

The Senior Center is currently open! You must call ahead to make a “reservation” prior to coming to the Senior Center. All our programs and activities require advance registration.

Please note that Senior Center programs and activities are subject to change based on state guidelines and COVID cases.

We have been excited about welcoming people back into the building and we will continue to be open with limited activities. Our population is still the most at-risk group for contracting COVID-19 and complications arising out of being infected. Safety, for our members and our staff, will remain our highest priority. It is not only our biggest concern; it is our responsibility. In order to be open, we must abide by state guidelines for three different sectors (per the Governor): Senior Centers, Indoor Recreation and Fitness Centers plus the Plainville-Southington Health District. We, more than anyone, wish we didn't have to do this, but we are determined to follow the guidelines to keep everyone safe and healthy.

Can I just stop by the Senior Center any time I want? Unfortunately, no. State guidelines say that, individuals must make an advance “reservation” to attend a program or service at the Senior Center. This is necessary for contact tracing in the event someone tests positive for COVID-19 and to keep track of the numbers of people in the building. For instance, if you want to speak with Stephanie the Social Worker, you must call for an appointment. If you want to play Bingo, you must call in advance to “register” to play. If you want to play billiards, you must call in advance to reserve the pool table to play. If you want to work out in the PEAK Center, you must call to reserve an appointment. If you want to take a fitness class, you must call in advance to reserve your spot. Each activity will have maximum attendance limits due to social distancing, the size of the room and the activity. Health department guidelines will limit your time at the Center to 1 hour.

MASKS: MASKS ARE MANDATORY. If you are unable to wear a mask, please call Shawn or Ronda at the Senior Center and we will try and make alternative arrangements for you to participate in programs or services virtually. Masks must be worn covering the nose and the mouth completely. Masks with ventilators are not acceptable, unless a paper disposable mask is worn over the ventilator mask.

Social Distancing: Everyone is required to maintain a 6-foot social distance while at the Senior Center (12 feet while exercising in the Fitness Center and during exercise classes).

Hand Sanitizer/Hand Washing: Hand sanitizer will be available at the entrance of every room. Members are required to use the hand sanitizer prior to entering a room. In addition, please wash your hands, frequently, for a minimum of 20 seconds.

Entrance/Exit: The “back” door with the long ramp (near where the Dial-a-Ride vehicle parks during the day) will serve as the only door people can enter. All other doors will be locked. Please leave handicapped parking spaces for those who have trouble walking long distances. See Shawn, Ronda or Tammy for our available spaces.

Check-In: Upon arrival at the Senior Center, all visitors will be required to “check-in” with a staff member/volunteer. The check-in station is located at the coat room. Persons will be required to scan their Senior Center membership card; this is necessary for contact tracing if someone tests positive for COVID and to keep track of the numbers of people in the building. Each person will be required to complete and sign a completed COVID-19 Assessment form and place it in the designated area.

If a person shows up with COVID-19 signs or symptoms, they will be asked to go home immediately. If a person presents COVID-19 symptoms while at the Senior Center, he/she will be asked to go home if they are able or ushered to a holding room and the health department will be notified. 911 will be called if necessary. The holding room will be sanitized after the person is removed.

COVID-19 Screening: Each person entering the Senior Center will be required to complete, sign and date a CDC Facilities COVID-19 Screening. Persons experiencing COVID-19 symptoms will not be allowed to enter. If you have a medical condition with conditions such as chronic cough, chronic diarrhea, chronic headaches, chronic shortness of breath or difficulty breathing, we will require that you obtain a waiver from your medical physician that states [that you have a chronic condition which is not a symptom of COVID-19. These waivers will be kept on file at the Senior Center.](#) Please call the Senior Center to have the waiver sent to you prior to coming to the Senior Center.

Coats: The coat room will be closed. Coat racks will be stationed in the blue room, green room and PEAK Center. Please use these coat racks for your coats or put your coat on your chair.

Visiting: Per state guidelines, people will not be allowed to drop-in and “visit”. We have established “visiting” times throughout the week and you will need to call in advance to reserve a seat to visit. The living room will not be available for sitting and visiting. There are a few seats set up in the living room for individuals to sit and wait for their appointments with the nurse and/or social worker.

Setback/Cards/Mexican train/Maj Jong/Scrabble: Unfortunately, state guidelines do not permit games that cannot be thoroughly cleaned (cards, board games, etc.) to be allowed in the Senior Center. It is also impossible to social distance (6-feet) while playing card and board games.

Meals/Eating/Drinking: Per state guidelines, the congregate meal program (Bonnie’s lunch) is not allowed to operate. Because of social distancing requirements, our Senior Center Le Petit Café, will also not reopen at this time.

We will not be offering coffee or tea. There is one water station available, but you must bring your own water bottle. The water station is in the hallway from the “blue” room to the café. All other water fountains are not available.

Trips: We will not be offering trips until sometime in 2021 (hopefully).

See pages 5 & 6

for information about Billiards, Bingo, Classes, Computers, Open Coloring and the PEAK Fitness Center.



NEWS & EVENTS

DECEMBER 2020

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.painville-ct.gov/senior-center

Staff and Senior Center Social Worker, Stephanie Soucy is available by phone during our regular hours: Monday 9:00—6:00, Tuesday, Wednesday, Thursday 9:00—5:00 and Friday 9:00—1:00.

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, caregiving, financial assistance, Medicare options, Medicare Savings Program, Open Enrollment for health insurance, assistance at home and more. No question is too small. Please call Stephanie at 860-747-5728.

CHRISTMAS DINNER



For the past 45 years we have had a Christmas meal served here at the Senior Center for our members who may be alone for the holiday.

Unfortunately this year, we cannot have our Christmas meal at the Senior Center. Instead, we will arrange a “to go” meal that can be picked up on Thursday, December 24 from 11:00 a.m.—1:00 p.m. or on Christmas Day, December 25th from 11:00 a.m. to 12:00 noon. (If you are unable to get to the Senior Center, we can deliver the meal to you if you live in Plainville).

Please call the Plainville Senior Center at 860-747-5728 by December 21 to reserve your meal. When you call, let us know if you prefer ham or turkey. There is no charge for the meal, however, donations are welcome.

***We wish you all a
Very Merry Christmas!***



DRIVE THRU CHRISTMAS CAROLS WITH SPECIAL ELVES

Tuesday, December 22nd @ 2:00 p.m.



Ho! Ho! Ho! On Tuesday, December 22nd at 2:00 p.m. drive down to the Senior Center to enjoy the sounds of Christmas music and holiday spirit from the warmth of your vehicle! We have special elves that will be visiting and giving out yummy treats to all who attend. Call the Senior Center or register on-line beginning December 1st.

UGLY SWEATER CONTEST

Find your “special” holiday sweater and show it off! Take a picture of yourself or a loved one in it and send it to us! The Senior Center Staff will pick the winner and that person will get a prize delivered to them on Friday, December 18th. If you don’t have one, no need to go out and buy one—be creative and decorate one that is in your closet. Please send the picture by email by the end of the day on Wednesday, December 16th to soucys@plainville-ct.gov



Plainville Police, Social Services and Salvation Army
Request You to Help Them

RESCUE CHRISTMAS

Plainville Police Station will be accepting Gift Cards and Monetary Donations in our **Red Kettle** now until December 10, 2020. No gifts will be accepted.

Help us help others this Holiday Season!



Donations



MEMORIAL DONATIONS OCTOBER 23-NOVEMBER 19

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:

Bruna Badon: Claude & Nancy Walter, **Anthony (Tony) Guerriero:** Sonia Sperduti, **Ann Krupinski:** Sonia Sperduti, Catherine Mahar Camerato, Joann Cephas, **Rita Dewyea:** Edward & Jean Pratt, Lorraine Corsini, Joyce Cannon, Rita Rival, Henrietta Zooleck; **Sharon Fox McQuillan:** Rose Capen Berlani

GENERAL DONATIONS, OCTOBER 23-NOVEMBER 19

Roger Beaudoin, JoAnn Janick, Carol Loiselle, Dianne Misko, Marti & Allyn Kall, Lise Terrien, Carol Furlong, Lorraine DeMicco, Betty Kreder, Francis Broderick, Margaret Lemrise.

DIAL-A-RIDE DONATIONS OCTOBER 23-NOVEMBER 19

Frank Broderick, Benedetta Kreder, Marilyn Drake

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.*

SEPTEMBER 21—NOVEMBER 12 GET WELL & THINKING OF YOU CARDS WERE SENT TO:

William Costello, Thomas Wells, Helen Bergenty, Maurice Collin, Elaine Wyzga, Carol Beam, Sandy Therrien, Helena Niziolek, Robert Kopinsky, Cathleen Macca, Ann Smedick, Hazel Decker, Ceal DiFrancesco, Evelyn Case, Agnes Ogonowski, Rosaleen Peters

SEPTEMBER 21—NOVEMBER 12 SYMPATHY CARDS WERE SENT TO:

Family of Rose Grcevic, Ana Covey, Deborah Merci, Donna Cook, Family of Linda Catucci, Family of Rita Dewyea, Family of Leo Loren

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 drop them off at the Senior Center (ring door bell). We appreciate it! **We do not use religious cards or mass cards.** If you know someone who needs a smile, please let us know! ***Please note:*** *When you bring donations to the Senior Center, please give us your name and what you are donating so that we may list your name in the Newsletter. (If you wish your donation to remain anonymous, please let us know.) We do our best not to leave any donor's name off the list; but if we do, please let us know so we can include it in the next Newsletter.*

IN PERSON CLASSES & ACTIVITY DESCRIPTIONS

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

ZUMBA TONE: Mondays 10:30 -11:15 a.m.

Class limited to 6 students. Students must stay within their predesignated 12-foot square. A mask is not necessary while exercising. Mask must be worn at all other times.

You must reserve a space for every individual class through December 27th. We will take reservations on the Wednesday prior to the following Monday's class. For example, sign up on Wednesday, December 2nd for Monday, December 7th. Pay \$3.00 at class. Check or exact change a must.

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

POWER BURST: Mondays 1:00 p.m.

Class limited to 17 students. Students must stay within their predesignated 6-foot square. Masks must be worn at all times. Must reserve a space for every individual class through December 21st. Call the Senior Center on the Wednesday prior to the following Monday class. For instance, call the Senior Center on Wednesday, December 2nd for the Monday December 7th class. Pay \$2.00 at each class. Check or exact change a must.

Description: 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**

CERAMICS: Thursdays 9:30 – 10:30. Limited to 20 people.

Call the Senior Center or register on line to reserve your space. Must reserve a space for every individual class through December 17th. Pay \$2.00 at each class. Check or exact change a must. Participants are not allowed to share supplies. Masks must always be worn, and 6-foot social distancing must be followed.

Description: 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**

BILLIARDS: You must call the Senior Center to reserve a play time. Two players maximum. No spectators. Bring your own cue stick (if possible). Play time is limited to 1 hour. Call the Senior Center or register on line to reserve your space.

CURRENT EVENTS DISCUSSION GROUP: Tuesdays 1:00 p.m. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more. Call the Senior Center to sign up.

WALKING: Daily indoor walking. Call the Senior Center or register on line beginning December 1 to reserve your walking time. Limited to 30 minutes and 3 walkers per appointment time. Masks must always be worn, and walkers must adhere to 6-foot social distancing.

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MORE IN PERSON CLASSES & ACTIVITIES DESCRIPTIONS

Even though reservations are needed for classes, pool, crafts, PEAK Center etc. if you feel that you would like to come in the day of an activity please call the Senior Center and we will be happy to see if there is an opening for you!

COMPUTERS: Three computers are available for use by Senior Center members. Advance appointments are necessary to reserve a computer. Time limit is 1 hour. Individuals must sanitize the keyboard and mouse prior to and after using the computer. Masks must always be worn. Call the Senior Center or register on line to reserve your computer time.

VISITING: Per state guidelines, people will not be allowed to drop-in and “visit”. We have established “visiting” times throughout the week. Visiting times will be limited to 1 hour per person. Call the Senior Center or register on line to reserve a visiting time (check the calendar for dates and times). Masks must always be worn.

BINGO: Wednesdays 1:00 p.m. Bingo will be allowed for up to 20 people including Bingo volunteers. Paper bingo cards will be used instead of our regular bingo cards. Dabbers will be available to purchase (\$1.00) or you can bring your own. You are not allowed to borrow other people’s dabbers. If you forget your dabber, you can purchase another one (\$1.00) from the Senior Center. Bingo will be 1 hour per State guidelines. Call the Senior Center to reserve your space.

OPEN QUILTING: Wednesdays 9:30 – 10:30 a.m. Limited to 20 people. Call the Senior Center or register on line to reserve your space or register on-line. Participants are not allowed to share supplies. Masks must always be worn, and 6-foot social distancing must be followed.

OPEN KNITTING/CROCHET: Thursdays 1:00 – 2:00 p.m. Limited to 20 people. Call the Senior Center to reserve your space. You must call each week to reserve a seat. Participants are not allowed to share supplies. Masks must always be worn, and 6-foot social distancing must be followed.

COLORING CLUB: Wednesdays 3:00—4:00 p.m. Call the Senior Center or sign up on-line to reserve your space. Participants are not allowed to share supplies. The Senior Center has coloring books, colored pencils, crayons, etc. if anyone needs coloring supplies (free). Masks must always be worn, and 6-foot social distancing must be followed. Max allowed is 20.

PEAK CENTER: If you would like to resume your PEAK Fitness Center membership, you must attend a free review session with our Fitness Trainer. We must be certain that everyone remembers how to use the equipment safely and correctly. Please call the Senior Center or register on line to schedule an individual review appointment. The Fitness Center is open by appointment for people who have gone through the review session. Equipment will be limited and spaced to allow for a 12-foot social distance between individuals, so that masks will not be required while exercising. Participants will be required to sanitize the equipment before using and after using each piece. Spray sanitizer and paper towels will be available. Call the Senior Center to schedule your workout time.

HOW TO REGISTER ON LINE

- The Senior Center has on-line registration.
- Type the following email address into your browser:
www.schedulesplus.com/plainville
1. Select (click on) "Register."
 2. Type in your phone number. If you have a couple of phone numbers you may need to try them both. Click on "Search".
 3. Click on your name.
 4. The list that displays on the left side of your screen includes all events that you can register for online.
 5. Click on the event you want. Click on the blue "Add to Cart" button. It will move to the cart.
 6. You can continue to add more events to your cart. Click on programs you want from the list on the left, and they will appear in your "cart" on the right. If you want to remove an event, click on the **red X button in the cart** next to the event you want to delete.
 7. When you are done click on the yellow "Check-out" button in your cart.
 8. To make changes, click on "Cancel and Return to Cart" (upper left) or, if you're done, select the "Save and Proceed to Final Review" button at the bottom.
 9. At the next screen, select "Complete Checkout," the yellow button at the bottom.
 10. The final screen will say "Completed" and "Thank You" at the top. To print your receipt click PRINT.
 11. You are registered! If you have questions, call the Senior Center and we'll be happy to help you!

IMPORTANT NOTE: Once you have registered, if you need to cancel out of an event, you cannot do it online. Please call the Senior Center at 860-747-5728 to let us know. We can then make your space available to someone else. Thank you!

EVENTS

PLAINVILLE HISTORICAL HOME TOUR AT THE PLAINVILLE SENIOR CENTER

Friday, December 4th @ 9:30 a.m.



Call the Senior Center beginning December 1 to register

Enjoy a one-hour tour through Plainville as we "visit" 71 homes built prior to the 1869 incorporation of Plainville. The project was coordinated by Rachel St. Onge, a member of the Senior Center and the photos of the houses were taken by the Plainville Senior Center Snappy Seniors Photography group. Rachel spent three months doing historical research on the homes at the Plainville Historical Society. We are grateful to Rachel and the Plainville Historical Society for co-sponsoring this program.

MICHAELA'S GARDEN SEEDS

Monday, December 7 @ 10:00 a.m.



The Petit Family Foundation will be packaging Michaela's Four O' Clock seed packets on Friday, December 7th starting at 10:00 a.m. Come and join this easy yet worthwhile activity for a great cause. **To sign up, please call the Petit Foundation directly at 860-479-1436 to register to volunteer.**

SING-A-LONG: SONGS OF FRIENDSHIP & COMMUNITY

Tuesday, December 8th at 1:00 P.M.



The ukulele class is planning a virtual community sing-along. There will be songs of Friendship & Community as well as Holiday Songs. Our theme song is "Better Times".

Join Zoom Meeting

<https://us02web.zoom.us/j/4772180382?pwd=dyszWlhOVNQekFOdnFGVGtkcUZYz09>

Meeting ID: 477 218 0382 Passcode: ukulele

MORE EVENTS AND VIRTUAL PROGRAMS

ITALIAN WEDDING SOUP

Wednesday, December 9th @ 11:00 a.m.

Call the Senior Center beginning Tuesday, December 1st to have the recipe emailed to you and to receive zoom link instructions.



The café may be closed, but you can still enjoy the taste of the wonderful Italian Wedding Soup made by Margaret Lemrise, one of our café volunteers. Margaret will be doing a live Zoom cooking class and, if you wish, you can actually cook along at home! The Italian Wedding Soup recipe will be emailed (or mailed) to you prior to the class so you'll have time to purchase your supplies.

FRONT PORCH VISITS

Whether you can't come to the Senior Center, or you don't feel comfortable going out right now, we'd love to come to visit you ... on your front porch, your front steps, in the driveway ... wherever you feel most comfortable! We won't stay long, and we promise to stand 6 feet away with our masks on! Give us a call beginning December 1st if you'd like a visit!! We will be scheduling the visits throughout the month of December and will give you a specific date/time, once we have it.



DOGGIE AND KITTY TREAT & PHOTO DAY

Thursday, December 10th, 2:00 pm

Drive thru with your dog or cat and they will get a special treat! We will take a photo (while you remain in your vehicle) of you and your favorite furry friend for a senior center pet collage! Don't miss this one! Please call the Senior Center or register on-line beginning December 1st. Registration ends December 9th.



COME AND VISIT US!

We'd love to see you and catch up! We have designated certain days and times for "visiting" and invite you to sign up for a time to visit with each other and Senior Center staff! In December, join us on any of the following days: Thursday, December 3rd @ 1:00 p.m., Monday, December 7th @ 1:00 p.m., Monday, December 14th @ 1:00 p.m., Thursday, December 17th @ 1:00 p.m., Monday, December 21st @ 1:00 p.m. You will need to pre-register, as space is limited. We look forward to seeing you! Call to register beginning December 1.



DRIVE THRU CHOCOLATE LOVERS DAY

Wednesday, December 16th@3:00

Calling all chocolate lovers! Come to the Senior Center and get some delicious chocolate goodies on Wednesday, December 16th at 3:00 p.m. Our mouths are already watering!! Call the Senior Center or register on-line beginning December 1st.



SENIOR CENTER VIRTUAL PROGRAMS

Senior Centers from across the state are collaborating and sharing a variety of virtual programs with older adults in Connecticut. Have fun! Learn something new! For more information just call the Senior Center!

ALZHEIMER'S ASSOCIATION VIRTUAL SUPPORT GROUP

Second Thursday of the Month, 11:00 a.m.—12:00 p.m.

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:

Develop a support system, exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, learn about community resources.

To register and for log-in details, please contact: Melissa Fay, LMSW, CDP at: mfay@freshriverhealthcare.com or call 860-623-9846 ext. 224.

VIRTUAL FITNESS PROGRAMS

SILVER SNEAKERS CHAIR EXERCISE CLASS

Wednesdays at 2:30 P.M.

This class is free for people with Silver Sneakers through their health insurance. If you do not have Silver Sneakers, please contact the instructor, Nancy Pandolfo, to make arrangements to pay for the class. If you are not sure if you have Silver Sneakers through your insurance, call the 1-800 number on the back of your insurance card and ask if your plan covers the Silver Sneakers program. New Silver Sneakers students must sign a waiver prior to taking the class. You can pick up a waiver at the Senior Center. Please email Nancy Pandolfo, Instructor, if you would like to take her class or if you have any questions: Fitness123@live.com. This is a ZOOM program.



CHAIR YOGA with DIANA GUNTER

**South Windsor Senior Center
Instructor**

Every Thursday at 12:00 noon on Zoom.

Zoom Meeting ID: 8993401834 Password: breathe



YOGA-LATES FITNESS CLASS ON ZOOM

Fridays at 11:00 A.M.

Taught by Nancy Pandolfo. Call the Senior Center to register and receive Zoom link. This is a combo class of Yoga poses and Pilates core training which incorporates balance, stretching and relaxed breathing. This is a chair class using light weights (if desired). For all fitness levels.

NEW! CARDIO CHAIR FITNESS WITH NANCY ON ZOOM

Mondays and Wednesdays 10:00 A.M.

Call the Senior Center to register and receive the Zoom link.

Everything you can do standing you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching all from the comfort of your own home!

Instructor: Nancy Pandolfo



CURRENT EVENTS DISCUSSION GROUP

Meets at the Senior Center on Tuesdays @ 1:00

Call the Senior Center to register. Stay current by joining our lively discussion of local, state and national news, as well as current events. While the group does not discuss politics, they do talk about health, the environment, science, local happenings in Plainville, world events and more.

GET TESTED FOR COVID-19 At the Plainville Senior Center Tuesday, December 15 9:00 to 1:00

Call Community Health Center for an appointment 475-241-0740 or on-line at www.chc1.com
The testing is **FREE**. No insurance necessary. You can get tested even if you've been previously tested. Drive-In....No need to get out of your car.

Community Health Center also does daily testing at 85 Lafayette St., New Britain and 395 North Main Street, Bristol.

**Testing also available at the Friendship Center,
241 Arch St., New Britain:**

Thursday, December 3, 9:00 am — 1:00 pm

YWCA New Britain, 19 Franklin SQ:

Monday, December 28, 9:00am-12 noon



Our Facebook page is up and running! Be sure to check us out and "Like Us"! Our Facebook page has a big letter "P" in a blue circle and our logo is our "cover page".



NEW MEMBERS:

Kathleen Buettemeyer, Heidi Palance, Gerald Ouellette, Robert Martino, Martin Crane, Sallyann Crane, Janet Catucci, Sirlei Castrogiovanni, Robert Crane, Anita Crane



NEW MOBILE FOODSHARE SITE IN PLAINVILLE

NORTON PARK, 15 Norton Park Road

Mondays: December 14, December 28

11:00 A.M.—11:30 A.M.

Perishable foods including fresh fruits, vegetables, dairy, meat and bread. This service is available to everyone 16 years and older. No identification needed. Please remember to bring your own bags. For the entire Mobile Food Share schedule visit: www.Foodshare.org/mobile. To check for other locations around Plainville and/or cancellations visit the website or call 860-856-4321. Text FOODSHARE to 85511 to receive the mobile schedule and cancellations alerts directly to your phone.

The Food Share program at the Seventh Day Adventist Church is available on Wednesdays for Plainville individuals needing assistance with food. For more information about eligibility and hours contact: Laurie (860) 747-5867. Drive up and a volunteer will put the groceries in your car!

**ZOOM HELP AVAILABLE BY PHONE
THROUGH THE SENIOR CENTER**

More and more programming and classes are now being offered virtually. If you have a smart phone, tablet or computer, you can take advantage of many programs on Zoom. If you haven't given it a try or need help learning how to use it, call the Senior Center! We will schedule an individual telephone appointment for you to "meet" with Tammy to learn how to use Zoom or to answer any questions you might have if you've used Zoom before but would like to learn more. We will provide you with written step-by-step instructions prior to your telephone appointment. Call the Senior Center to schedule your telephone appointment, 860-747-5728.

TELEPHONE BINGO

Thursdays at 1:00 P.M.

If you miss **BINGO** then join us for a weekly game over the phone or on Zoom so you can see other friends. Give us a call to register, so we can provide you with the call-in/Zoom information; we will also make arrangements for you to either pick up a BINGO card or have one mailed to you. Prizes could include toilet paper, lottery tickets, paper towels.



CAREGIVING CONNECTIONS

Tuesday, December 8, 10:00 A.M.



Join your caring friends **IN PERSON** as we support one another on our journeys. We recognize the challenges and frustrations of 24/7 caregiving, especially during these trying times. It is critical to give and receive support from others who truly understand. Come share and be nourished. Caregivers from neighboring towns are welcome! Call the Plainville Senior Center at 860-747-5728 to register. Masks must always be worn and social distancing must be followed. You must register to attend.



**GRANDPARENTS RAISING
GRANDCHILDREN**

Tuesday, December 15, 10:30 A.M.



If you are raising a grandchild or other young relative, you are not alone. Join us **IN PERSON** for our Grandparents/Relatives Raising Grandchildren Information and Support Meeting. Come and share resources, ideas, struggles, joys and more with other older adults in the area who are raising children and teens. Masks must always be worn and social distancing must be followed. **YOU MUST REGISTER TO ATTEND.** Please call the Plainville Senior Center at 860-747-5728 to register. *Funding is made possible in part by the North Central Area Agency on Aging through the Older Americans Act.*

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist individuals with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceilings, washing walls and so much more. If this is something that you would be interested in or like more information about, please call Stephanie Soucy at the Senior Center.



VETERAN'S BENEFITS

Do you need assistance applying for veteran's benefits? Are you wondering what services and programs you might be able to access at the VA? If you served in Vietnam and were turned down for medical assistance in the past, you may now be able to get assistance.

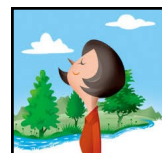
Jason Coppola from the Connecticut State Department of Veteran's Affairs, Office of Advocacy and Assistance is available by phone to help you with all your Veteran Benefit needs. You can reach Jason at 203-805-6340 (please leave a message).



BETTER BREATHERS CLUB ON ZOOM

Friday, December 11 @ 2:30 p.m.

The South Windsor Senior Center has invited our members to join their Better Breathers Club. This month the topic is on Special Nutrition for COPD. Laura Estan, Registered Dietitian and Nutritionist will be our guest speaker. The program will be facilitated by Susan Gouin, certified educator. She will conduct monthly meetings on topics concerning COPD and Asthma. Occasionally, there will be special guest speakers for variety and fun! Call or email Susan at: 860-648-6398, Susan.gouin@southwindsor.org to register, to get the schedule and to get the zoom link. Caregivers are welcome!



STAY CONNECTED!

Want to "stay connected" while staying home and staying safe? The CT Department of Aging and Disability Services has a new grant program called "Stay Connected" that will provide technology such as laptops and tablets to older adults and individuals with disabilities who are increasingly socially isolated because of COVID-19. The grant even provides training on how to use the devices. You do not need to be a "techie" to give it a try. If you would like to be screened for the program, please call your local Area Agency on Aging at 1-800-994-9422 and ask for the "Stay Connected Program" in the CHOICES Department.



MEDICARE ENROLLMENT CLOSES DECEMBER 7TH!

The Fall Medicare Annual Enrollment Period (AEP) ends on **December 7, 2020**, so now is the perfect time to review your Medicare choices. During Open Enrollment you can change plans as needed to meet your current health care needs. You may be able to save money, get better coverage or both. If you are satisfied with your current plan you do not need to make any changes. Stephanie is available to meet with **Plainville Senior Center residents 60 and over** to go over the options available for 2021. Non-residents should call the CHOICES counselor at the Senior Center in their community.

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 \$36,171 (gross) and a family of two could possibly make \$47,300 (gross) and qualify for the program. Asset Limit for homeowners is \$15,000 and \$12,000 for renters. HRA is located at 55 South Street, Bristol. **YOU MUST APPLY EVERY YEAR.** Please call 860-356-2000 or go online to:

<https://hranb-portal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with making an appointment online.

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VOLUNTEERS NEEDED


Are you looking for something to do with your time? Why not give Volunteering at the Plainville Senior Center a try?

We are looking for volunteer help in the following areas:

GREETERS/CHECK-IN : Greet members coming into our Center. Following the CDC/State guidelines, you will have our guests fill out the COVID-19 Screening Form, have them scan their membership card and direct them to their appointments, classes, etc.

We are looking for both weekly volunteers as well as floaters to fill in when needed. Morning hours are 9-1pm and afternoon hours are 1-4pm Monday through Thursday. Friday hours are 9-1pm.

CARING AND CONNECTING THROUGH PHONE CALLS, EMAILS OR LETTERS: We are starting a new program called “Caring and Connecting through Phone Calls, Emails or Letters” so we are looking for volunteers to make telephone calls, send e-mails or letters to our members who are looking for some pleasant conversation, chatting on the phone, connecting with people. You will make calls from your home so you stay safe. So many people are feeling alone during this especially difficult time and would appreciate having a friendly conversation to brighten their day. Maybe you can connect with people who share your same interests and hobbies. If you or someone you know would like a call just give us a call at the Senior Center and if you would like to volunteer to place a friendly call, please call the Senior Center and let us know!



FITNESS CHALLENGE RESULTS

Congratulations to all the folks who participated in our tri-town Fall Fitness Challenge with the South Windsor and West Hartford Senior Centers. South Windsor had the most participants and the greatest number of activities completed.

A hearty congratulations to Plainville Senior Center member Charlotte Politis who logged the most fitness activities in 6 weeks: 106 activities and was active every day during the challenge. We **thank you all** for joining us in keeping active this Fall!

RESULTS: **SOUTH WINDSOR:** 27 Participants, 1787 Activities
PLAINVILLE: 17 Participants, 662 Activities
WEST HARTFORD: 15 Participants, 1258 Activities

UN COMMUNITY CARES

We help fill in the gaps of traditional at-home care services by mobilizing residents to care about and connect with each other. Our goal is to link people who can help to those who need help-whether it’s for one hour per week or month or year. Examples of some services that can be provided are: dust, iron, sweep/vacuum, change linens/make bed, clean kitchen, wash dishes, pet care/walk pets, water plants, yardwork, socialization, deliver groceries, medical appointments. **HOW TO PARTICIPATE:** Using our secure website, interested Volunteers and Community members each create an online profile and upload an ID-type photo (to allow one another to be recognized upon arrival for the in-home visit). When a Community Member submits a request for a Community Deed, local registered Volunteers are notified by email/text then sign into their account to view and accept or decline it. Please call Stephanie at the Plainville Senior Center for more information.