

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 Thursday, December 5 from 9:15 a.m. to 4:45 p.m. For free programs, sign-up by phone starts at 9:15 a.m. Online registration begins at noon for programs accepting online sign-up. If the Center is closed on Mega Sign-Up Day due to weather or 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., Mon.- Fri. We accept cash and checks made out to the Plainville Senior Center only.



Silver Sneakers Chair Aerobics coming to the Plainville Senior Center!

FREE DEMO: WEDNESDAY, DECEMBER 18, 3:15 P.M.
CLASS BEGINS: WEDNESDAY, JANUARY 15, 3:15 P.M.
 Silver Sneakers Chair Aerobics is a chair workout for people 65 and older, that is paid through your health insurance. This class works on balance, posture, cardio and strength, and helps keep you active to live on your own longer! All you need to bring is two free weights to class, everything else is supplied. Come get a great workout in the afternoon before dinner!
 If you're not sure if you have Silver Sneakers through your insurance plan, please call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. If it does, be sure to get your Silver Sneakers number, which is 16 digits and starts with 2300.

Even if you do not have Silver Sneakers, you can still participate by paying \$2.00 at each class. **There is no need to sign up in advance.** Hope to see you at the demo class!

Christmas Dinner at the Senior Center! WEDNESDAY, DECEMBER 25 AT 11:30 A.M.

This special meal is for Senior Center members and any Plainville resident who is 60 years of age or older and who will be alone on Christmas day. Join us for a delicious, traditional Christmas dinner with all the trimmings. Volunteers will provide rides to the Center. You must register in advance, and please let us know if you need a ride. If you are homebound and would like dinner delivered to your home, let us know. There is no charge for dinner, but donations are greatly appreciated. **Volunteers are urgently needed to help at this event. Please call Evelyn or Ronda!** Sign up for the meal has begun. Please call to sign up or volunteer — 860-747-5728.



CHORAL GROUP SING-ALONG & CHRISTMAS TREE DECORATING AT THE SENIOR CENTER

TUESDAY, DECEMBER 10, 2:00 P.M.
 Get in the spirit of the season! Our Senior Center Choral Group will entertain and lead us in singing Christmas carols, while anyone who wants to can help decorate our Christmas tree! Cookies and cocoa will be served. Please sign up at the Senior Center; sign-up has begun.

A Note from Bette Smith —

I would like to share my good news! I have decided to retire — after 14+ years at the Plainville Senior Center — on December 5th! I have been blessed to have had the opportunity to work with Shawn, Ronda, Stephanie and all the wonderful Staff, Volunteers and Members for all these many happy years. When I came in 2005, I thought I might work 5 years, following the 25 years I spent at the Department of Social Services. The years have passed quickly and I have decided it is time for me to spend more time with my family and friends and to just say “yes” to whatever my days present. I will miss my work here and all the wonderful folks I have met! I have learned many lessons from all of you and will always remember you fondly.

Stephanie will be handling all social services questions and concerns, and therefore all will be well! She is most capable and a treasure as you all know!

I am grateful for all my blessings and count my years at the PSC and the folks I have met here among those blessings! When you are old enough to be a member of the Senior Center your journey has already taken you through many challenges and joys. Take care of one another, for though each person's journey is unique, no one's is without bumps along the way. A welcoming smile can make a world of difference to those you meet along the way.

Best regards,

Bette

**January Classes start Signing Up on Dec. 5!
Don't Miss Your Favorite Class! See page 6**

**New Trips Planned for
2020! See page 8**

**New PEAK Center Winter
Hours — See page 5**

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. While we do not discuss politics, we talk about health, the environment, science, local happenings in Plainville, world events and more. No need to register — just show up! There is no pressure to speak; you can just listen if you prefer. New folks are always welcome!

VETERANS' COFFEE HOUR

TUESDAY, DECEMBER 3, 10:30 A.M.

TUESDAY, JANUARY 7, 10:30 A.M.

These monthly information and support meetings are conducted by Sherry Vogt, former VA specialist with former Congresswoman Esty's office, and now a Veteran's Liaison for Hartford HealthCare at Home. **FOR ALL VETERANS OVER 60 AND THEIR SPOUSES.** Please call the Center at 860-747-5728 to register.

TEE-SHIRT TO SHOPPING TOTE

WEDNESDAY, DECEMBER 4, 1:00 P.M.

Some beginner sewing machine skills and a clean, new or used tee-shirt is all you need to create a fabric shopping tote for your groceries! Evelyn Morin will lead this **free** class for 10 participants. The larger the shirt, the larger tote bag you will create! Check out the sample in the Senior Center display case! Bring your own tee-shirt. Sign-up has begun.

GINGERBREAD HOUSES WITH EVELYN

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

This class is full. You may sign up for wait list.

AARP SMART DRIVER CLASS

THURSDAY, DECEMBER 12, 9:30 A.M.

This course covers the effects of aging and medications on driving, local hazards, accident prevention and more. Once you complete the course, your insurance company must give you a discount of at least 5% off your auto insurance. Cost is \$15 for AARP members providing a membership number and \$20 for all others. Limited to 25. Program ends about 1:30 p.m. Bring a bag lunch if you wish. Sign-up has begun.

MICHAELA'S GARDEN SEEDS

THURSDAY, DECEMBER 12, 9:30 A.M.

The Petit Family Foundation will be packaging Michaela's Four O' Clock seed packets on Thursday, December 12 from 9:30 a.m. to 12 noon. Come and join this easy yet worthwhile activity for a great cause. Sign-up has begun. **Online sign-up is available.**

POETRY READING AND SELF-PUBLISHING TIPS

FRIDAY, DECEMBER 13, 10:00 A.M.

Margaret Lemrise, a member of our Senior Center, will read from her self-published book, **First Aid for Sorrow**. She recently published a collection of poetry written by her mother and will share a few poems with the audience. Margaret is excited to provide information about her path to self-publishing and to help others turn their desires into reality. Please call the Senior Center to register for this free program. Sign-up has begun. **Online sign-up is available.**

BOOKS AND BAGELS

WEDNESDAY, DECEMBER 18, 9:30 A.M.

If you enjoyed Erik Larsen's Devil in the White City, you will be enthralled with **Thunderstruck**, a true story of love, murder, and an invention that changed the world forever. Larsen interweaves two historical events that converged before WWI — one of the greatest criminal pursuits of all time, and the obsessive inventor Guglielmo Marconi. The tale takes us to London, Cornwall, Cape Cod and Nova Scotia, and conjures the vitality of an era when great shipping lines competed to build the largest and fastest ocean liners, extraordinary scientific advances were made, and the nouveau riche became wealthier and more flamboyant. Join discussion leader Kathleen Marsan and fellow bibliophiles for coffee, tea and bagels! The book is available at the Plainville Library. Please sign up soon, as space is limited. Sign-up begins December 5.



STAYING ON YOUR FEET IN ICE & SNOW

WEDNESDAY, DECEMBER 18, 1:00 P.M.

Sometimes, there's no way to avoid a fall. At this free program, learn how to fall down the correct way. Get all the details on how to fall safely to reduce the risk or lessen the severity of injury. Presented by Lisa Murawski, exercise physiologist, GoodLife Fitness. Sponsored by Southington Care Center. Sign-up has begun. **Online sign-up is available.**

SNAPPY SENIORS

Snappy Seniors, a group that focuses its activities and discussions on photography, typically meets on the third Thursday of the month at the Plainville Library at 10:00 a.m. *The group will not meet in December. The next full meeting will be January 16, 2020. See page 3 for news about the group's December exhibit at the Plainville Public Library.*

INTERGENERATIONAL JEOPARDY!

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

Do you love the thrill of competition? Or enjoy watching a competition unfold? The National Honor Society from Plainville High School will host a free **Jeopardy** competition on Thursday, December 19 here at the Senior Center! Come play a game of Jeopardy with the graduating class of 2020, and if you aren't into competition, you are free to cheer on the participants and watch the game! This free program features prizes! Gift cards! Refreshments! Tell us if you want to be a contestant or an audience member. Sign up is also **available on-line**. Registration has begun.

FRIENDS HELPING FRIENDS

FRIDAY, DECEMBER 20, 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 Lola's in Plainville. Sign-up begins December 5.

TOFFOLON SCHOOL CHOIR HOLIDAY CONCERT

WEDNESDAY, DECEMBER 18 10:45 A.M.

Come listen, sing along and get into the holiday spirit with 4th and 5th grade Toffolon School students!

More Special Events

LET IT GO: GUIDE TO A SIMPLER, MORE SERENE LIFE
THURSDAYS, JAN. 16 & JAN. 23, 10:00 A.M.

“Letting go” is a willingness to allow life to carry us to a new place, a deeper, truer version of self. Choosing to let go makes us stronger and more secure and allows us to focus on what we need to do to be in the present moment. Each time a new challenge arises, we will recognize how to overcome it, take back the responsibility for our goals and continue on our journey. **During the two sessions we will focus on:**

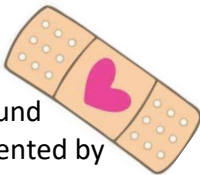
- What I need to let go of (assessment)
- What I am working on to “Let Go”
- Not letting go = Stress and anxiety
- A personal goal for each day of the week
- Benefits of letting go

Please plan to attend both one-hour sessions. Program is free. Presented by Jo Anne Harrison-Becker, MS, Gerontology. Sign-up has begun.

WOUND HEALING 101

THURSDAY, JANUARY 23, 10 A.M.

In this FREE educational seminar, learn more about the 7 essential steps in wound care and basic diabetic education. Presented by Dr. Nicholas Verdura, Hartford HealthCare Medical Group. Call or **sign up on-line** beginning December 5.



ALL ABOUT ARTHRITIS

THURSDAY, FEBRUARY 20, 1:00 P.M.

Come learn how dietary factors, free radicals and trauma can cause arthritis as well as how arthritis is diagnosed and what you can do to prevent it. Presented by Maquita Sellers, exercise physiologist, GoodLife Fitness. Call the Plainville Senior Center beginning December 5 to register, or **sign-up on-line** beginning December 5 at 12:00 noon.

COMING SOON: CBD & PAIN MANAGEMENT

THURSDAY, MARCH 19, 1:00 P.M.

Short for Cannabidiol, CBD is one of hundreds of compounds called **cannabinoids** that are found in cannabis plants — the plants that produce marijuana. Unlike the mind-altering compound THC that is found in marijuana, Cannabidiol (CBD) will NOT produce mind—altering effects and is growing in popularity for people seeking relief from pain, and treatment of common conditions. Come learn what CBD can and cannot do, and find out about various forms of CBD. Presented by Michael Peshka, RN, Hartford HealthCare Pain Treatment Center. *Sponsored by Hartford HealthCare.* Call the Senior Center to register, beginning December 5 — or **sign up on-line!**

Optional Online Sign-up!

- MICHAELA’S GARDEN SEEDS — Dec. 12
- POETRY READING/SELF-PUBLISHING — Dec. 13
- STAYING ON YOUR FEET — Dec. 18
- INTERGENERATIONAL JEOPARDY — Dec. 19
- WOUND HEALING 101 — Jan. 23
- ALL ABOUT ARTHRITIS — Feb. 20
- CBD & PAIN MANAGEMENT — Mar. 19

Craft Fair Results

Another annual Senior Center Craft Fair is in the books and we are pleased to report that together, we raised a total of \$4,654.86 for Plainville Dial-A-Ride. Equally as important, folks had great fun with friends and family, nice prizes were won, and a lot of Christmas shopping was accomplished! Here is a breakdown:

2019 Holiday Craft Fair

Brown Afghan Raffle	\$49.00
Teddy Bear Raffle	\$33.00
Food Cart Raffle	\$85.00
Senior Center Knitted Table	\$300.25
50/50 Raffle	\$532.00
Painting Raffle	\$83.00
Cookie House	\$380.50
Green Afghan Raffle	\$49.00
Bake Sale	\$382.50
Café	\$526.00
Quilt Raffle	<u>\$150.00</u>
Total Raffles	\$2,570.25
Less 50/50 Raffle Winner	-\$266.00
Craft Fair Vendors	\$1,135.00
Prior Quilt Sales	\$970.00
Quilt Donations	\$95.61
Miscellaneous Donations	\$10.00
Total Fair	\$4,654.86
Total Quilt	\$1,120.00

THANK YOU TO EVERYONE WHO DONATED!

We were provided with dozens of lovely hand-crafted items and a table of delicious baked goods to sell!

CONGRATULATIONS TO ALL THE RAFFLE WINNERS!

- Senior Center Quilt: Father Ivan Ramirez
- Brown Afghan: Shawn Castrogiovanni
- Green Afghan: Joel from Lady Di Creations
- Teddy Bear: Neema Michaud
- Food Cart: Josh from Lady Di Creations
- Painting of Crescent Lake: Chris Harvey
- 50-50 Raffle: Jen Simko (\$266)



Snappy Seniors Holds Exhibit at Town Library



The Snappy Seniors group will have its annual photo display at the Plainville Public Library for the month of December. “Summer Dreams — Winter Reality” will feature photos from members' summer vacations as well as winter and holiday photos. Join Snappy Seniors in celebrating its 8th year at the Library’s Open House on Thursday evening, December 5th.

Ongoing Support for Veterans

VETERAN APPOINTMENTS WITH JASON COPPOLA
WEDNESDAY, DECEMBER 4, 10:00 A.M.
WEDNESDAY, JANUARY 8, 10:00 A.M.

Jason Coppola, Veterans Service Officer from the State Office of Advocacy and Assistance, hosts appointments at the Plainville Senior Center on the first Wednesday of the month. You may set up a personal appointment with Jason by calling him at 1-203-805-6340.



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 religious cards or mass 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 receptionist needs to know your name and what you are donating so that we may list your name in this Newsletter. (If you wish your donation to 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, OCT. 16—NOV. 15

Barbara Wallace, Lorraine Corsini, Georgia Sterpka, Fabien Castonguay, Gemma Croteau, Irene Kelsey, Marianne Zablocki (2), Roberta Avery, Kathy Gwara, Steve Castiola, Sandy Therrien, Olga Callender, Stan Funk, Barbara Petit, Bob LaBarre, Linda Charnick, Allyn Kall, Dina Faraci, Circle Group (3), Helen Webb, Maryann Zablocki, Judi Meese, Elaine Steinbuck, Roberta Hastings, Joan Litteral, Neema Michaud, Anonymous, Grace Bonola, Lillian Ouellette, Donna Martin, Honey Mastrianni, Carol Wright

MEMORIAL DONATIONS, OCT. 16—NOV. 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
By Lee Ann Korus

DIAL-A-RIDE DONATIONS, OCT. 16—NOV. 15

Fran Martin, Mary Jane Dumais, Marcy Miller



Volunteer Opportunities!

♥ Christmas Dinner

Volunteers:
Seeking volunteers to help with the Center’s Christmas Day Dinner. Assist us in preparing food, serving, clean-up, etc.
Hours are **anytime** between 9:00 a.m. and 2:00 p.m. on Wednesday, December 25.



- ♥ **PEAK Center Volunteer:** Please help us to keep the PEAK Center open on Mondays from 1 to 3 p.m.! We are in desperate need. The primary responsibility is to help users sign in at our PEAK Fitness Center. Will train!
- ♥ **Bingo Callers:** We are in great need of persons willing to call the Bingo numbers at our weekly games each Wednesday at 1:00 p.m! No need to volunteer **every** Wednesday; we will work with your schedule.
- ♥ **Café:** We are still looking for volunteers who like to be around people and work with food, to **be a part of our Café team!** Prep workers, servers, cashiers and dishwashers are needed. Training is provided and you can help as often or as seldom as your schedule allows. Hours vary, Tuesdays and Wednesdays. If interested, call Ronda or Evelyn at 860-747-5728.

Le Petit Cafe

at the Plainville Senior Center

Open Tuesdays & Wednesdays

11:00 a.m. to 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!

- | | |
|-------------------------|--|
| Dec. 3 & 4 | Steak, peppers and onion fajita
Quesadilla
Chicken Corn Chowder |
| Dec. 10 & 11 | Tomato, bacon and avocado Grilled Cheese sandwich
French Onion soup |
| Dec. 17 & 18 | Chef’s choice
French Onion soup |

The Cafe will be closed from December 24 through January 8 **We reopen January 14!**



Weekly Tournament Winners

PEAK Fitness Center

SETBACK

NOV. 18: 1ST: Bob Albrecht & Rich Nordgren
2ND: Gemma Croteau & Barb Metzen
3RD: Maryann Cunningham & Joe Fortuna

NOV. 4: 1ST: Maryann Cunningham & Joe Fortuna
2ND: Verna Pekrul & John Sisson
3RD: Sally Miller & Gail Kreneck

OCT. 28: 1ST: John Gasparini & Mike Chapman
2ND: Bob Albrecht & Rich Nordgren
3RD: Bernard Grabeck & Stan Funk

OCT. 21: 1ST: Carol Diana & Mary Levanti
2ND: Donna Albrecht & Anne Theriault
3RD: Bob Albrecht & Rich Nordgren

BILLIARDS

NOV. 14: 1ST: Mike Hermanowski & Val Dumais
2ND: Stan Funk & Tony Lusitani

NOV. 7: 1ST: John Gasparini & Bob Ryer
2ND: Stan Funk & Dan Burgess

OCT. 30: 1ST: Stan Funk & Val Dumais
2ND: John Gasparini & Bob Michalic

OCT. 24: 1ST: Stan Funk & Bob Ryer
2ND: Mike Hermanowski & Rich Nordgren

OCT. 17: 1ST: John Gasparini & Joe Babin
2ND: Val Dumais & Ed Zareck

Bowling League

Bowlers of the Month for October:

Men — Albert Deshaies

Women — Shirley Hotchkiss & Simone Guimond

Please call Frank Robinson at 860-747-2918 or e-mail him at fgrahamR@aol.com with questions about the bowling league.

Afternoon Wii Bowling Looking for Players!

Enjoy the thrill of strikes and the challenge of spares and splits — all in the comfort of the Senior Center! Wii Bowling is a fun activity that allows you to play or practice your game using a simulated bowling screen. Compete against others and have fun! Drop in every Tuesday at 1 p.m. in the Computer Lab.

Plainville has Weekly Drop-In Pool Tournaments!

Every Thursday at 12:30 p.m., Senior Center members who enjoy pool gather for informal tournaments at the Center. If you have some experience playing pool, come and join in!



IMPORTANT: WINTER HOURS AT THE PEAK CENTER

These hours are in effect from December 1 through March 27.

- Monday—Thursday, 9:00 a.m. to 4:00 p.m.
- Friday, 9:00 a.m. to 12:45 p.m.

PEAK FITNESS SPECIAL!

FINAL WEEKS — Now through January 31, 2020

Join for 13 months for the price of 12! \$60.00 for one year, good for new **and** renewing memberships. That's only \$4.61 per month... such a **GREAT** deal!

Our PEAK Center offers:

Cardiovascular Equipment:

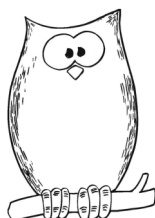
- **Treadmills:** *Walk at your own pace.*
- **NuStep:** *Seated "stair stepper" which offers a low-impact cardio-vascular workout using both upper and lower body.*
- **Bicycles:** *Recumbent bicycle allows you to ride in comfort. There is a seat back for full support. The new Espresso Bike features a fully-immersive 26.5 inch HD touchscreen.*
- **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: \$9/one month, \$40/six months and \$60/13 months till Jan. 2020. Registration fee of \$25 (cardio & weights), \$8 (cardio only), or \$17 (weights only) is due at the time of initial training. Stop by our front desk for a packet that includes a medical approval form.

TALK TO THE TRAINER SESSIONS

"Talk to the Trainer" allows PEAK members to ask any question about their fitness plan, progress, new goals, wellness, our equipment, etc. Typically, you can drop by the PEAK Center on the first Monday and first Thursday of each month for expert advice from our Exercise Physiologist Eileen Cyr! No sessions in December, but plan on dropping by January 6 or January 9, 2020!



WHO-O-O Won the Espresso Bike Trick-or-Treat Challenge? EILEEN CYR won and graciously gave her prize to the 2nd place winner, Jeffrey Morneault. Congratulations to both winners!

Watch this Space in our January newsletter to learn who won the November Espresso Bike Challenge — Gobble, Gobble Bike or Wobble!

Gobble
Gobble
Bike or
Wobble



Craft, Technology & Fitness Classes

Please Note: You can always register for a class, even if the session has begun. We 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, Dec. 5 from 9:15 a.m. to 4:45 p.m. Non-members may sign up for classes that allow non-members starting Dec. 12 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 descriptions are on next page.

Class	Time	Current Session	Next Session—Sign up Dec. 5
MONDAY			
Zumba Tone	9:30 – 10:30	Dec. 2—Dec. 23. 4 weeks, \$12.00	Jan. 13—Feb. 10. No class Jan. 20. 4 weeks, \$12.00
Acrylic Painting	10:00—12:00	Sept. 30 to Dec. 16, 10 weeks, \$20. No class 10/14, 11/11	Will resume in February
Beginner’s Yoga (At Library)	10:15-11:15	Oct. 21—Dec. 16. No class Oct. 14, Nov. 11. 8 weeks, \$24	Jan. 6—Feb. 10. No class Jan. 13, Jan. 20. 4 weeks, \$12.00
Power Burst 1	1:15—2:05	Oct. 7 to Dec. 16. No class Oct. 14 or Nov 11. 9 weeks, \$18	Jan. 13—Feb. 10. No class Jan. 20. 4 weeks. \$8.00
Beginner Pilates	2:15-3:05	Oct. 7—Dec. 16, 9 weeks. \$18. No class Oct. 14, Nov. 11. Members only. Bring a yoga mat and water bottle. Space limited!	Jan. 13—Feb. 10. No class Jan. 20. 4 weeks. \$8.00
TUESDAY			
Interm. Yoga	10:15-11:15	Nov. 19—Dec. 17. 5 weeks, \$15.	Jan. 14 to Feb. 4. \$12.00, 4 weeks.
Beg. Tai Chi	1:30-2:30	Nov. 19-Dec. 17. 5 weeks, \$15.	Jan 14—Feb. 4. \$12.00, 4 weeks.
French Class	3:00 - 4:00	Every Tuesday till December 17.	
WEDNESDAY			
Quilting	9:30 – 11:30	On-going. \$2.00 per class when not volunteering to work on Senior Center quilt.	Open Quilting. Class resumes Jan. 15. \$2.00 per class when not working on Senior Center quilt.
Zumba Gold	10:00 - 11:00	Nov. 20—Dec. 18. 5 weeks, \$15.	January 15—Feb. 5. 4 weeks, \$12.00
THURSDAY			
Ceramics	9:30 – 11:30	Nov. 7—Dec. 12. 5 weeks, \$20. No class Nov. 28	Jan. 16—Feb. 6. 4 weeks, \$16.00
Knitting & Crochet	1:00 – 3:00	October 3 – December 12 (no class Oct. 17, Oct. 31, Nov. 28) 8 weeks, \$16	Jan. 16—Feb. 6. 4 weeks, \$8.00
Ukulele		Will resume in February	Will resume in February
FRIDAY			
Chair Yoga 1	9:30-10:30	Nov. 15—Dec. 20. 5 weeks, \$10. No class Nov. 29	Jan. 17 to Feb. 7. 4 weeks, \$8.00
Chair Yoga 2	10:40—11:40	Nov. 15—Dec. 20. 5 weeks, \$10. No class Nov. 29	Jan. 17 to Feb. 7. 4 weeks, \$8.00



Cheer Report



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

Get Well & Thinking of You Cards were sent to:
Peg Grant, Bruce Davis, Susan Kensel, Arnold Levesque, Sally McCann, Ceal DiFrancesco, Hazel Decker, Rita Dewyea, Ann Smedick, Robert Kopinsky, Cathleen Macca, Helene Fabian, Ann Krupinski, Skip Kensel, Evelyn Case, Madeline Drake, Bill Kimball, Beatrice Dumont, Joannie Leahy, John LoMonte, Caroline Miller, Rosemary Boccardo, Jack & Marie Cassidy, Patricia Hermanowski

Sympathy Cards were sent to:
Douglas Bell & Family, Family of Albert Racine, Ann Hamm, Elizabeth Kallenbach, Carol Mazzalupo, Family of William Bergenty, Family of Ruth Burgess, Family of Ann Lyons, Family of Patricia Jarlett, Family of Fernand Paradis, Family of Jon Lonski, Joan Litteral, Donald Brown, Rosemary Morante, Family of Lena Gawrys, Family of Lorraine Woerz, Family of Richard Spencer

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: 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 reduce pain or stiffness. 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. Class is made possible thanks to the Main Street Community Foundation Grant, providing for a 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 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**



GENTLE YOGA —LEVEL 1: An introduction to yoga, emphasizing basic postures, breathing techniques and relaxation skills. It promotes balance, flexibility, strength and stress release; good for yoga newcomers or those who would like a refresher. Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Library.*

INTERMEDIATE GENTLE YOGA — LEVEL 2: For experienced students who are ready for the next level. We perform yoga postures and breathing techniques that calm the mind, relax the body and improve strength, joint health and flexibility. Please bring a yoga mat, yoga socks, a Mexican blanket, yoga blocks and straps to class. See Instructor for further details. **Instructor: Jayaprbaha Mare DiBenigno.** *Class is held at Plainville Public Library.*

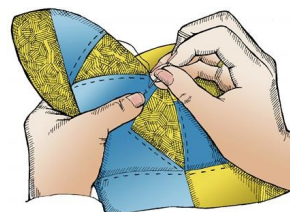
KNITTING & CROCHET: Here's your opportunity to enjoy the company of others while getting some help if you need it! Finish an old project that's been hanging around in your closet or start something new. **Instructor: Evelyn Morin**



PILATES (BEGINNER): Basic Pilates puts emphasis on breath, core conditioning and body awareness. Exercises are safe and effective ways to stretch, strengthen and streamline your body without building bulk or stressing your joints. Bring a water bottle and a yoga mat, if you have one. **Instructor: Caroline Dube**

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! 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**



TAI-CHI (BEGINNER) FOR HEALTH AND BALANCE This program covers the most important Tai-Chi principles, safety, balance, health and growth. You may benefit from reduced stress and anxiety, lower risk of falls, and increased aerobic capacity, energy, stamina, flexibility, balance, agility, muscle strength and definition. **Instructor: Walter Bruce**

UKULELE: Local musician Sue Hill will teach you how to hold the ukulele, play a few basic chords, and encourage you to strum along while you sing (if you wish)! You'll need your own ukulele (\$29 to \$50 for a starter instrument) and a tuner. **Instructor: Sue Hill**

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**

ADDITIONAL SOCIAL WORKER OFFICE HOURS BEING OFFERED AT THE PLAINVILLE LIBRARY



Every Tuesday from 1:00 to 5:00 p.m., a social worker will hold office hours at the Plainville Public Library. The Library, in partnership with Hartford Healthcare, is now offering social services assistance from a professional clinical social worker. This service is being made possible with generous grant support from the Community Foundation of Greater New Britain and the Main Street Community Foundation. Walk-ins are welcome, but you may also make an appointment. Please call the Library at 860-793-1446.

Trips

Sign-Up Info

Current Trips

Sign-up: Trip sign-up takes 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. Each month we offer Mega Sign-up for new trips. This month it is on December 5 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 seven days after member sign-up unless otherwise stated.

Cancellations: Call the Senior Center immediately so we can try to 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 tell us so we can try to get you a refund. 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.

THE LUCY & DESI MUSEUM & NATIONAL COMEDY CENTER, JAMESTOWN NY

APRIL 13—16, 2020

This trip is full. You may sign up for the reserve list.



Trips Planned for 2020

Stay tuned for details on these upcoming Plainville Senior Center trips.

- **May 9** — Albany Tulip Festival
- **May 14** — “Abba” at the AquaTurf
- **June 3** — Culinary Institute
- **June 25** — Salem and Marblehead, MA
- **July 13** — All You Can Eat Lobster, Delaney House
- **July 28-30** — “Queen Esther” at Sight & Sound Theater, PA
- **August 12** — Delaney House Tea & Lady B, Holyoke/Hadley, MA
- **August 13** — Edwards Twins, Aqua Turf
- **August 26** — Lighthouses of Boston Harbor
- **September 10** — “9 to 5” at Westchester B’way Theater
- **September 27** — Hudson River Cruise
- **October 13** — Ellis Island, NYC
- **October 19** — Daigle’s Beer Hall Boys, AquaTurf
- **November 12** — USO Tour, Grand Oak Villa
- **December 15** — Holiday Party with “Steppin’ Out” Band, AquaTurf

Quick Trips

QUICK TRIP GUIDELINES: Senior Center Quick Trips are curb-to curb services. Plainville residents who do not drive can be picked up and dropped off at home. Those who drive will be picked up at the Senior Center 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. 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 at 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.

Quick Trips continue, next page

Please note: The Senior Center, all Senior Center Trips, AND buses are Scent-Free Zones! Help us to keep the air we share healthy and fragrance-free for persons with asthma, allergies and other respiratory conditions. Please don't wear perfume, cologne, aftershave or other fragrances!

Quick Trips, cont.

LUNCH AT BEAR'S SMOKEHOUSE & VISIT TO THE WADSWORTH ATHENEUM'S FESTIVAL OF TREES

DATE / TIME CHANGE! SAT., DEC. 7, 1:30 P.M.

This trip is full. You may sign up for wait list.

CHRISTMAS TREE SHOP AT HOLYOKE MALL

SATURDAY, DECEMBER 14, 2019, 9:00 A.M.

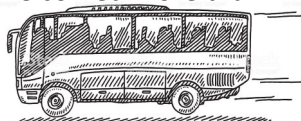
It's time to try a different Christmas Tree Shop! We are offering a shopping bus trip to the Christmas Tree Shop at Holyoke Mall in Massachusetts. The Holyoke Mall also features nearly 200 stores, a large food court and several restaurants. \$8 for transportation is payable at registration. Lunch is on your own. Home pick-ups **for those who do not drive** begin at 9:00 a.m., then Senior Center pick-up at 9:15 a.m. Return to Plainville by 4:00 p.m. Sign-up begins December 5.

BRIGHT NIGHTS AT FOREST PARK, SPINGFIELD

FRIDAY, DECEMBER 20, 2019, 4:00 P.M.

Bright Nights at Forest Park has welcomed more than 5.4 million visitors since 1995.

It is known as the northeast's premier holiday lighting experience. The 2.5 mile route includes lighting displays with over 650,000 lights. Join us for this spectacular holiday treat! The group will then stop at MacDon-ald's. Dinner cost is on your own. \$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 at 4:15 p.m. Return to Plainville about 8:00 p.m. Sign-up begins December 5.



Outdoor Adventure

BIGELOW HOLLOW STATE PARK FOR INTERMEDIATE LEVEL HIKERS

SATURDAY, DECEMBER 14, 9:00 A.M.

Join leader Jared Scoville for a crisp morning hike to a state park in the beautiful North-west corner of CT! Featuring 9,000 acres of land and an extensive trail system with multiple ponds and outdoor scenery, Bigelow Hollow provides the backdrop for a classic New Eng-land hike. Our trek will feature an approximate 2.5 hour loop over dirt and wooded trails with several modest hills -- manageable for the person who regu-larly goes on outdoor adventures! The hike will also feature nice views and close proximity to a large pond. Bring a warm layer, some water, and a lunch for our picnic at the park after the hike (weather permit-ting)! We will leave the Senior Center at 9 a.m. and return at approximately 2 p.m. Cost of \$8.00 includes transportation. Sign-up begins December 5.



Outdoor Adventures cont.

HILLSTEAD MUSEUM TRAILS WALK/SNOWSHOE

THURSDAY, DECEMBER 19, 10:00 A.M.

Come and join Eileen Cyr for a peaceful walk through the trails at the Hillstead Museum.

This is an easy-to-moderate 1.3 mile walk on the Wood-land trail. The walk is about 45-60 minutes. Meet at the parking lot of the Hillstead at 10:00 a.m. Cost of \$5.00 is due at sign-up, which begins December 5.



WALK/SNOWSHOE AT SUBURBAN PARK IN UNIONVILLE

SATURDAY, DECEMBER 28, 10:00 A.M.

This is an approximate 1.3 mile historic walk with a beautiful view of downtown Unionville, as well as an opportunity to see what remains of an amusement park which closed in 1905 and kettle holes left over from glacial action more than 12 million years ago. The moderate-level walk will take approximately one hour. Eileen Cyr will be leading the walk. Cost is \$5.00, due at sign-up. Meet at Suburban Park at 10:00 a.m. or at the Senior Center at 9:30 a.m. to caravan. Sign-up begins December 5.

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

SATURDAY, JANUARY 18, 2020 9:30 A.M.

We will meet up with the Outdoor Adventure group from the South Windsor Senior Center at the beach for a winter walk around Meigs Point at Hammonasset, surround-ed by miles of wetland and home to doz-ens of bird species. After the walk, we'll 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 reg-istration. Leaves from Senior Center at 9:30 a.m. and returns approximately 3:30 p.m. Sign-up begins De-cember 5.



Please sign up for Trips, Outdoor Adventures and Quick Trips as **EARLY** as possible. This assures that we won't have to **cancel** a trip, which affects everyone who has already signed up. Thank you! Thank you!



Tuesday Shopping Bus

We can only accommodate eight (8) people on the Tuesday Shopping Bus. Be sure to sign up early! Home pick-ups for all participants begin at 11:15 a.m. We now ask riders if they prefer to go back home at 1:30 p.m. or 3:00 p.m. Please tell us when you sign up! In order to ride the 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 Center by 11:00 a.m. on the Thursday before the Shopping Bus date to sign up.

- **December 3, Walmart, Bristol**
- **December 17, Bristol Shopping Plaza**
- **January 7, 2020—ShopRite, Southington**

When you go shopping, please keep your receipt handy in your purse, pocket or wallet. Many stores now require customers to show their receipt when they leave the store.



Plainville Library

- **Holiday Piano Performance**, Wed. Dec. 4, 7:00 p.m. Crowd-favorite David Eberly returns to perform a medley of holiday classics.
- **Holiday Open House with Plainville Flute Ensemble**, Thurs., Dec. 5 at 7:00 p.m. Enjoy holiday cheer, refreshments, and a performance of seasonal music.
- **Life in Plainville**, Sat., December 7 at 2:30 pm. 85-year-old Marlene Hoerle will discuss her book, Riches to Rags to Riches, and her experiences as a lifelong resident of Plainville.

Please sign up for all events at the Plainville Library.



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

Medicare Enrollment

MEDICARE OFFERS NEW ONLINE “PLAN FINDER”



The Centers for Medicare & Medicaid Services (CMS) just launched a modernized and redesigned **Medicare Plan Finder**. The Plan Finder allows you to shop and compare Medicare Advantage and Part D plans. It provides Medicare patients and caregivers with a more personalized experience and is now mobile-friendly. The new Plan Finder will walk users through the Medicare Advantage and Part D enrollment process from start to finish and allows you to view and compare many of the supplemental benefits that Medicare Advantage plans offer in your area. The Plan Finder can even make suggestions based on prescriptions you filled within the last 12 months, and show you prices based on other help you get with drug costs.

Create an account with the Plan Finder

Go online to [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) and select “Log in or Create Account.” You will need to enter the following information:

- Medicare number from your Medicare card. If you are new to Medicare and don’t have your Medicare card yet, your number will be in the letter you got from Social Security after you enrolled.
- Last name
- Date of birth
- Current address with zip code
- Part A or Part B coverage start date (These dates are printed on your Medicare card.)

Enter this information and select “Next.” You will be asked to create a username and password. Then you can use your new Medicare Plan Finder account. Write down your username and password and keep in a safe place! Our social worker Stephanie is here to help Plainville residents aged 60 and older in navigating the Plan Finder and choosing among Medicare options. Please call 860-747-5728.

WELCOME TO NEW MEMBERS FOR OCTOBER 2019!

Henry Smith, Bharat Sookram, Mary Sookram, John Salvin, Deborah Merci, Edward Starnes, Ida Cohen, Janet Labbe, William Albert and Geneva ‘Gil’ Albert

Getting a complete and accurate census count every ten years is important. The results are used to determine how much funding local communities receive for key public services and how many seats each state gets in Congress. State and local officials also use census counts to draw boundaries for congressional, state legislative, and school districts. That’s why everyone’s responses are required by law. If you do not respond, the U.S. Census Bureau will follow up in person to collect your answers. Watch this space to learn more about the 2020 Census each month in the Senior Center newsletter!

**Shape
your future
START HERE >**

**United States®
Census
2020**

Transportation

DIAL-A-RIDE

DIAL-A-RIDE PHONE: (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.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride. **Plainville hours**, except for major holidays, are **Monday-Friday, 5:35 a.m.-midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m. to 8:00 p.m.**

Hours may change depending on usage of the CT Transit buses. *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). There is a wheelchair lift, if needed.

Continued, next column

ADA Para-Transit, *continued*

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 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 you submit your application, call 860-724-5340, ext. 1 to set up a face-to-face interview. A medical form will be sent to your doctor if needed. The approval process generally takes two to four weeks. It is wise to get pre-approved, even if you don't need the service now. Please call Customer Service at 860-724-5340 ext. 3046 with any complaints or issues.

Once 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).

2019 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. The next meeting will be in January 2020. Free ADA Transportation is available to attend the Forum. Please 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@ghtd.org** at least 48 hours before the meeting.



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

Senior Transportation Services — a New Option for Rides

Senior Transportation Services, Inc. (STS) is now available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. The mission of this organization is to provide community-supported, affordable out-of-town medical transportation to older adults. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. STS works to help families coordinate their loved one's transportation needs by working one-on-one with individuals to ensure that family needs are met. There is an annual membership fee and cost (based on mileage) to use STS. Financial assistance is available for individuals who cannot afford the fees. STS is funded in part by grants from the Bristol Main Street Community Foundation and the North Central Area Agency on Aging. To discuss riding or volunteering with Senior Transportation Services, please call **860-224-7117**.

This & That

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.

AARP Trips...Call Sally Miller!

- **St. Patrick's Celebration** — Aqua Turf, March 17, 2020. \$50 per person; drive on your own.
- **Broadway Show**—Choice of *West Side Story* or *TINA-The Tina Turner Musical*. March 25, 2020. \$267 per person.
- **All Shook Up** — Westchester Theatre, April 23, 2020. \$122 per person.
- **Historic South Trip** — Savannah, GA, Beaufort, S.C., Charleston, S.C. April 18-25, 2020. 8 days, includes 14 meals, admission to all sites, round-trip transportation and more. \$1,745 pp dbl / \$2,185 single

Call Sally Miller at 860-747-1732 for info and reservations. *AARP Trips are not sponsored by the Senior Center, so we do not have details or collect payments.*

CHORAL GROUP The Choral Group will meet at the Senior Center on Friday, December 6 at 9:30 a.m.

SENIOR CENTER DISPLAY CASE

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

CONGREGATE MEAL PROGRAM

You may stop by the Big Kitchen to pick up the December calendar. Lunch reservations must be made at least one day ahead by calling Bonnie at 860-747-5728. **You may call only between 10:00 a.m. and 11:45 a.m. to make a reservation or speak with Bonnie.** A suggested donation is \$2.50.

PLAINVILLE SENIOR CENTER AT-RISK LIST

The Senior Center maintains a list of persons who depend on electricity to maintain optimum health. We update this list during the year to 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. Our social workers can help you plan for power outages and weather emergencies. Please call us at 860-747-5728.

SNAPPY SENIOR MEMBERS IN NEW BRITAIN EXHIBIT

Snappy Seniors members Bonnie Carilli and Judy Humphrey each have two photos on display in the **Joy of Art** Exhibition at the Hospital for Special Care, 2150 Corbin Ave., New Britain. The photos will be displayed until Jan-

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Nursing, Insurance Info, Etc.

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 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 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 SCREENING: DROP-IN CLINICS

- **Wednesday, December 11**, 12:30 to 1:30 p.m.—by Hartford HealthCare
- **Monday, December 23**, 12:00 to 12:30 p.m. — by our Nurse

CHOLESTEROL SCREENING

Learn 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 first steps toward a healthier you! Call 860-747-5728 for an appointment with the Senior Center nurse. Cost: \$12.

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 \$35,116 (gross) and a family of two could possibly make \$45,920 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. For more information or to see if you are eligible, call the HRA Energy Department at 860-356-2000. HRA is located at the same address: 55 South Street, Bristol. YOU MUST APPLY EVERY YEAR. See Stephanie with any questions.

Phase-ins of Pension & Annuity Income Tax Exemptions Continue This Year

Until this year, the threshold for exempting 100% of federal Social Security income was \$50,000 for singles and \$60,000 for joint filers. Effective in 2019, the threshold increases to \$75,000 for singles and \$100,000 for joint filers. Beneficial changes are also coming to state income tax exemptions on pension and annuity income; visit the Senior Center to pick up detailed info provided by Representative William Petit!

Care & Support We are here to help!

QUESTIONS FOR THE SOCIAL WORKER

MONDAY, DEC. 2 & DEC. 16, 12:30 P.M.

We can help with Medicare, Medicaid, Medicare Part D, Medicare Savings Program or Housing matters, or if you need to find help in the community or home-care. Stop by Stephanie's office to have a private chat. **This service is only for Plainville residents, age 60 and over.** No sign-up needed and no question 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 — 860-747-5728.

GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, DEC. 17, 10:30 A.M.

If you are raising a grandchild or other young relative, you are not alone. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act. Sign-up begins December 5.

CAREGIVING CONNECTIONS

TUESDAY, DEC. 17, 10:00 A.M.

Join your caring friends as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving...it is critical to give and receive support from others who truly do understand. Come share and be nourished! Caregivers from neighboring towns are welcome.

MEDICARE ENROLLMENT ENDS DECEMBER 7!

The Medicare Annual Enrollment Period ends on **December 7**, so please make time to review your Medicare choices. During Open Enrollment you can change plans to meet your current health care needs, save money, and/or get better coverage. If you are satisfied with your current plan you do not need to make any changes. Stephanie is available to meet with **Plainville Senior Center residents 60 and over** to review options available for 2020. Non-residents should call the CHOICES counselor at the Senior Center in their community. Also see our article on the Medicare Plan Finder, page 10.

MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS EFFECTIVE MARCH 1, 2019

QMB (Q01)	Single \$2,196.51/ mo	Couple \$2,972.99/mo
SLMB (Q03)	Single \$2,404.71/mo	Couple \$3,254.79/mo
ALMB (Q04)	Single \$2,560.86/mo	Couple \$3,466.14/mo

There is No Asset Limit nor Estate Recovery

The State of CT offers financial assistance to eligible Medicare enrollees. DSS will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Co-pays for medications are a maximum of \$3.40 for generic medications and \$8.50 for brand name medications. Stephanie can review your eligibility for MSP.

DECEMBER 2019

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<div>Dec. 1</div> <div><div><div>KEY:</div><div>GR: Green Room</div><div>BR: Blue Room</div><div>GA: Game Room</div><div>CR: Craft Room</div><div>C: Café,</div><div>CL: Computer Lab</div><div>OS: Old Store</div><div>K: Kitchen</div><div>L: Library</div></div><div>*By Appt.</div></div>	<div>2</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Zumba Tone GR</div> <div>10:00 Acr. Paint, CR</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beg. Yoga L</div> <div>12:00 Mahjong GA</div> <div>12:30 Questions for the Social Worker</div> <div>12:30 Setback GR</div> <div>12:45 Bowling</div> <div>1:15 Pwr. Burst 1 BR</div> <div>2:15 Beg. Pilates BR</div>	<div>3</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div>10:15 Inter. Yoga L</div> <div>10:30 Vet Coffee Hr CR</div> <div>10:45 Aqua Fit. YMCA</div> <div>11:15 Shopping Bus</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle CR</div> <div>1:00 Bridge OS</div> <div>1:00 Wii Bowling CL</div> <div>1:30 Beg. Tai Chi GR</div> <div>3:00 French Class GA</div>	<div>4</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Quilting CR</div> <div>10:00 J. Coppola Appts CL</div> <div>10:00 Zumba Gold GR</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:00 T-shirt Tote CR</div> <div>1:15 Charlemagne C</div> <div>3:00 Color Club GR</div>	<div>5</div> <div>MEGA SIGN-UP</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Mexican Train CL</div> <div>9:30 Ceramics CR</div> <div>10:45 Aqua Fit 2, Y</div> <div>12:30 Pool Tourn.</div> <div>12:30 Bridge OS</div> <div>12:30 Pinochle CL</div> <div>1:00 Scrabble C</div> <div>1:00 Knit/Crochet GR</div>	<div>6</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:30 Choral Group</div> <div>9:30 Chair Yoga 1 GR</div> <div>10:40 Ch Yoga 2 GR</div>	<div>7</div> <div>1:30 p.m.</div> <div>Wadsworth</div> <div>Atheneum</div> <div>Trip</div>
<div>8</div>	<div>9</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Zumba Tone GR</div> <div>10:00 Acr. Paint, CR</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beg. Yoga L</div> <div>12:00 Mahjong GA</div> <div>12:30 Setback GR</div> <div>12:45 Bowling</div> <div>1:15 Pwr. Burst 1 BR</div> <div>2:15 Beg. Pilates BR</div>	<div>10</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div>10:15 Inter. Yoga L</div> <div>10:45 Aqua Fit. YMCA</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle CR</div> <div>1:00 Bridge OS</div> <div>1:00 Wii Bowling CL</div> <div>1:30 Beg. Tai Chi GR</div> <div>2:00 Christmas Sing Along / Tree Trim</div> <div>3:00 French Class GA</div>	<div>11</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Quilting CR</div> <div>10:00 Zumba Gold GR</div> <div>12:30 BP Clinic</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:00 Gingerbread Houses CR</div> <div>1:15 Charlemagne C</div> <div>3:00 Color Club GR</div>	<div>12</div> <div>Walking 9:00 or 4:00</div> <div>9:30 AARP Driver GR</div> <div>9:30 Michaela's Grdn C</div> <div>9:30 Mexican Train CL</div> <div>9:30 Ceramics CR</div> <div>10:45 Aqua Fit 2, Y</div> <div>12:00 COA</div> <div>12:30 Pool Tourn.</div> <div>12:30 Bridge OS</div> <div>12:30 Pinochle CL</div> <div>1:00 Scrabble C</div> <div>1:00 Knit/Crochet BR</div>	<div>13</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:30 Chair Yoga 1 GR</div> <div>10:00 Poetry Reading and Publishing CR</div> <div>10:40 Ch Yoga 2 GR</div>	<div>14</div> <div>9:00 a.m.</div> <div>Bigelow</div> <div>Hollow</div> <div>9:00 a.m.</div> <div>Christms Tree</div> <div>Shop Trip</div>
<div>15</div>	<div>16</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Zumba Tone GR</div> <div>10:00 Acr. Paint, CR</div> <div>10:00 Curr. Events OS</div> <div>10:15 Beg. Yoga L</div> <div>12:00 Mahjong GA</div> <div>12:30 Questions for the Social Worker</div> <div>12:30 Setback GR</div> <div>12:45 Bowling</div> <div>1:15 Pwr. Burst 1 BR</div> <div>2:15 Beg. Pilates BR</div>	<div>17</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div>10:00 Caregivers</div> <div>10:15 Inter. Yoga L</div> <div>10:30 Grandparents, CR</div> <div>10:45 Aqua Fit. YMCA</div> <div>11:15 Shopping Bus</div> <div>12:00 Pinochle GA</div> <div>12:30 Open Circle CR</div> <div>1:00 Bridge OS</div> <div>1:00 Wii Bowling CL</div> <div>1:30 Beg. Tai Chi GR</div> <div>3:00 French Class GA</div>	<div>18</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Books & Bagels GA</div> <div>9:30 Quilting CR</div> <div>10:00 Zumba Gold GR</div> <div>10:45 School Concert BR</div> <div>1:00 Stay on Your Ft. BR</div> <div>1:00 Open Paint CR</div> <div>1:00 Bingo GR</div> <div>1:15 Charlemagne C</div> <div>3:00 Coloring Club GR</div> <div>3:15 Silver Sneakers Demo BR</div>	<div>19</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Mexican Train CL</div> <div>10:00 Hillstead Walk</div> <div>10:45 Aqua Fit 2, Y</div> <div>12:30 Pool Tourn.</div> <div>12:30 Pinochle CL</div> <div>12:30 Bridge OS</div> <div>1:00 Scrabble C</div> <div>2:30 Intergenerational Jeopardy BR</div>	<div>20</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div> <div>9:30 Chair Yoga 1 GR</div> <div>10:40 Ch Yoga 2 GR</div> <div>11:30 Friends Helping Friends</div> <div>4:00 Bright Nights / Forest Park Trip</div>	<div>21</div>
<div>22</div>	<div>23</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Zumba Tone</div> <div>10:00 Curr. Events OS</div> <div>12:00 BP Clinic</div> <div>12:00 Mahjong GA</div> <div>12:30 Setback GR</div> <div>12:45 Bowling</div>	<div>24</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div><div>Senior Center</div><div>Closes at 1:00 p.m.</div></div>	<div>25</div> <div><div>Christmas</div><div>Holiday</div><div>Christmas Dinner</div><div>11:30 a.m.</div><div>No Other</div><div>Activities</div></div>	<div>26</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Mex. Train CL</div> <div>12:30 Bridge OS</div> <div>12:30 Pool Tourn.</div> <div>12:30 Pinochle CL</div> <div>1:00 Scrabble C</div>	<div>27</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div>	<div>28</div> <div>10:00 a.m.</div> <div>Suburban</div> <div>Park Walk</div>
<div>29</div>	<div>30</div> <div>*9:00 NURSE</div> <div>Walking 9:00 or 4:00</div> <div>10:00 Curr. Events OS</div> <div>12:00 Mahjong GA</div> <div>12:30 Setback GR</div> <div>12:45 Bowling</div>	<div>31</div> <div>Walking 9:00 or 4:00</div> <div>10:00 Ladies Billiards</div> <div>10:00 Cribbage GA</div> <div><div>Senior Center</div><div>Closes at 1:00 p.m.</div></div>	<div>Jan 1</div> <div><div>Senior Center</div><div>Closed</div><div>New Year's Day</div><div>Holiday</div></div>	<div>2</div> <div>Walking 9:00 or 4:00</div> <div>9:30 Mex. Train CL</div> <div>12:30 Bridge OS</div> <div>12:30 Pool Tourn.</div> <div>12:30 Pinochle CL</div> <div>1:00 Scrabble C</div>	<div>3</div> <div>9:00 Walking GR</div> <div>9:00 Mahjong GA</div>	<div>4</div>