

NEWS & EVENTS

DECEMBER 2022

Shawn Cohen, Director

Ronda Guberman, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

www.plainvillect.com/senior-center

Senior Center Hours: Monday 9:00—6:00 pm, Tuesday, Weds, Thursday 9:00—5:00 pm, Friday 9:00—1:00 pm

Stephanie Soucy, Senior Center Social Worker, is available to assist with concerns about food stamps, care-giving, financial assistance, Medicare, assistance at home & more. No question is too small. Call (860)747-5728.

NEW YEAR'S PARTY REWIND

WEDNESDAY DECEMBER 28, 1:00 P.M. FREE! SIGN UP NOW!

Join us as we celebrate the end of 2022 and say hello to 2023! We will dance the afternoon away with vocalist Jose Paulo who will get everyone singing and dancing with up beat songs to keep the party going. We'll have a glittery photo station, hot and cold hors d'oeuvres, "champagne" toast and dessert.



**AN EMPTY SEAT AT THE TABLE:
GETTING THROUGH THE HOLIDAYS**

THURSDAY, DECEMBER 8, 10:00 AM. CALL THE SENIOR CENTER TO REGISTER. REFRESHMENTS WILL BE SERVED.

If the holidays are different for you this year, because there will be an empty seat at the table, join Bill Pilkington, Supervisor for Pastoral and Bereavement Services at Hartford HealthCare at Home, as he guides us through the challenges that the holidays can bring. Bill will lead a discussion that will allow us to process our feelings, learn ways to provide solace and healing and share ideas for establishing new traditions.



CHRISTMAS DINNER AT THE SENIOR CENTER!

SUNDAY, DECEMBER 25

DOORS OPEN AT 11:30 AM-LUNCH SERVED AT 12 PM

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, homemade, traditional Christmas dinner with all of the trimmings. **Please register by Tuesday, Dec. 20.** Volunteers will provide transportation for those who need a ride to the Senior Center. Let us know when you register if you will need a ride. We do not provide "meals to go". However, if you are homebound and would like dinner delivered to your home, call us to let us know. There is no charge, but donations are greatly appreciated.



NEW PEAK HOURS—Starts December 5. Monday through Thursday 9:00 AM—3:00 PM & Friday 9:00 AM—1:00 PM



SALVATION ARMY KETTLE DRIVE IS HERE!!AND WE NEED YOUR HELP!

The donations from the Kettle Drive assist Plainville residents in need all year long. We need bell ringers to donate their time to make this event successful. The ringing takes place inside Gnazzo's front entrance on **Thursday Dec.8, Friday Dec. 9 & Saturday Dec. 10.** Please see Stephanie Soucy for details.

DENTAL CLINICS
See page 10

NEW COVID CLINIC
See page 3

HELP FOR VETERANS
See Page 10

DECORATE THE TREE
See Page 3

CLASSES & PROGRAMS

SILVER SNEAKERS CLASSIC IS BACK!

FRIDAYS, JANUARY 20—FEBRUARY 24

10:00AM— 10:45 AM

INSTRUCTOR: NANCY PANDOLFO

SIGN UP BEGINS DECEMBER 7.

CLASS IS FREE IF YOU HAVE SILVER SNEAKERS.

COST: \$12.00 IF YOU DON'T HAVE SILVER SNEAKERS.

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

I-PHONE OR I-PAD HELP

FRIDAYS, DECEMBER 2, 9, AND 16

BETWEEN 10-11:30 A.M. BY APPOINTMENT ONLY.

Christine Millette, a Senior Center Volunteer, will answer questions and provide assistance on i-Phones or i-Pads. She cannot assist with Android phones or tablets. She can provide basic assistance with adding contacts, calendar appointments, photos, adding apps, texting & e-mails.

FILE OF LIFE

WEDNESDAY, DECEMBER 7, 9:00 AM

In the event of an emergency, every moment counts. Be prepared before you call 911, with a File of Life. It will help you relay important information to first responders. Stop in between 9:00 AM and 1:00 PM to pick up your free File of Life and have any questions answered by Kara Keyworth, EMT.

UKULELE JAM

Join our group of ukulele enthusiasts to play and sing on Thursdays from 2:00—3:00! Drop in for a great time.



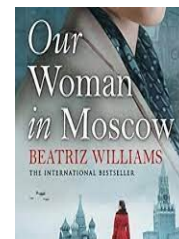
BOOK BUDS DECEMBER BOOK: "OUR WOMAN IN MOSCOW" by Beatriz Williams

FRIDAY, DECEMBER 16, 10:00 AM

COST: FREE! FOR MEMBERS ONLY.

INSTRUCTOR: KATHLEEN MARSAN

Call the Senior Center to register. An intriguing mystery of espionage, precarious plots, loyalty, and dedication during the Cold War, this historical novel has enough twists and turns to keep the reader on the edge of their seat. Just when you think you have it figured out, the plot goes off in another direction! Join us on December 16th, 10AM for an обсуждение (Russian for discussion) with fellow sleuths! The book is available at the library's main desk.



"LET IT SNOW" PAINTED LAMPSHADE DECORATIVE WINE GLASS VOTIVE CANDLE HOLDER

FRIDAY, DECEMBER 9 & 16, 9:30—12:00

INSTRUCTOR: PENNY KINDBLOM COST: \$12.00, INCLUDES ALL MATERIALS, INCLUDING WINE GLASS & BATTERY OPERATED VOTIVE CANDLE. SAMPLE IN SHOWCASE. SIGN UP HAS BEGUN

Hand painted snowman on a paper lampshade which sits on top of a wine glass. Perfect for gift giving.

CHRISTMAS CARD CLASS & A TREAT BAG

MONDAY, DECEMBER 12,

1:00 PM—3:00 PM INSTRUCTOR: SENIOR CENTER MEMBER, DIANE SPERRY

COST: \$2.00

SIGN UP HAS BEGUN

Join us in creating 4 Christmas Cards to enjoy this holiday season!

THIS CLASS IS ONLY FOR PEOPLE WHO DID NOT TAKE THE CLASS IN NOVEMBER.



SHOWCASE YOUR COLLECTION OR HOBBY!

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

December Display by Joseph Ouellette

Joseph will be putting together a festive winter scene for everyone to enjoy. Most of this quarter century collection belonged to his mother who loved Christmas.

MORE SPECIAL EVENTS

AARP SMART DRIVER CLASS

THURSDAY, DECEMBER 15, 12:30-4:30 P.M. COST IS \$20 - AARP MEMBERS. \$25- NON-AARP MEMBERS. SIGN UP HAS BEGUN

The AARP Smart Driver class teaches valuable defensive driving strategies & provides a refresher for the rules of the road. You may qualify for an auto insurance discount by completing the course (check with your auto insurance agent for details).

HEALTHY BRAIN SERIES

THURSDAYS, JANUARY 19—FEBRUARY 16, 2:00 - 3:00 PM
FREE! CALL THE SENIOR CENTER BEGINNING DECEMBER 7 TO REGISTER

***Participants are encouraged to attend all five sessions**

Presenters: Dementia Specialist, Hartford Healthcare
Center for Healthy Aging

Session 1: Activities to challenge your mind

Session 2: Importance of diet and nutrition

Session 3: Finding meaningful engagement as you age

Session 4: Importance of sleep and your brain

Session 5: Lessons for living longer from people who lived the longest



COVID VACCINE/BOOSTER SHOT CLINIC OPEN TO THE PUBLIC

MONDAY, DECEMBER 12
SIGN UP HAS BEGUN

Griffin Health will conduct a FREE COVID vaccine/booster shot clinic at the Plainville Senior Center on Monday, December 12 from 10:00 A.M. to 3:30 P.M. This clinic is open to the public 12 years of age and up. Moderna and Pfizer available. All shots including 1st and 2nd vaccines and all boosters. Call the Senior Center, 860-747-5728, to make an appointment. Bring your photo ID, insurance card and COVID vaccine card. Walk-ins welcome!

MICHAELA'S GARDEN SEED PACKING DAY

MONDAY, DECEMBER 19, 9:30 AM—12:00 PM

The Petit Family Foundation will be packaging Michaela's Four O'Clock seed packets on Monday December 19, from 9:30 Am—12:00 Noon. Come and join this worthwhile activity for a great cause! Sign up by calling the Senior Center at 860-747-5728 or registering on-line at: www.schedulesplus.com/plainville

GET INTO THE HOLIDAY SPIRIT

PLAINVILLE HIGH SCHOOL CHAMBER CHOIR

TUESDAY, DECEMBER 13, 3:00 PM

The Plainville High School Chamber Choir has been invited to sing at a variety of community events and is honored to be presenting a 25-minute caroling concert at the Plainville Senior Center on Tuesday, December 13 at 3:00 PM. This concert will feature a combination of traditional carols, classic holiday songs, and traditional winter choral music. This auditioned ensemble is comprised of 26 of the best student singers at PHS and is sure to delight audiences of all ages. Please join us for this special concert along with a reception to follow! Call the Senior Center to register, so we make sure that Santa's Elves bake enough cookies!

DECORATE THE CHRISTMAS TREE WITH SING-ALONG CAROLS WITH OUR OWN CHORAL GROUP

TUESDAY, DECEMBER 6, 2:00 PM

Get into the Christmas spirit by decorating our Christmas tree in the living room while singing holiday songs with our very own choral group! Enjoy hot chocolate, cookies and being with friends. Please call to sign up. Need a ride to the Senior Center? Call Dial-A-Ride at (860)589-6968.

TOFFOLON SCHOOL CHOIR HOLIDAY CONCERT

WEDNESDAY, DECEMBER 21, 10:45 AM

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

FITNESS PROGRAMS

POWER BURST

MONDAYS, 1:30–2:30 P.M.

INSTRUCTOR: CAROLINE DUBE

Class includes intervals of low-impact movement with walking, marching and other moves to benefit the heart. Strength training with light weights and bands are included to help maintain strength and bone density and tone the body. It is a great overall workout.

BALANCE CLASS

TUESDAYS, 2:00–2:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

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

ZUMBA GOLD

WEDNESDAYS, 9:30–10:30 A.M.

INSTRUCTOR: AMY GRAY

Latin and international dance rhythms create a great cardio workout! Zumba Gold adjusts to accommodate participants of all ages and fitness levels.

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

FRIDAYS, 11:00–11:45 A.M.

INSTRUCTOR: NANCY PANDOLFO

Class is free if you have Silver Sneakers through your health insurance. IN-PERSON OR ON ZOOM.

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

BEGINNERS GENTLE CHAIR PILATES AND BALANCE EXERCISE CLASS

MONDAYS, 2:45–3:45 P.M.

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress and calms the mind and also builds core strength in a safe and gentle way. Balance exercises will be included to help with fall prevention. Students exercise at their own pace. Bring a water bottle.

CARDIO CHAIR FITNESS WITH NANCY

TUESDAYS, 1:00–1:45 P.M.

INSTRUCTOR: NANCY PANDOLFO

Everything you can do standing, you can also do sitting! This class will include marching, knee lifts, kicking, light weights, abs, core and stretching.

THE PEAK FITNESS CENTER IS OPEN! NO APPOINTMENTS NEEDED!

Stop by the Senior Center for a tour of our Fitness Center and to pick up a membership packet. The PEAK Fitness Center offers a variety of cardiovascular and weight training equipment. Individuals must obtain a medical approval from their physician and attend a training session with our Fitness Trainer. Call the Senior Center for more information. The PEAK Center is open, and appointments are no longer needed! Work out when you want. PEAK Center hours are: **Monday-Friday, 9:00 A.M.-1:00 P.M.**

CLASS DESCRIPTIONS

ACRYLIC PAINTING

MONDAYS, 10:00 A.M. — 12:00 P.M.

INSTRUCTOR: ABBE WADE

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

CERAMICS

THURSDAYS, 9:30 — 11:30 A.M.

INSTRUCTOR: GLORIA CERNIGLIA

Cost includes instruction, glazes and firing. Students select and pay for their own greenware. Learn how to choose a piece of greenware, clean, paint it and glaze it. Beginners welcome! Students are responsible for their own greenware, brushes and specialty glazes/supplies.

KNITTING/CROCHET

THURSDAYS, 1:00 — 3:00 P.M.

INSTRUCTOR: EVELYN MORIN

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

WATERCOLOR CLASS

FRIDAYS, 9:30 A.M.-11:30 A.M.

INSTRUCTOR: PENNY KINDBLOM

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

CLASS SCHEDULE Class descriptions on pages 2, 4

Please Note: You can always register for a class, even if the session has begun. We are able to pro-rate classes for late sign-ups only. We cannot pro-rate or discount for anticipated missed classes due to vacations, doctor's appointments, etc. Members may sign up for new classes beginning on **Mega Sign-Up Day, December 7 between 9:15 a.m. - 4:45 p.m.** Non-members may sign up for classes that allow non-members starting **December 14** if there is still room in the class. The drop-in rate for any class that allows drop-ins is \$5.00 for Senior Center members and \$8.00 for non-members. Financial assistance is available to Plainville residents (60+) who have difficulty paying for classes. Please see Shawn or Ronda.

CLASS	TIME	CURRENT SESSION	Next Session Registration Has Begun
MONDAY			
Power Burst	1:30-2:30	Oct. 24—Dec. 19, 9 weeks, \$18.00	Jan. 23—Mar. 6, 6 weeks, \$12.00 No Class Feb. 20
Chair Pilates & Balance	2:45-3:45	Oct. 24—Dec. 19, 9 weeks, \$18.00	Jan. 23—Mar. 6, 6 weeks, \$12.00 No Class Feb. 20
TUESDAY			
Cardio Chair Fitness w/ Nancy	1:00-1:45	Nov. 8—Dec. 20, 7 weeks, \$14.00	Jan. 17—Feb. 21, 6 weeks, \$12
Balance Class	2:00-2:45	Nov. 8—Dec. 20, 7 weeks, \$14.00	Jan. 17—Feb. 21, 6 weeks, \$12
WEDNESDAY			
Zumba Gold	9:30 -10:30	Nov. 30—Dec. 21, 4 weeks, \$12.00	
Quilting (Work on your own project-Instructor available)	9:30-11:30	Dec. 7, 14, 21, 3 weeks, \$6.00	
THURSDAY			
Ceramics	9:30 – 11:30	Dec. 1—Dec. 22, 4 weeks, \$16.00	Jan. 19—Mar. 9, 8 weeks, \$32
Knitting/Crochet	1:00-3:00	Nov. 17—Dec. 22, 5 weeks, \$10.00	Jan. 19—Mar. 9, 8 weeks, \$16
FRIDAY			
Watercolor	9:30-11:30	See Display case for painting sample.	Jan. 20—Mar. 24, 10 weeks, \$30 (Includes Watercolor Paints)
Silver Sneakers Classic	10:00-10:45		Jan. 20—Feb. 24, 6 weeks, \$12 Free if you have Silver Sneakers
Yoga-Lates	11:00-11:45	Dec. 2—Dec. 16, 3 weeks, \$6.00 Free if you have Silver Sneakers	Jan. 20—Feb. 24, 6 weeks, \$12 Free if you have Silver Sneakers

HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to www.schedulesplus.com/plainville & log in using your phone number.
- Select your class(es) and/or program(s) you want to register for. Hit **Add**. Then click on **View Cart** to see the classes or programs you have selected. Then hit **Checkout** and **Proceed to Final Review**. Press **COMPLETE MY ORDER** to finish. You can also hit **Email Receipt** so you can have a record of your registration e-mailed to you.
- **PLEASE NOTE: You can only register for FREE programs & classes online. You must register in person for all paid programs & classes. Pay by cash or check made out to the Plainville Senior Center.**
- If you have trouble registering online, you can call us here at the Senior Center (860)747-5728 so we can register you.

SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

CAREGIVING CONNECTIONS

Join your caring friends on **Tuesday, December 13**, at 10 a.m. at the Senior Center as we support one another on our journeys and recognize the challenges and frustrations of 24/7 caregiving. You must register to attend. Call the Senior Center to register.

GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group on **Tuesday, December 20** at 10:30 a.m., at the Senior Center and share resources, ideas, struggles, joys and more with others who are raising their grandchildren. Funding for this program is made possible in part by the Older Americans Act through the North Central Area Agency on Aging. You must register to attend. Call the Senior Center or go online at www.schedulesplus.com/plainville to register.

MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, DECEMBER 15, 2:00 P.M.

CALL THE SENIOR CENTER TO REGISTER. OPEN TO THE PUBLIC.

Memory Cafés are safe and supportive social gatherings for people with changes in their memory along with their care partners. Relax and socialize with others experiencing similar life challenges. This program is funded in part by Title III of the Older Americans Act through the North Central Area Agency on Aging, Inc. & the CT State Unit on Aging.

MEDICARE'S OPEN ENROLLMENT ENDS DECEMBER 7



Medicare's Open Enrollment runs **October 15 through December 7** and is the time of year when you can make certain changes to your Medicare coverage. Any changes you make will take effect on January 1. During this time, you can join a new Medicare Advantage Plan or Part D prescription drug plan, switch from Original Medicare to a Medicare Advantage Plan or switch from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan). It's always good to review your coverage each year to be sure it meets all your needs. Please call Stephanie at the Senior Center, 860-747-5728, with questions or to set up an appointment to review your options.

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 \$39,791(gross) and a family of two could possibly make \$51,996(gross) & qualify for the program. You can apply on-line, by phone, in-person or a mail-in application. 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 scheduling an appointment online or to complete an application.

FOOD SHARE PROGRAM - THE SEVENTH DAY ADVENTIST CHURCH

This program is offered Wednesdays for Plainville residents needing assistance with food. For more information about eligibility and hours, contact: Laurie at (860) 747-5867. Drive up, and a volunteer will put the groceries in your car!

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



QUICK TRIP/TRIP GUIDELINES

PLEASE NOTE: MASKS MUST BE WORN ON ALL SENIOR CENTER DIAL-A-RIDE DESTINATIONS AND QUICK TRIPS ON THE DIAL-A-RIDE BUS. BOATS, RESTAURANTS, MUSEUMS, ETC. ARE BY VENDOR'S POLICY OR LOCAL RULES

SIGN-UP: Trip sign-ups take place during regular business hours (Mon.—Fri.). Cash or check is due at the time of sign-up.

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

QUICK TRIP/TRIP CANCELLATIONS:

Call the Senior Center immediately so we can try and find a replacement for you from our waiting list (if we have one). *If you must cancel the night before or the morning of the trip, please call Angela at (860) 839-7346 before 9:00 p.m. the night before the trip or before 9:00 a.m. the day of the trip.* You may also call the Center after 9:00 a.m. and alert us so we can **try** to get a refund for you. We must pay for any number that we guarantee to the tour companies.

Once we pay, refunds are rarely given. We will always attempt to get a refund, and whatever we are refunded will be passed on to you.

PARKING: Parking for most trips is at Our Lady of Mercy Parish Center (the former parish school) Parking Lot (19 South Canal St.). Enter Parish Center parking lot on the right as close to the dividing fence with the Rectory and park on your right. Please park one after the other in the lined areas.

MEDICAL ID CARDS: For your protection in the event of a medical emergency, you must have a medical ID card filled out. Please show the bus captain your ID when you board the bus. She does not need to read it. Please stop by the Senior Center to get one.

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 at Our Lady of Mercy and the Senior Center is at your own risk.

SEAT ASSIGNMENTS: Your seat assignment will be given to you before boarding the bus. ***Be at your departure location 15 minutes prior to our departure time in order to board the bus. We cannot wait for latecomers.***

FYI: We keep Reserve Lists for all trips including Quick Trips. If there is a cancellation, we always sign up members from the Reserve List first! Members who sign the Reserve List and want to bring a non-member friend should be aware that since we always sign up members first, we will skip over non-members until all members have been contacted.

SENIOR CENTER QUICK TRIPS

We use our Dial-A-Ride Bus which 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.

MORE TRIPS



CURRENT QUICK TRIPS!

AQUA TURF HOLIDAY PARTY HOLIDAY FUN WITH THE CARTELLS

Featuring a sing-a-long from the Glamour Girls.
DECEMBER 13, 11:00 A.M.-3:30 P.M.

COST \$47.00 PER PERSON OR \$51.00(TAKE OUR BUS) SIGN UP BEGINS NOVEMBER 2

Come join us for the Aqua Turf Holiday Party... food, fun and music to get you in the holiday spirit! Enjoy family style Roasted Turkey and Baked Scrod with all the sides. Coffee and donuts upon arrival, glass of beer or wine and door prizes!!



MONTHLY SHOPPING TRIPS

BRISTOL WALMART,

TUESDAY, DECEMBER 6. PICKUP AT SENIOR CENTER AT 9:00 A.M. HOME PICKUPS BEFORE 9:00 A.M. SHOP FROM 9:30 A.M.—1:00 P.M. SIGN-UP HAS BEGUN.



TRAVEL OPPORTUNITY WITH BRISTOL

The Bristol Senior Center has invited us to travel with them. A list of their 2023 trips is available at the Bristol Senior Center. A trip meeting will be held on December 14 to learn about the trips. Trip sign-ups begin January 9, 2023. Meeting and sign-ups are at the Bristol Senior Center.

TRIPS

NEW TRIPS

BRIGHT NIGHTS AT FOREST PARK, SPRINGFIELD, MA

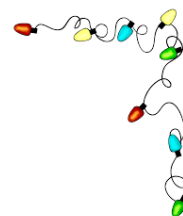
MONDAY, DECEMBER 12, 4:00 PM—8:00 PM

HOME PICK-UPS FOR THOSE WHO DON'T DRIVE BEGIN AT 4:00 PM

BUS LEAVES SENIOR CENTER AT 4:15PM, RETURNS APPROX. 8:00 PM

COST: \$11.00 PER PERSON COVERS TRANSPORTATION AND ADMISSION

Sign-up starts December 5. Bright Nights at Forest Park has welcomed more than 3.8 million visitors since 1995. It is known as the Northeast's premier holiday lighting experience. The 3-mile route features light displays with more than 675,000 lights. This year, Spirit of Springfield constructed a significant light structure to add to its gift shop area that will feature over 5,000 lightbulbs. Join us for this spectacular holiday treat! We will be stopping for a quick dinner/bathroom stop at Chick-Fil-A after viewing the lights. You may bring a sandwich or snacks for the bus if you prefer.



IVORYTON ILLUMINATIONS, ESSEX SHOPS OR RIVER MUSEUM, DRIVE AROUND TO VIEW ESSEX & IVORYTON BY DAY & NIGHT TO VIEW THE LIGHTS, IVORYTON, CT

WEDNESDAY DECEMBER 14, 10:30 AM—6:30 PM

HOME PICK-UPS FOR THOSE WHO DON'T DRIVE BEGIN AT 9:30 AM

BUS LEAVES SENIOR CENTER AT 10:30 AM, RETURNS APPROX. 6:30 PM

COST: \$8.00 PER PERSON LUNCH ON YOUR OWN

Sign-up starts Dec. 5. Join us for a holiday visit to the village of Ivoryton with its over 450,000 lights. First, the Ivoryton Tavern for lunch on your own (cash only), a menu is available at the Center and specials will be available on Dec. 14. Next, we will drive through Ivoryton & Essex to see the quaint villages & the marina area & the CT River. You will choose to spend the afternoon shopping and walking around Essex or visiting the River Museum (extra charge \$10.00) and the Annual Holiday Model Train Exhibit. The museum focuses on marine environment & maritime heritage of the CT River Valley. At dark, board the bus to see the Lights of Essex & the Ivoryton Illuminations.



OUTDOOR ADVENTURE

SCOVILLE RESERVOIR, WOLCOTT

FRIDAY, DECEMBER 16. LEAVES SENIOR CENTER AT 10:30AM RETURNS APPROX. 3:00 PM COST:

\$5.00. SIGN UP BEGINS DEC. 7.

INCLUDES TRANSPORTATION. LEADER: EILEEN CYR

Enjoy an early Winter easy 3 1/2 mile loop (about 1 hour) around Scoville Reservoir. Trail is unpaved. Wear sturdy walking shoes and clothing suited for the weather. After the hike, enjoy lunch (on your own) at The East Street Eatery.

ASHLEY RESERVOIR WALK, HOLYOKE, MA

SATURDAY, JANUARY 21. LEAVES SENIOR CENTER AT 10:00 AM RETURNS APPROX. 4:00 PM

COST: \$8.00. SIGN UP BEGINS DEC. 7.

INCLUDES TRANSPORTATION. LEADER: EILEEN CYR

Start the New Year with an easy 4 1/2 mile walk (about 1 1/5 hours) at Ashley Reservoir. Trail is unpaved. Wear sturdy walking shoes & clothing suited for the weather. Bring a walking stick & water. After the walk, we will have lunch at Tunxis Tavern in Windsor.

TAKE NOTE!

EGGS! FARM FRESH EGGS!

Member Priscilla Gundry is bringing in farm-fresh eggs to give out to members for **FREE!** Bring in egg cartons for collection. Limit of 6 per person. Priscilla will drop off the eggs around 9AM on: Dec.15, Jan. 5 & Jan. 26.

NOTEWORTHY

GET THE LATEST NEWS BY EMAIL!!!

After our newsletter is sent out each month, we usually get notices about free events or interesting programs in the area or “give a-ways” or last minute trip shares or lectures or important information on community news and fun stuff to do!! We send out emails during the month with details.

Would you like to join our email list? Call, send an email or stop by and give us your email address. If you want to email us, send an email to beamc@plainville-ct.gov.

PLEASE NOTE: we do not share our email address list with anyone.

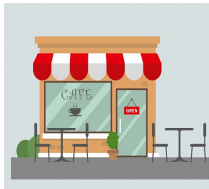
DAILY LUNCHES AT THE SENIOR CENTER

Lunches are available Monday-Friday by advance reservation only. Call Bonnie at the Senior Center (860)747-5728 between 10:00-10:30 a.m. to reserve your meals. If you do not reserve your meal in advance, you can try calling the day that you want a meal to see if there is a cancellation. Menu is available at the Senior Center.

THE SENIOR CENTER LE PETIT CAFÉ SPECIALS

Join us for lunch in the café on

Tuesdays and Wednesdays, 11:30 - 1:00. Enjoy a new special every week in addition to our regular menu which features our famous grilled cheese sandwiches, BLT's, salads, paninis, and delicious homemade soups! Fresh baked cookies available also!



CASH OR CHECK ONLY.

New!! Café Loyalty Card! Buy 5 paninis, sandwiches, or specials and get one free!

DECEMBER 6 & 7: Italian Melt Panini
Soup: Tuscan White Bean

DECEMBER 13 & 14: Ham & Cheese Quiche
Soup: White Chicken Chili

DECEMBER 20 & 21: Turkey Gobbler Panini
Soup: Chicken Noodle

DECEMBER 27 & 28: Café closed

VOLUNTEERS

PEAK CENTER VOLUNTEERS NEEDED

We are hoping to extend hours at the PEAK Center to 3 p.m., but we need volunteers. If you can commit to working one day of the week from 1-3 p.m., you will get a complimentary or reduced subscription to the PEAK Center. If you are interested, please see Sharon.

Attention Fabulous Volunteers! The Volunteer Board is Back!!

We reinstalled the Volunteer Board in the hallway leading from the office to the lounge (opposite the display case). Come & record your volunteer hours on this board each time you volunteer. As you recall, we had to discontinue using the volunteer board during the COVID pandemic because the space where the board was hanging was too narrow to maintain a 6-foot social distance.

Now we can proudly display your generous volunteer hours! Simply find your name (names are listed alphabetically) & record your hours under the date you volunteered. The list currently only includes volunteer names of people who have recorded their hours since the pandemic began in March 2020. Also, talk with Sharon to update any hours you may not have recorded yet. If your name is not listed, simply add it to the end of the list and we will type it in the following month. You can still record your hours online if you prefer (<https://schedulesplus.com/plainville/kiosk>). Every volunteer hour counts and we appreciate all that you do to keep our Center so active!

Every hour counts! We want to make sure we capture all hours for 2022 with a goal to exceed the volunteer hours listed for 2021. If you haven't recorded any hours this year, but you did volunteer some time, please see Sharon or record your hours on the board.

We use the names/hours on the volunteer board to invite volunteers to our annual recognition events. The only way we know who is volunteering is if you record your name and hours.

HEALTH PROGRAMS AND INFORMATION

MEDICARE SAVINGS PROGRAM (MSP)

NEW INCOME LIMITS:

Singles Range From: \$2,390 to \$2,786

Couples Range From: \$3,220 to \$3,754

There is No Asset Limit nor Estate Recovery

Here is a general update on MSP (programs paying for folks Part B premiums for Medicare/assistance with co-pays and cost-share): The State of CT offers financial assistance to eligible Medicare enrollees. They will pay the Medicare Part B and Medicare Part D premiums for qualifying enrollees. Some enrollees will also be covered for the Medicare deductibles and co-insurance. Additionally, qualifying enrollees are automatically enrolled in the Medicare Part D Low Income Subsidy (LIS). Stephanie can review your eligibility for MSP. Contact her at the Senior Center.

AYUDA PARA LAS PERSONAS CON NECESIDADES

El Departamento de Servicios Sociales, junto con otras agencias y organizaciones de Connecticut proporcionan una amplia variedad de programas que pueden beneficiarle a usted y a su familia. Pase por el Centro para personas mayores para obtener un folleto o llame al Departamento de Servicios Sociales del Estado de CT al 1-800-626-6632.

THE NURSE IS IN!

GEORGIA STERPKA, APRN
IS AVAILABLE BY APPOINTMENT FOR:



REGULAR AND DIABETIC FOOT CARE

Cost is \$18.00 for Plainville resident members and \$28.00 for out-of-town members. **EAR**

WAX REMOVAL: COST IS \$5.00. CHOLESTEROL

SCREENING -This type of test does not require

fasting. Cost is \$12. **FREE BLOOD PRESSURE**

SCREENINGS Senior Center Members only.

DENTAL CLINIC RETURNS AGAIN

The Community Health Center Mobile Dental Clinic will be offering preventative dental services by appointment on **December 28 & 29**.



To schedule an appointment, call Monica

Caseley at (475)471-5011. Services include x-rays, cleaning, fluoride & oral health education. For patients with no dental insurance, a standard fee of \$30 for cleaning, x-rays and fluoride applies. Patients unable to afford the \$30 fee can contact Stephanie for scholarship and eligibility information. You **must** contact Stephanie prior to your appointment.

HEAVY CLEANING HELP AVAILABLE FOR QUALIFIED INDIVIDUALS

When was the last time your house or apartment had a deep cleaning? The Senior Center has received grant funding from the North Central Area Agency on Aging to assist Plainville residents with heavy duty cleaning in their homes: cleaning the oven, cleaning the inside and underneath the refrigerator, moving furniture to vacuum floors, scrubbing bathtubs/showers, dusting ceiling, washing walls and so much more. Please call Stephanie Soucy at the Senior Center for more information.

VETERANS' NEWS & ACTIVITIES

Help for Veterans

Our new Veterans Service Officer, CT Department of Veterans' Affairs, is Eric Vickers. He will begin appointments for assistance at the Senior Center December 7, 2022. Call now at 203-805-6343 if you have any questions, problems or issues and he can assist you.

VETERANS' SOCIAL HOUR

THE DECEMBER MEETING HAS BEEN CANCELLED. NEXT MEETING TUESDAY, JANUARY 24.

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



Donations

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

GENERAL DONATIONS

Diane Chamberlain, Madeline Drake, Robert Simone, Sally Cobrain, Lucille Levesque, Karen Morrison, Kathy Knox, Carol Ross, Donna Wolicki, Bob Swiatek, Allyn & Marti Kall, Paula Maglio, Maria Wynkoop, Joan Marsh, Angelina Levandowski, Doris Olson, Ellie Gendron, Debra MacDonald, Linda Altmeyer, Patricia Delaney, Angela Civitillo, Kevin San Juan, Arthur Kristoff, Cindy Fruchtenicht, Jagoda Czereba, Sharon & Bruce Messenger, Joseph & Lise Terrien, Eva Klinger, Charlotte Politis, Rebecca Muller, Geraldine Wells, Ed Sharp, Anonymous, Doreen Baldwin, Ann Campbell, Sandy Robinson, Joyce Goldberg, Joan McBain, Debbie Merci, Ann Moore, Barbara Wallace, Maryann Provost, Soni Sperduti, Theresa McLaughlin, Karen Orvis

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:

Elaine Wyzga, Arthur Chamberlain, Stella Massa, Frank Murtha, Georgia Sterpka and Family, John Maciulewski, Ellen Couture, Marlene Maglio, Darlene Bachand, Lynn Gagnon, Charlene Bechard, Wayne Weinhofer, Sandy Therrien, Dan Strickland, Lenny Cannon, Ann Campbell, Norma Weisenburger, Ceal Defrancesco, Beatrice Dumont, Jo Maetz, Helena Niziolek, Richard Belden

SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Darlene Marquis, Clifford Logan, Barbara Schultz, Larry Belanger, Shirley Platt, Helen Kisluk, Rosemarie Miller, Elaine Wyzga, Hazel Decker, Monique Beaulieu, Elaine Rich

SYMPATHY CARDS WERE SENT TO:

Joan Noyes, Maria & Fausto Scricca, Patricia Josephs, Rob & Marcy Miller & Family, Marilyn Ruel, Lois & Ronald Jablonski

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 9AM 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.

TRANSPORT WHEELCHAIRS NEEDED

The Senior Center is looking for another transport wheelchair or two to loan out. These are so popular, we can't keep up with the need for them. Compared to wheelchairs, transport chairs have smaller rear wheels that cannot be reached while sitting in the chair. Call us at (860)747-5728 to make arrangements to drop off the chair.

OCTOBER NEW MEMBERS



Bernice Blakeslee, Deborah Campochairo, Thomas Davis, Robert Eldridge, Somjit Enos, Sandra Giannini, Martin Hellman, Joan Lepore-Hushin, Lisa Marci, James McAuliffe, Lori Morrell, Kathy O'Hare, Patti Pitkin, Brian Roche, Phyllis Roche, Russell Roy, Christine Rybczynski, Meda Talley and Sandra Thibodeau.

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THIS AND THAT

SETBACK WEEKLY TOURNAMENT WINNERS

OCT. 24: 1st: Verna Pekrul/Bernie Grabeck 2nd: Butch Gudat/Sandy Robinson 3rd: Mary Levanti/Linda Dominique
OCT. 31: 1st: Elaine Chartier/Joe Babin 2nd: Bernie Grabeck/Verna Pekrul 3rd-Tie: Mary Levanti/Linda Dominique & Butch Gudat/Sandy Robinson
NOV. 07: 1st: Sally Miller/Bob Albrecht 2nd: Alyce Lembo/Judy Laprise 3rd: Ann Testa/Marla Ludwig 3rd: Ann Testa/Marla Ludwig
NOV. 14: 1st: Bob Albrecht/Joe Fortuna 2nd: Sandy Robinson/Butch Gudat 3rd: Bernie Grabeck/Verna Pekrul

WEEKLY POOL TOURNAMENT WINNERS

OCT. 13: 1st: Stan Funk 2nd: Joe Babin
OCT. 20: 1st: Bob Korpita/Joe Babin 2nd: John Gasparini/Val Dumais
OCT. 27: 1st: John Gasparini/Val Dumais 2nd: Stan Funk/Ray Phillips
NOV.03: 1st: Bob Kopia 2nd: Stan Funk

2022 CRAFT FAIR RESULTS

We were thrilled to have our Craft Fair back since 2019! We raised a total of \$3,359.50 for Plainville Dial-A-Ride. Thank you to everyone for donating, shopping and volunteering to make the day a great success.

Afghan Raffle	\$50.00
Mickey & Minnie Raffle	\$37.00
Food Cart Raffle	\$108.00
Senior Center Knitted Table	\$227.50
Rainy Day Raffle	\$757.00
Painting Raffle	\$77.00
Cookie House	\$401.00
Bake Sale	\$300.00
Quilt Raffle	\$81.00
Quilted Table Raffle	\$368.00
Craft Fair Vendors	\$910.00
Greeting Cards	\$43.00
Total Fair	\$3,359.50

THANK YOU TO EVERYONE WHO DONATED! We were provided with many lovely hand-crafted items & a table of delicious baked goods to sell!

CONGRATULATIONS TO ALL THE RAFFLE WINNERS!

Food: Mary Ann Ferone **Quilt:** Charlotte Oakes **Mickey & Minnie:** Soni Sperduti **Afghan:** Ellen Couture **Painting:** Karen Lawrence
Rainy Day Fund: Lois Schmidt

RAINBOW LUNCH

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

Transportation

Dial-A-Ride

If you need a ride to a doctor's appointment, grocery store, pharmacy or bank, **call HRA at (860)589-6968, ext. 1 or 3, to schedule a ride.**

Our Dial-A-Ride operates on Monday, Tuesday, Wednesday and Thursday 9:00 A.M. to 4:00 P.M. and Friday 9:00 A.M. to 1:00 P.M. You must wear a mask on the bus and we cannot transport anyone who is feeling ill. **We ask that you be ready on time for your ride.**

Plainville Dial-a-Ride can bring persons to medical appointments in Plainville, Bristol, Southington, New Britain, the Newington VA Hospital and some locations in Farmington. All other destinations are limited to Plainville only.

SENIOR TRANSPORTATION SERVICES

ANOTHER OPTION FOR RIDES TO MEDICAL APPOINTMENTS

Senior Transportation Services, Inc. (STS) is available to provide affordable transportation to medical appointments for Plainville residents age 55 and over. STS relies on trained volunteer drivers to take riders to medical appointments as far as 20 miles from Plainville, starting as early as 6:00 a.m. There is an annual membership fee and cost (based on mileage) to use the service. Financial assistance is available for individuals who cannot afford the fees. For help in paying for the service call Stephanie or Ronda at (860)747-5728. **To discuss riding or volunteering with Senior Transportation Services, please call (860)224-7117.**



ADDITIONAL TRANSPORTATION OPTIONS

ENCOMPASS

Encompass is an on-demand transportation program for seniors and individuals with disabilities in the Greater Hartford area. Eligible persons can use this service to travel anywhere, anytime, 24/7, 365 days a year without restrictions.

Eligibility: Eligible applicants must be at least 60 years of age or have a disability.

Trip Cost: Trips are discounted. Passenger pays \$5.00 for the first 8 miles traveled and \$2.00 per additional mile after that.

Call Encompass at (860)444-4444 or visit online at Encompass.M7Ride.com.

ADA Paratransit



ANOTHER OPTION WITH MORE HOURS & DESTINATIONS

The Americans with Disability Act (ADA) Paratransit Service provides more hours and more destinations than the Senior Center's Dial-A-Ride service and even runs on Sunday! It is another option for seniors and persons with a disability who cannot drive.

ADA Paratransit travels for any reason to parts of Avon, Berlin, Bloomfield, Bristol, Cromwell, East Hartford, Ellington, Farmington, Glastonbury, Hartford, Manchester, Meriden, Middletown, New Britain, Newington, Plainville, Rocky Hill, South Windsor, Tolland, Vernon/Rockville, West Hartford, Wethersfield, Windsor and Windsor Locks. Not all parts of Plainville are covered by ADA, but you may be able to use ADA with the help of Dial-a-Ride.

Plainville hours, except for major holidays, are **Monday-Friday, 5:35 a.m.—midnight, Saturdays, 6:35 a.m.-midnight and Sundays, 7:50 a.m. to 8:00 p.m.**

Each ride is just \$3.50 and discount ticket books can be purchased at Stop & Shop in a book of ten for \$28 (only \$2.80 each). There is a wheelchair lift, if needed. A personal care assistant can accompany you for free if approved.

You Must be Pre-Approved — How to Apply:



The online application can be found at www.ctada.com. **You can also call the Senior Center at (860)747-5728 for an appointment with Stephanie who can assist with the online application process.** Applications are available at the Senior Center. An application can be sent to you by calling (860)247-5329, X3100. The same number can be called to get an updated ID number, if you are already an ADA Para-Transit rider.

FREEDOM RIDE

Freedom Ride is a prepaid reduced fare voucher program, which offers a 50% discount from the normal taxicab rate, with a minimum purchase of \$25 initially. It is available to ADA eligible passengers who need transportation beyond the traditional ADA paratransit service area and hours or for same-day service.

For more information about the Freedom Ride Taxi Voucher program, call **(860)247-5329, extension 3086.**

DECEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	KEY: GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED			1 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Ukulele Jam	2 9:00 Christmas Tree Shoppe 9:15 Walk (GR) 9:30 Choral (BR) 10:00 I-Phone/I-Pad help (CA)* 11:00 Yoga-L (GR/Z)	3
4	5 9:00 NURSE* 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	6 9:00 NURSE* 9:00 Shopping Bus 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E. (GA) 1:00 Cardio Chr (GR) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 2:00 Balance (GR) 2:00 Decorate Tree	7 MEGA SIGN UP 9:00 File of Life 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilt (CR) 10:00 Veterans Help (CL)* 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	8 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Empty Seat (GR) 10:00 Mex. Train (CL) 12:00 COA (CR) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Ukulele Jam	9 9:15 Walk (GR) 9:30 Wine Glass Lampshade (GR) 10:00 I-Phone/I-Pad help (CA)* 11:00 Yoga-L (GR/Z)	10
11	12 9:00 NURSE* 9:15 Walk (GR) 10:00 Covid Clinic 12:30 Setback (GR) 1:00 Christmas Card (CR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR) 4:15 Bright Nights	13 9:00 NURSE* 9:15 Walk (GR) 10:00 Caregiving (CR) 10:00 Ladies Pool 10:00 Cribbage (GA) 11:00 Aqua Turf 12:30 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Balance (GR) 3:00 Plainville HS Choir	14 9:15 Walk (BR) 9:30 Zumba (GR) 9:30 Quilt (CR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR) 10:30 Ivoryton	15 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc. (GA) 12:30 Smart Driver (GR) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (BR) 2:00 Memory Café (CR) 2:00 Ukulele Jam	16 9:15 Walk (GR) 9:30 Wine Glass Lampshade (GR) 10:00 I-Phone/I-Pad help (CA)* 10:00 Book Buds (OS) 10:30 Scoville Walk 11:00 Yoga-L (GR/Z)	17
18	19 9:00 NURSE* 9:15 Walk (GR) 9:30 Michaela's Seeds Packing (CA) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR)	20 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:30 Grandparents (CR) 12:30 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR) 2:00 Balance (GR)	21 9:15 Walk (BR) 9:30 Quilt (CR) 9:30 Zumba (GR) 10:45 Toffalon Choir 1:00 Bingo (GR) 1:15 Charlem. (CA) 3:00 Coloring (BR)	22 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 2:00 Ukulele Jam	23 SENIOR CENTER CLOSED 	24
25 12:00 Christmas Dinner	26 SENIOR CENTER CLOSED	27 9:00 NURSE* 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 12:30 Current E. (GA) 1:00 Bridge (OS) La Petit Café Closed	28 9:00 DENTAL CLIN.* 9:15 Walk (BR) 1:00 Bingo (GR) 1:00 New Year's Party (BR) 1:15 Charlem. (CA) 3:00 Coloring (BR) La Petit Café Closed	29 9:00 DENTAL CLIN.* 9:15 Walk (GR) 10:00 Mex. Train (CL) 12:30 Pool Tourney 12:30 Pinoc. (GA) 1:00 Bridge (OS) 1:00 Scrabble (CA) 2:00 Ukulele Jam	30 SENIOR CENTER CLOSED 	31