café, CL: Computer Lab, OS: Old Store, K: Kitchen L: Library *By Appt.</div>	*9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acr. Paint CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 3:00 Watch Your Step 4:00 Walking BR	MEGA-SIGN UP DAY *9:00 NURSE 9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:30 Vet Coffee Hr. CR 10:45 Aqua Fitness, YMCA 11:15 Tues. Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 4:00 Walking GR	9:00 Walking GR 9:30 Quilting CR *10:00 Vet Appts. CL 10:00 Zumba Gold GR 11:00 BP Clinic 1:00 Open Paint CR 1:00 Ipad Class GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train GA 10:45 Aqua Fitness 2, YMCA 12:30 Pool Tournament 12:30 Bridge OS 12:30 Pinochle CL 1:30 New Member Open House 1:00 Ukulele Class CR 1:00 Scrabble C 4:00 Walking BR	9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	LaSalette Festival of Lights 9:15 a.m. Savin Rock, 10:30 a.m.
9	10	11	12	13	14	15
	*9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:00 Acrylic Ptg. CR 10:15 Beg. Yoga L 12:00 Mahjong GA 12:30 Questions for Social Worker 12:30 Setback GR 12:45 Bowling 1:00 Michaela's Grd C 1:15 Power Burst 1 BR 2:15 Power Burst 2 BR 2:30 Magic w Mason 4:00 Walking BR	*9:00 NURSE 9:00 Walking GR 9:30 AARP Driver CR 10:00 Ladies Billiards 10:00 Cribbage GA 10:15 Int. Yoga L 10:30 Grandparents GR 10:45 Aqua Fitness YMCA 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Cards for Wounded Soldiers CR 1:00 PM Wii Bowling BR 1:00 Bridge OS 2:00 Leon. Bernstein CR 2:00 Cooking for One C 3:00 French Class GA 4:00 Walking GR	9:00 Walking GR 9:15 Stanley Trail 9:30 Quilting CR 10:00 Zumba Gold GR 1:00 Open Paint CR 1:00 Ipad Class GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	*9:00 NURSE 9:00 Walking GR 9:30 Ceramics CR 9:30 Mexican Train CL 10:45 Aqua Fitness 2 at YMCA 11:00 COA GA 12:30 Pool Tournament 12:30 Pinochle CL 12:30 Bridge OS 1:00 BP Clinic 1:00 Ukulele Class CR 1:00 Scrabble C 1:00 Knit & Crochet GR 4:00 Walking BR	9:00 Walking GR 9:00 Mahjong GA 9:30 Photography trip to Stonington 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 12:00 Pinochle L	Florence Griswold Museum, 12:30 p.m.
16	17	18	19	20	21	22
	*9:00 NURSE 9:00 Walking GR 9:30 Zumba Tone GR 10:00 Curr. Events OS 10:15 Beg. Yoga L 12:00 Mahjong GA 12:00 BP Clinic 12:30 Setback GR 12:45 Bowling 1:15 Power Burst 1BR 2:15 Power Burst 2BR 4:00 Walking BR	9:00 Walking GR 10:00 Ladies Billiards 10:00 Cribbage GA 10:00 Caregivers GR 10:15 Int. Yoga L 11:15 Shopping Bus 12:00 Pinochle GA 12:30 Open Circle CR 1:00 Bridge OS 1:00 PM Wii Bowling BR 3:00 French Class GA 4:00 Walking GR	9:00 Walking GR 9:30 Bks & Bagels GA 9:30 Quilting CR 10:00 Zumba Gold GR 10:45 Toffolon Choir BR 11:00 BP Clinic 1:00 Open Paint CR 1:00 Ipad Class GA 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking BR	*9:00 NURSE 9:00 Walking GR 9:30 Mexican Train CL 10:00 Bright Focus GA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Scrabble C 1:00 Knit & Crochet GR 4:00 Walking BR	9:00 Walking GR 9:00 Mahjong GA 9:30 Chr Yoga 1 GR 10:40 Chr Yoga 2 GR 11:30 Friends Helping Friends 12:00 Pinochle L	
23	24	25	26	27	28	29
<div>Dec. 30</div>	<div>Christmas Eve Day *9:00 NURSE Center Closes at 1:00 Dec. 31 *9:00 NURSE New Years Eve Day Center Closes at 1:00</div>	<div>Christmas Day Dinner Served at 11:30 a.m. No Other Activities</div>	CAFÉ CLOSED 9:00 Walking GR 1:00 Bingo GR 1:15 Charlemagne C 3:00 Coloring Club GR 4:00 Walking GR	*9:00 NURSE 9:00 Walking GR 9:30 Mexican Train GA 12:30 Bridge OS 12:30 Pool Tournament 12:30 Pinochle CL 1:00 Reindeer Chow GR 1:00 Scrabble C 4:00 Walking GR	9:00 Walking GR 9:00 Mahjong GA 12:00 Pinochle L	