

Shawn Cohen, Director

Victoria Nadolski, Assistant Director

200 East Street, Plainville, CT 06062

860.747.5728

[www.plainvillect.com/senior-center](http://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.

**CHRISTMAS DINNER AT THE SENIOR CENTER!**

MONDAY, DECEMBER 25

DOORS OPEN AT 11:00 AM— MEAL SERVED @ 11:30 AM

This special meal is for Senior Center members and any Plainville resident who is 60 years of age or old and who will be alone on Christmas Day. Join us for a delicious, homemade, traditional Christmas dinner with all the trimmings. **Please register by Wednesday, 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 “take-out meals”. 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. **\*Thank you** to Danielle Rivera and all the volunteers who make this day possible.



**FRAUDS AND SCAMS FACING SENIORS**

WEDNESDAY, DECEMBER 6, 2:30 PM—4:00 PM

*This event is Free and open to the public*

State Senator Henri Martin and State Representative Francis Cooley invite you to attend this Free event at the Plainville Senior Center.

Catherine Blinder from the Department of Consumer Protection will give a broad overview about what the Department of Consumer Protection does and present on common frauds and scams facing seniors.

It is an opportunity to let seniors share what scams they have experienced so she can give ways to avoid them. \*For more information, call Klya LoPresti at 1-800-842-1421 or e-mail: [Kyla.LoPresti@cga.ct.gov](mailto:Kyla.LoPresti@cga.ct.gov)

**PLAINVILLE SENIOR CENTER PER DIEM DIAL-A-RIDE DRIVER NEEDED!**

Immediate opening for a per diem Dial-a-Ride driver, Monday—Friday. Contact Shawn or Victoria at 860-747-5728.

**TREE TRIMMING AND CAROL SINGING**

TUESDAY, DECEMBER 5, 2:00 PM

Let’s kick off the season and spread some holiday cheer with our annual decorating of the Christmas tree while singing holiday songs with our very own choral group. Enjoy hot cocoa, cookies and being with friends.



**VACCINATION CLINIC**

WEDNESDAY, DECEMBER 13, 9:30 AM—12:30 PM

We will be hosting a COVID, high dose Flu, RSV, Shingles, and Pneumonia Vaccine Clinic in partnership with Stop & Shop. Appointments are required and you must bring your insurance card.

**NEW YEAR’S CELEBRATION**

WEDNESDAY, DEC. 27, 2:00 PM—FREE

Join us as we say goodbye 2023 and ring in 2024.

We will celebrate with music, sparkly photo station, hors d’oeuvres, “champagne toast” and dessert.

QUICKIE TRIP WITH PHOTOGRAPHY GROUP OPEN TO ALL SENIOR CENTER MEMBERS!! Details on Page 2



# CLASSES & PROGRAMS

## QUILTING CLASSES

*INSTRUCTOR: DARLENE BACHAND*  
*WEDNESDAYS, 9:00 AM — 11:00 AM*



DECEMBER 6, 13, 20 COST: \$6.00

**Stitch 'N Time**—This is time for you to finish up those Holiday gifts!

## PLAINVILLE HIGH SCHOOL CHAMBER CHOIR CONCERT

*MONDAY, DECEMBER 11, 3:00 – 3:30 PM*

The Plainville High School Chamber Choir will be getting us into the holiday spirit with a special concert featuring a combination of traditional carols, classic holiday songs, and winter choral music. A little reception of treats to follow the concert. Please call the Senior Center to register.

## SANTA ORNAMENT CLASS

*THURSDAY, DECEMBER 14, 2023,*  
*9:30 AM—12:30 PM*

*INSTRUCTOR: PENNY KINDBLOM, COST: \$10.00*  
*SIGN UP BEGINS DECEMBER 6*

Includes all materials—see sample in display case. Using decoupage, you will create a beautiful wooden Santa ornament with tile, greenery and ribbon.

## WITCHES OF CONNECTICUT

*THURSDAY, DECEMBER 14 AT 1:30 PM, FREE*

*Sign up has begun*

Please join us as we explore the harrowing story of the hanging of witches in Colonial New England. The CT Museum of Culture and History will enlighten us with stories that continue to haunt our present-day imagination. The trials and executions of witches in Connecticut predated the famous Salem witch panic by over 40 years. Hear the stories of some of the



women and men accused, tried, and executed as witches and learn how Connecticut successfully controlled the spread of witch accusations long before Salem erupted in panic and violence.

## CHRISTMAS COOKIE DECORATING PARTY

*TUESDAY, DEC. 19, 1:30 PM COST: \$2.00*

*Sign up has begun*

Enjoy a sweet afternoon decorating Christmas cookies, sipping hot cocoa, festive music and reminiscing of your favorite holiday traditions. Wear your favorite holiday sweater!



## BEAT THE HOLIDAY BLUES LUNCH & LEARN

*WEDNESDAY, DECEMBER 6, 12:00—1:00 PM, FREE*

The holiday blues are temporary feelings of anxiety or depression during the holiday season. We know this time of year is usually viewed as a time of happiness and rejoicing. But for some people, it can be a period of painful reflection, sadness, loneliness, anxiety, and depression. Join Heather Hitchcock CDP, Community Education Manager from Bristol Behavioral Health as she discusses the signs & symptoms of the holiday blues and how you can HELP alleviate them. Lunch will include: Turkey sandwiches, Cookie, Chips, & a Bottle of water. Please call to reserve your spot.



## MICHAELA'S GARDEN SEED PACKING DAY

*MONDAY, DECEMBER 18,*  
*9:30 AM—12:00 PM*

The Petit Family Foundation will be packaging Michaela's Four O' Clock seed packets. Join us for this worthwhile activity for a great cause. Pizza will be served following the event. Please sign up at the Senior Center.



## SNAPPY SENIORS FIELD TRIP

*SATURDAY, DECEMBER 9, 2023, Leaves Senior Center at 12:00 Noon—Arrive at 11:45 AM to board the Dial-a-Ride bus. Pick ups for those who do not drive before 11:45 AM. Returns about 5:30 PM.*

The Photography Group (Snappy Seniors) has a few spaces available on their field trip to the Famous Gingerbread Houses in South Windsor and Art Center East Opening Reception of their annual Photography Exhibit in Vernon. \*\*Please have lunch before coming to the Senior Center as we will not do a lunch stop. Bring snacks if you wish. We may do a coffee stop en route.

*Updated info*

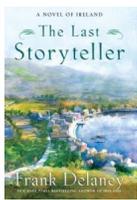
## MORE CLASSES & PROGRAMS

### **BOOK BUDS DECEMBER/JANUARY BOOKS:**

**FRIDAY, JANUARY 26, 10:00 AM**  
 (No December Meeting) **COST: FREE!**  
**INSTRUCTOR: KATHLEEN MARSAN**



**“AMERICAN DIRT” by Jeanine Cummins** is available beginning December 1st at the library’s main desk. The author leads us through a world in which freedom of the press can be fatal and a mother’s fight for a brighter and safer future.



And for your January reading pleasure, **“THE LAST STORYTELLER” BY Frank Delaney** will be available at the Library beginning January 2nd. This Irish historical fiction is full of intrigue, drama and love. Both American Dirt and The Last Storyteller will be discussed at the January meeting. Join us for coffee and tea and lively discussions. Our group is unique in that a person is not required to attend every month, if the book of the month appeals to you, be sure to sign up as seating is limited (we keep the group small and comfortable). The book is held specifically for our group at the Plainville library and is available as an e-book if you prefer.

### **SNAPPY SENIORS PHOTOGRAPHY**

**THURSDAY, JANUARY 18 10:00 AM**  
 (No December Meeting)  
**CALL TO REGISTER (860)747-5728**



Members with all kinds of cell and digital cameras, and various levels of photography experience are welcome. Instructional topics include how to take better pictures with available lighting and scenery and how to overcome low lighting and scenic distractions.

### **SNAPPY SENIORS PHOTOGRAPHY FIELD TRIP**

**SATURDAY, DEC. 9, 12:00 PM Leaves  
 the Senior Center Returns by 5:30 PM**  
**COST: \$4.00 for bus,  
 Admission to exhibits is FREE**



**PLACES:** The Gingerbread House Exhibit at Wood Memorial Library and Museum in South Windsor and the Art East Photography and Art Opening Reception in Vernon. This next part is optional and a decision can be made on the bus—Christmas lights and decorations on the Cheshire Green and across the street on the Veterans Memorial.

### **SLEEP TIPS BY DR. WENDY HURWITZ—TUESDAY JANUARY 30, 2024 2:30 PM—3:30 PM**

Did you know that during restorative sleep the body not only rests and recharges, it also cleans the brain of toxins and debris, consolidates memories, repairs tissues and organs and grows new cells, including brain cells? Come learn about tips to improve sleep and restorative rest.

Dr Hurwitz is a graduate of Yale Univ. Sch. Of Medicine and a nationally recognized expert on stress. A former medical researcher for ABC News, she is an expert in two fields: Mind/Body Medicine and Energy Medicine. Dr. Hurwitz helps organizations and individuals achieve peak performance by enhancing vitality and wellness. She translates the latest and most sophisticated scientific research into practical, easy-to-use techniques people can use to maintain and enhance vitality even under the most trying circumstances.

## VETERANS’ NEWS & ACTIVITIES

### **HELP FOR VETERANS**

**TUESDAY, DEC. 19, 10:00 AM—BY APPOINTMENT**

Our Veterans Service Officer, CT Department of Veteran’s Affairs, Jason Coppola, will be at the Senior Center at 10:00 AM BY APPOINTMENT ONLY. To schedule an appointment, call Jason at 203-805-6340.

### **VETERANS’ SOCIAL HOUR**

**NO DECEMBER MEETING**

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.**



### **PLAINVILLE VETERANS COMMISSION**

**For All Veterans in Financial Need**

**MONDAYS 6:00 PM—7:00 PM**

**Municipal Center, Room 306**

Call Dave Dudek at 860-559-1860

before arrival. For Veterans and spouses of any age.

# CENTER NEWS & VOLUNTEER OPPORTUNITIES

**GET THE LATEST NEWS BY EMAIL!!!**  
 After our newsletter is sent out each month, we sometimes 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 & fun stuff to do!! On occasion, we send out emails during the month with details. Join our email list! Call, send an email or stop by & 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.

**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.  
**Wood Stuff & What Knotts by Gene Martin-**  
 November’s display case showcased a beautiful array of Gene’s intricate wood-carvings, ornamental trays and decorative boxes.

**PEAK CENTER & GREETER VOLUNTEERS NEEDED**  
 We need volunteers (including Floaters) to cover various shifts. Volunteers typically cover two-hour shifts. PEAK floaters & regularly scheduled volunteers receive a reduced subscription to the PEAK center. **We have a need for Alternating Wednesdays 9-11 starting in January (for 3 months).** Please stop by the front office to express interest in volunteer opportunities!!

**LANGUAGE INTERPRETERS—WE NEED YOUR HELP! DO YOU SPEAK SPANISH, POLISH, FRENCH OR RUSSIAN?**  
 Once in a while, someone comes to us for help or calls and we cannot communicate because of language. Would you help us understand and translate? Call Shawn or Victoria at the Senior Center.



**STS VOLUNTEER DRIVERS NEEDED**  
 Driver volunteers needed for transport to medical appointments not covered by our Dial-a-Ride. To discuss volunteering, please call 860-224-7117. Mileage reimbursement and supplemental automobile coverage is provided.

**Attention Fabulous Volunteers!**  
**The Volunteer Board is Back!!** Please be sure to record your hours. You can use the board or 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!

**DAILY LUNCHES AT THE SENIOR CENTER—Menu available 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 AM 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.

**Reservation Procedure:** Call on Mondays by 10:30 AM to reserve a lunch on Wednesday  
 Call on Tuesdays by 10:30 AM to reserve a lunch on Thursday  
 Call on Wednesdays by 10:30 AM to reserve a lunch on Friday  
 Call on Thursdays by 10:30 AM to reserve a lunch on Monday & Tuesday/or the entire week

*\$2.50 suggested donation*

				1 Pot Roast
4 Ground Beef w/ Rice	5 Taco Tuesday	6 Jerk Grilled Chicken	7 Roast Turkey	8 Jumbo ravioli
11 Grilled Chicken Breast	12 Sloppy Joe	13 Chicken Strips	14 Hamburger Stew	15 Butternut Mac & Cheese
18 Grilled Chicken Breast	19 Sweet & Sour Meatballs	20 Ham with Sweet Glaze	21 Italian Diced Chicken	22 <b>CLOSED</b>
25 <b>CLOSED</b>	26 Salisbury Steak	27 Salmon	28 Homemade Meatloaf	29 <b>CLOSED</b>

# FITNESS PROGRAMS

## **POWER BURST**

MONDAYS, 1:30 PM –2:30 PM

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 & bands are included to help maintain strength, bone density & tone the body. A great overall workout.

## **GENTLE CHAIR PILATES/BALANCE**

MONDAYS, 2:45 PM–3:45 PM

INSTRUCTOR: CAROLINE DUBE

Gentle Chair Pilates releases tensions, stress, calms the mind & also gently builds core strength. Balance exercises included to help with fall prevention.

## **CARDIO CHAIR FITNESS** TUESDAYS, 1:00 PM–1:45 PM

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 & stretching.

## **BALANCE CLASS** TUESDAYS, 11:45 AM –12:30 PM

INSTRUCTOR: NANCY PANDOLFO

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

## **ZUMBA GOLD**

WEDNESDAYS, 9:30 AM –10:30 AM

INSTRUCTOR: DENISE LIPKA

Latin and international dance rhythms create a great cardio workout!

## **SILVER SNEAKERS CLASSIC**

FRIDAYS, 10:00 AM—10:45 AM

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

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



## **SILVER SNEAKERS & PLAINVILLE SENIOR CENTER**

### **YOGA/PILATES(YOGA-LATES)**

FRIDAYS, 10:50 AM –11:35 AM

INSTRUCTOR: NANCY PANDOLFO

**Class is free if you have Silver Sneakers through your health insurance.**

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

## **THE PEAK FITNESS CENTER**

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 hours: Monday—Thursday 9:00 AM—3:00 PM Friday: 9:00 AM—1:00 PM**

# CLASS DESCRIPTIONS

## **ACRYLIC PAINTING**

MONDAYS, 10:00 AM—12:00 PM

INSTRUCTOR: ABBE WADE

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

## **CERAMICS**

THURSDAYS, 9:30 AM —11:30 AM

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 PM – 3:00 PM

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**

THURSDAYS, 9:30 AM—11:30 AM

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 and 5

**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 6 between 9:15 AM - 4:45 PM** Non-members may sign up for classes that allow non-members starting DECEMBER 13 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 Victoria.

CLASS	TIME	CURRENT SESSION	Next Session Registration Begins DECEMBER 6
<b>MONDAY</b>			
Acrylic Painting	10:00-12:00	Sept. 18—Nov. 27, 10 weeks, \$20.00 <b>No Class Oct. 9</b>	
Power Burst	1:30-2:30	Oct. 2—Dec. 11, 8 weeks, \$16.00 <b>No Class Oct. 9, Nov. 20, Dec. 4</b>	Jan. 8—Mar. 11, 8 Weeks, \$16.00 <b>No Class Jan. 15, Feb. 19</b>
Chair Pilates & Balance	2:45-3:45	Oct. 2—Dec. 11, 8 weeks, \$16.00 <b>No Class Oct. 9, Nov. 20, Dec. 4</b>	Jan. 8—Mar. 11, 8 Weeks, \$16.00 <b>No Class Jan. 15, Feb. 19</b>
<b>TUESDAY</b>			
Balance Class	11:45-12:30	Nov. 14—Jan. 2, 6 weeks, \$12.00 <b>No Class Nov. 21, Dec. 5</b>	Jan. 9—Feb. 20, 6 weeks, \$12.00 <b>No Class Jan. 16</b>
Cardio Chair Fitness w/ Nancy	1:00-1:45	Oct. 31—Dec. 19, 6 weeks, \$12.00 <b>No Class Nov. 21, Dec. 5</b>	Dec. 26—Feb. 6, 6 weeks, \$12.00 <b>No Class Jan. 16</b>
<b>WEDNESDAY</b>			
Zumba Gold	9:30 -10:30	Dec. 6—Jan. 24, 8 weeks, \$24.00	
Quilting	9:00-11:00	<b>See page 2</b>	
<b>THURSDAY</b>			
Ceramics	9:30 – 11:30	Dec. 7—Dec. 21, 3 weeks, \$12.00	Jan. 4—Feb. 22, 8 weeks, \$32.00
Watercolor	9:30 – 11:30	Sept. 28—Dec. 7, 10 weeks, \$30.00 <b>No Class Nov. 23</b>	Jan. 25—Mar. 28, 10 weeks, \$30.00
Knitting/Crochet	1:00-3:00	Oct. 19—Dec. 14, 8 weeks, \$16.00 <b>No class Nov. 23</b>	
<b>FRIDAY</b>			
Silver Sneakers Classic	10:00-10:45	FOR: Silver Sneakers and Yoga—lates <b>Nov. 3—Dec. 15</b> <b>NO CLASS Nov. 10 &amp; Nov. 24, Dec. 8</b> Free if you have Silver Sneakers <u>OR</u>	FOR: Silver Sneakers and Yoga—lates <b>Jan. 5—Feb. 16</b> <b>NO CLASS Jan. 19</b> Free if you have Silver Sneakers <u>OR</u>
Yoga-Lates	10:50-11:35	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.	\$2.00 per class—pay teacher at class. Must register in advance at the Senior Center.

### HOW TO REGISTER FOR A FREE CLASS OR PROGRAM ONLINE

- Go to [www.schedulesplus.com/plainville](http://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.**

## OUTDOOR ADVENTURES

### SESSIONS WOODS HIKE AND LUNCH @ GREENHOUSE TAVERN

**FRIDAY, DECEMBER 15, 10:00 AM**  
**MEET AT THE Senior Center to caravan or 10:30 AM MEET AT Sessions Woods.**  
**LEADER: Eileen Cyr. FREE**  
**GPS: 341 Milford St., Burlington, CT**  
 Join us for a late Fall walk/hike at the beautiful Sessions Woods in Burlington. The hike will be over a moderately flat gravel and semi-wooded rolling hills trail. Be prepared for cool temperatures—dress appropriately. The total hike will be approx. 1—1.5 hours. There is an optional lunch at the Greenhouse Tavern on Route 4 in Burlington.



### OUTDOOR ADVENTURE: WALK AT WEST HARTFORD RESEVOIR

**WEDNESDAY, JANUARY 10, 1:00 PM**  
**MEET AT THE RESERVOIR. FREE**  
**GPS address: West Hartford Reservoir, 1420 Farmington Ave. West Hartford. LEADER: Eileen Cyr**  
 Join us on January 10th as we kick off the new year with a fun outdoor adventure trip! We will join members of the Glastonbury Senior Center for an hour-long afternoon hike at the West Hartford Reservoir, enjoying the sights, sounds and smells of this beautiful spot. Participants should be comfortable walking for one hour without stopping, and comfortable hiking through terrain that has some slight inclines and declines. We will be walking on paved surfaces. Please plan to eat lunch before getting on the bus. Please bring water and a snack and wear sturdy shoes or hiking boots and dress appropriately for the weather—plan to bring an extra layer that is easy to put on the take off; wear a warm hat, mittens/gloves, warm socks, and long underwear if needed.  
 Snow date - Jan. 17.

## FREE MONTHLY SHOPPING TRIPS

### **MONDAY, DEC. 4, 10:00 AM**

Southington Walmart or TJ Maxx, Aldi's Plaza (You Choose)  
 Leaves Senior Center at 10:00 AM.  
 Home pick-ups before 10:00.  
 Return Pick up at 1:45 PM  
**Call to reserve a seat.**



### **TUESDAY, DEC. 19, 10:00 AM**

Last Minute Shopping at Bristol Plaza  
 Leaves Senior Center at 10:00 AM  
 Pick ups at home before 10:00  
 Returns at 2:30 PM  
**Call to reserve a seat.**

## QUICK TRIPS



### MAGIC WINGS, BUTTERFLY CONSERVATORY & YANKEE CANDLE

**SATURDAY, JAN. 20, 2024, LEAVES PLAINVILLE SENIOR CENTER AT 8:30 AM & RETURNS APPROX. 4:30 PM**  
**COST: \$26.00 PER PERSON INCLUDES BUTTERFLY ADMISSION & TRANSPORTATION BY DIAL-A-RIDE BUS. (COFFEE STOP ON WAY TO BUTTERFLY CONSERVATORY)**

We're heading to the Magic Wings Butterfly Conservatory and Yankee Candle Village in Deerfield, MA. It may be cold outside but you will feel like you are in the tropics inside the Butterfly Conservatory. Then it's onto the nearby Yankee Candle Village. Create your own candle if you wish and shop for unique gifts. Lunch is on your own at Hillside Pizza & Powder Hollow Brewery at Yankee Candle. Menu at the Senior Center. Sign up begins December 6.



## MORE QUICK TRIPS

### DECEMBER 15, 2023—CHESHIRE SYMPHONY ORCHESTRA CHRISTMAS CONCERT

\$18.00 per person includes \$8.00 for bus and \$10.00 for your symphony ticket. Leave Plainville Senior Center at 5:50 PM for the 7:00 concert. Return to Plainville at 9:30PM. One of our members belongs to the symphony and says you will love it. The program will



include: selected holiday favorites, Christmas on Broadway, Around the World at Christmas Time, Variations of Jingle Bells, Minor Alterations and more.

### BRIGHT NIGHTS AT FOREST PARK, SPRINGFIELD, MA

WEDNESDAY, DECEMBER 13, 5:00 PM—8:00 PM

COST: \$11.00 PP COVERS TRANSPORTATION/ADMISSION

HOME PICK-UPS FOR THOSE WHO DON'T DRIVE BEGIN AT BEFORE 5:00 PM>Returns approx. 8:00 PM

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.



Remember there are bathrooms, snacks and gifts at Bright Nights. Please have your dinner before we leave. We will stop at Chick-Fil-A for a quick bathroom/snack stop on the way home after viewing the lights.

## CURRENT TRIPS

**Parking for Trips**-Please be advised that parking for overnight or any trip is *at your own risk*. No one is responsible for your car or possessions other than yourself. We encourage you to make other arrangements for transportation. Thank you for your understanding.



**TRIP IDEAS:** We would love to have your ideas for trips in Connecticut on the Dial-a-Ride bus. Please stop by the Senior Center for a Quick Trip Survey. We need your ideas!!! Please write your suggestions for Quick Trips on the Mini Bus, day trips by MotorCoach, overnights and extended trips around the world.

### AQUA TURF: HOLIDAY CLASSICS WITH DOWNTOWN 6 BAND!

TUESDAY, DECEMBER 12, 2023, 11:00 AM –3:30 PM



COST: \$52.00 Per Person. **Sign up has begun. We will not be able to offer a bus.** Featuring a sing-a-long from The Glamour Girls & Santa George & Mrs. Claus! Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! MENU: Roasted Turkey/Baked Scrod Family Style. Pasta & Salad Courses. Complimentary Coffee & Donuts, Glass of Beer or Wine, Door Prizes.



### ESCORTED VIKING RIVER CRUISE—

**DANUBE WALTZ:** APRIL 27—MAY 5, 2024

COST: FROM \$2,999. PP + Airfare (INCLUDES TAXES & SHORE EXCURSIONS)

**Special airfare deals. Please call Friendship Tours for details.** Includes: Passau, Germany/Vienna & Linz & Krems, Austria/ Bratislava, Slovakia/Budapest, Hungary, etc. Escorted from Plainville to Europe to Plainville. Shore excursions in every port. English speaking crew. Casual dining in elegant style.



### IRELAND SAMPLER:

April 13—20, 2024, 8 Days/6 Nights.

\*Dublin \*Galway

\*Killarney & More...

Includes Non-Stop Flights from Hartford! Includes a 2 night Castle Stay!

\$3,449.00 Per Person

Double. **See Flyer for Details.** Please note—optional tours and driver-guide gratuities not included.



# SUPPORT GROUPS, ASSISTANCE PROGRAMS, ETC.

## GRANDPARENTS RAISING GRANDCHILDREN

TUESDAY, DECEMBER 19, 10:30 AM

If you are a grandparent or relative who is raising a grandchild, niece or nephew, you are not alone. Come to the support group 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 register online at [www.schedulesplus.com/plainville](http://www.schedulesplus.com/plainville)

## CAREGIVING CONNECTIONS

TUESDAY, DECEMBER 12, 10:00 AM

Join your caring friends at the Senior Center as we support one another on our journeys & recognize the challenges & frustrations of 24/7 caregiving. You must register to attend by calling the Senior Center.

## MEMORY CAFÉ AT THE SENIOR CENTER

THURSDAY, DEC. 21, 2:00 PM-OPEN TO THE PUBLIC  
CALL THE SENIOR CENTER TO REGISTER

Memory Café is a warm and welcoming program for individuals with memory loss. Anyone experiencing memory loss is welcome to attend with their loved ones or caregivers. Memory Café is a social gathering with a safe, supportive, and engaging environment that gives everyone a place to make new friends and interact with other. Enjoy appropriate activities such as crafts, games, music and conversation. Memory Café, which meets monthly, is free and welcome to all. For more information about Memory Café or to sign up, please contact Karen Pagliaro, Stephanie Soucy or Victoria Nadolski at the Senior Center. 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.

## EVERSOURCE ELECTRIC DISCOUNT RATE

A bill discount will be available for residential electric customers starting in December 2023. You must have financial hardship status on your electric account. If you do, there are two tiers of discounts depending on your annual household income or receipt of a public assistance benefit. You may be eligible for a 10% or 50% discount.

**To qualify for a 10% discount, your annual income for**

Single = up to \$41,553 **OR** Couple= up to \$54,338

Or be eligible for certain public assistance benefits.

**To qualify for a 50% discount, your annual income for**

Single = Up to \$23,328 **OR** Couple= Up to \$31,552

Or be eligible for certain public assistance benefits.

Call Eversource at 800-286-2828.

They will review and verify your information within 10 business days. If you are eligible, you could start to see a discount on your bill in December 2023.

Please call Stephanie at the Senior Center with any questions 860-747-5728.

## 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 \$41,553 (gross) and a family of two could possibly make \$54,338 (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 online at: <https://hranb-ortal.communityappointments.com> to schedule your appointment. Call Stephanie with any questions or to assist with scheduling an appointment online or to complete an application.

**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.

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

The donations from the kettle drive assist residents in need from the Town of Plainville all year long. We need bell ringers to donate their time and their smiles to make this event successful. Ring with a friend! This is a great way to bring in the joy and warm wishes of the holiday season. We were so successful last year. The ringing takes place at Gnazzo's Supermarket on Thursday December 7, Friday December 8 & Saturday December 9. Please see Stephanie Soucy for details to sign up.



# MORE SUPPORT AND ASSISTANCE

**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 & so much more. Please call Stephanie at the Senior Center for more information.



## COMMUNITY NOTES



### PAWS—SEMI ANNUAL CLOTHING DRIVE

Plainville PAWS in conjunction with Plainville Animal Control will be hosting a clothing drive. Collecting now until Spring (Date TBD). Donations can be left at the Dog Pound or Plainville PD (19 Neal Ct.) Drop off at 29 Granger Lane, right outside the Plainville Dog Pound. All clothing items and accessories. Items include blankets, towels, sheets, curtains, (No pillows please). Proceeds go to benefit the Plainville Paws, and the Plainville Pet Pantry.

### FOOD SHARE PROGRAM THE SEVENTH DAY ADVENTIST CHURCH

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

### PLAINVILLE FOOD PANTRY

54 South Canal Street\* 860-747-1919 \* [www.plainvillefoodpantry.org](http://www.plainvillefoodpantry.org)

The Plainville Community Food Pantry is a non-profit organization that's dedicated to helping those in need. With a wide range of critical services — including food assistance, energy assistance, clothing, crisis intervention, & referral services — we don't just stop at meeting the basic needs of our clients. We support our community's essential needs while promoting dignity and self-sufficiency. We prioritize a client-centered approach that empowers individuals and families by offering choices and access to vital resources.

The Plainville Community Food Pantry has been providing for our community with the help of generous donors and volunteers. In fact, 75% of our support comes from public contributions, which have allowed us to meet the growing needs of families and individuals in the Plainville community.

We are in need of the following items:

Canned Fruit	Rice, Pasta, Sides, max & Cheese	Cake/Brownie Mix & Frosting
Instant Potato	Grape/Strawberry Jelly	Deodorant
Hamburger Helper	Children's Snacks/Juice Box	Toothbrushes & Paste
Cereal/Oatmeal	Dish & Laundry Soap	Toilet Paper
Sugar/Flour	Pasta Sauce	Shampoo
Paper Towels	Pancake Mix/Syrup	

### 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.

## MORE COMMUNITY NOTES

**HRA IS LOOKING FOR VOLUNTEERS!** (18 years old and over) Volunteer Income Tax Assistance (VITA) Program Become an IRS Certified Tax Preparer & volunteer to prepare FREE income tax returns for your community! \*No experience need. \*Free Training provided by IRS & HRA.

Tax Sites located in **Plainville**, New Britain, Meriden, Bristol, Farmington, Manchester, Plymouth, Southington, Vernon and Wallingford.

To sign up: [www.hranbct.org](http://www.hranbct.org) or email: [vita@hranbct.org](mailto:vita@hranbct.org) for more information.

### PLAINVILLE CONSERVATION COMMISSION

This advisory commission has openings for volunteers. They do clean-ups twice a year. Call Marge Burris, Conservation Chair at 860-793-0221 for information or to sign up.



### DEMENTIA SUPPORT GROUP

Arden Courts of Farmington—45 South Road, Farmington, CT 06032

<https://www.arden-courts.org/farmington>

Arden Courts of Farmington will be holding an in-person Dementia Support Group the first Tuesday of each month, 10:00 AM—11:30 AM OR 6:00 PM—7:30 PM. To RSVP call Hollis Hartman 860-543-1010 or [Hollis.Hartman@promedica.org](mailto:Hollis.Hartman@promedica.org)

### MEMORY CARE KITS

The Plainville Public Library has themed activity kits to aid people with memory loss, Alzheimer's disease, cognitive impairment, and their caretakers. These kits aim to foster positive experiences, stimulate conversation and ignite memories. \*Two-week loan period Call or visit the Reference Desk for more information.

### AARP PLAINVILLE

WEDNESDAY, DECEMBER 20, 1:00 PM

Faith Bible Church, 168 Unionville Ave., Plainville. Refreshments served!

Reservations/Info: Sharon 860-712-2795



### ALZHEIMER'S ASSOCIATION—CAREGIVER SUPPORT GROUP @ THE PLAINVILLE PUBLIC LIBRARY

Library—56 East Main St., Plainville, CT 06062, 2ND Monday of the month, 6:30 PM—7:30 PM

Build a support system with people who understand. Alzheimer's Association support groups conducted by trained facilitators, are a safe place for people living with dementia & their care partners to:

- ◆ Develop a support system.
- ◆ Exchange practical information on challenges & possible solutions.
- ◆ Talk through issues and ways of coping.
- ◆ Share feelings, needs and concerns.
- ◆ Learn about community resources.

Contact info: Deborah Stanczykiewicz, 860-729-1648, [alzhelp@gmail.com](mailto:alzhelp@gmail.com)

### UNITED WAY—JOY OF SHARING

The United Way is collecting nonperishable food and new toys and gifts for community food pantries, shelters and area nonprofits to give the gift of hope for children and families this holiday season.

Nonperishable food donation drop off is November 15, 16, or 17. New toy donation drop off is December 4, 5 or 6. All donations are dropped off at United Way of West Central CT, 440 North Main Street, Bristol, CT for distribution. For more information email Nancy Micloskey at [nmicloskey@uwwestcentralct.org](mailto:nmicloskey@uwwestcentralct.org) or call 860-582-9559 x 402.

### 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.

### PLAINVILLE PUBLIC LIBRARY

56 EAST MAIN STREET, PLAINVILLE, CT 06062, 860-793-1446

[PLAINVILLECT.COM/LIBRARY](http://PLAINVILLECT.COM/LIBRARY) \*Library cards are FREE to all CT residents \*24/7 Access to Databases with your Library Card \*Discounted/Free Museum Passes \*WI-FI Anytime, Anywhere

# HEALTH PROGRAMS AND INFORMATION

## NEW INCOME LIMITS:

### MEDICARE SAVINGS PROGRAM (MSP)

**Singles Range From: \$2,564 to \$2,989**

**Couples Range From: \$3,468 to \$4,043**

### *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 & 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.

## WOMEN WITH HEART DISEASE SUPPORT NETWORK

Are you a woman living with or at risk for heart disease? WomenHeart of Central Connecticut Support Network is there for you. This network provides patient support, education and advocacy in a welcoming atmosphere. Meetings are held on the third Wednesday of the month from 4:45 PM—6:00 PM at the Bradley Memorial Campus, Conference room A, 81 Meriden Ave., Southington. To sign up call: 1.855.HHC.HERE (1-855-442-4373).

## 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.

## HOME FIRE PREPAREDNESS CAMPAIGN—FREE

REDUCING FIRE INJURY/DEATHS

ONE HOME AT A TIME



Trained volunteers and/or licensed/insured professionals from the Red

Cross will provide demonstration and installation services IN YOUR HOME (visits last about 20 minutes). You will receive:

- \*FREE Installed smoke alarms if needed
  - \*Family Disaster Plan Guidance
  - \*Valuable emergency preparedness tips/info
- Register at [www.redcross.org/ct/schedule-a-visit](http://www.redcross.org/ct/schedule-a-visit) or call 1-877-287-3327 & choose option 1 to schedule.



## MEDICAL FRAUD ALERTS



**COVID-19 TEST KIT FRAUD ALERT:** The US Dept. of Health & Human Services is warning of a fraud scheme involving unsolicited COVID-19 testing kits. Seniors have been receiving unsolicited test kits then finding that their Medicare Summary Notices reveal that Medicare is being billed for reimbursement but Medicare will no longer pay for in-home COVID-19 tests after May 11. Report these supposed “free” kits to the Senior Medicare Patrol (SMP) at 1-800-994-9422. Detailed info can be picked up at the Senior Center.

**MEDICARE FRAUD:** The best way to stop Medicare fraud? Help prevent it in the first place. Follow these 3 tips to protect yourself from scammers:

1. **If you get a call, text or email asking for your Medicare Number, don't respond.** Don't give your Medicare card or Medicare Number to anyone except your doctor or people you know should have it. Remember, **Medicare will never call you** unprompted and ask you for your personal information.
2. **Check your Medicare Summary Notices (MSNs) or claims statements carefully.** If you see a charge for a service you didn't get or a product you didn't order (like a COVID-19 over-the-counter test), it may be fraud.
3. **If you suspect fraud, report it at 1-800MEDICARE (1-800-633-4227).** Visit [Medicare.gov](http://Medicare.gov), the official source for Medicare information, to learn more about preventing Medicare fraud.

## SCAM ALERT 'NEW MEDICARE CARD' SCAM

Fraudsters may be calling people claiming they need to verify information & obtain payment information over the phone to receive a new card. If anyone is contacted & shared information over the phone, please have the beneficiary reach out to their local Senior Medicare Patrol at the Area Agency on Aging by calling 1-800-994-9422. Come to the Senior Center to pick up detailed information.

## Donations

OCTOBER 15 — NOVEMBER 15

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

### GENERAL DONATIONS

Carolyn Zenuh, Madeline Drake, Angelina Levandowski, Laurie St. Pierre, Marlene Maglio, Linda Boilard, Betsy Creswell, Sally Cobrain, Barbara Wallace, Elizabeth Velocchia, Nora Camp, Anonymous, Diane Bulawa, Henrietta Zooleck, Janice Nolan, Virginia Salmon, Barbara Wallace, Elaine Steinbruck, Barbara Pride, Eileen Spirito, Kathy Desanti, Sue Attebery, Felicia Kowynia, Kathy Knox, Deanna Tino, Wilma Michaud, Doris Olson, Gene Martin, Madeline Drake, Ann Theriault, Geraldine Wells, Glen Halvorsen, Steve Castiola, Carol Perry, Lois Schmidt, Marci Negro

### DIAL-A-RIDE DONATIONS

Douglas Kaller, Pat LaRosa, Charlotte Politis, Sally Cobrain, Elaine Steinbruck, Robert & Grace Nelson, Diane Guerriere, Anonymous, Barbara Barton, Beverly Toews

**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.**

## Cheer Report

OCTOBER 15 — NOVEMBER 15

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:

Bev Heslin, Sandy Robinson, Sandy Therrien, Sue Cremasco, Carol & Don Beam, Eileen Cyr, Orlando Estrella, Carol Accousti, Soni Sperduti, Alan Anderson, Charles Kaminski, Georgia Jewell, Helena Niziolek, James Calderone, Jeanine Martino, Skip Kensel, Beatrice Dumont, Richard Belden, Maryana Merzlyak

### SYMPATHY CARDS WERE SENT TO THE FAMILIES OF:

Frank & Debbie Cawley, Karen Maher, Mary Ann McCarthy, Josephine Sabino, Kathy & Paul Lickwar, Charles Joyner, Janice Czerepuszko, Ruth Anderson, Betsy Creswell, Judy Laprise

### MEMORIAL DONATIONS

#### IN MEMORY OF: DR. CONRAD PRIDE

Barbara Pride

#### IN MEMORY OF: HAZEL DECKER

Lawrence Morse

#### IN MEMORY OF: DR. RALPH WRIGHT

Barbara Pride



### OCTOBER NEW MEMBERS

Clifford & Edith Bishop, Timothy & Elizabeth Davis, Michael Fangiullo, Jeffrey Nadeau, Robert Rosenstreich



## DONATIONS NEEDED

### STAND UP WALKERS NEEDED

The Senior Center is in need of Stand Up Walkers.

Anyone who has one to donate, please let someone at the front desk know.



### TRANSIT WHEELCHAIRS NEEDED

The Senior Center keeps a few wheelchairs on hand for members to borrow for short periods of time. Maybe you need to stay off your feet for a week or you want to bring grandma to your daughter's graduation. We need transit wheelchairs for our inventory. A transit wheelchair is light weight and does not have a big wheel that the wheelchair user moves to self-propel the wheelchair. Instead, the front wheels are small and someone needs to push the wheelchair user wherever they go. It is easily folded and put in a car. Please give us a call if you have a transit chair in good condition that you wish to donate.

## INDEX

AARP Plainville Chapter	11
Acrylic Painting	5, 6
Alzheimer's Assoc.—Library	11
Ayuda	11
Balance Class	5, 6
Beat the Holiday Blues	2
Book Buds	3
Cardio Chair Fitness	5, 6
Caregiving Connection	9
Ceramics	5, 6
Chair Pilates & Balance Class	5, 6
Cheer Report	13
Class/Activity/Schedule	2, 5, 6
Christmas Cookie Decorating	2
Christmas Dinner	1
Daily Lunches at the Senior Center	4
Dementia Support Group	11
Dial-a-Ride Driver Needed	1
Donations	13
E-mail Notifications	4
Energy Assistance	9
Eversource Electric Discount	9
Food Share	10
Frauds and Scams	1
Grandparents Raising Grandchildren	9
HRA Volunteers for Taxes Needed	11
Heavy Cleaning Help	10
Home Fire Preparedness Campaign	12
How to Register	6
Knitting/Crochet	5, 6
Language Interpreters Needed	4
Library Card	11
Medicare Savings Program	12
Medical Scam Alert/Fraud Alert	12
MEGA SIGN-UP DAY	6, 14
Memory Café	9
Memory Kits-Library	11
Michaela's Seed Packing Day	2
New Members	13
New Year's Celebration	1
Nursing Information/Health Info	12
Outdoor Adventure	7
PAWS Clothing Drive	10
PEAK Fitness Center	5
Plainville Conservation Commission	11
Plainville Food Pantry	10
Plainville High School Choir	2
Pool Table Schedule/Info	14
Power Burst	5, 6
Quilting	2, 6
Rainbow Lunch Hour	14
SNAP	9
Salvation Army Kettle Drive	9
Santa Ornament Class	2
Shopping Trips	7
Showcase Your Collection/Hobby	4
Silver Sneakers Classic	5, 6
Sleep Tips	3
Snappy Seniors	2, 3
Storm Closing Information	10
Tournaments Winners/Pool Info	14
Transit Wheelchairs /Stand up walkers	13
Transportation	BC
Tree Trimming	1
Trips/Trip Ideas/Quick Trips	7, 8
United Way Joy of Sharing	11
Vaccination Clinic	1
Veterans' News & Activities	3
Volunteers Info	4, 14
Watercolor Class	5, 6
Witches of CT	2
Women with Heart Disease Support	12
Yoga-Lattes	5, 6
Zumba Gold	5, 6

## FUN AND GAMES

### WEEKLY SETBACK TOURNAMENT WINNERS

**OCT . 23:** 1st: Barbara Martel/Elaine Chartier 2nd: Bob Albrecht/Mark Dunn 3rd: Linda Arnold/Janet Sanborn

**OCT. 30 :** 1st: Robert Albrecht/Sandy Colello 2nd: Linda Arnold/Janet Sanborn 3rd: Bernard Grabeck/Verna Pekrul

**NOV. 6 :** 1st: Tom Wichrowski/Hugette Veilleux 2nd: Sandra Colell/Robert Albrecht 3rd: Madeleine Drake/Ann Testa

**NOV. 13:** 1st: Janet Sanborn/Linda Arnold 2nd: Tom Wichrowski, Hugette Veilleux 3rd: Linda Dominique/Mary Levanti, Gayle Greneck/Peggy Grant, Janet Vandrilla/Francoise Bolduc

### POOL TABLE SCHEDULE AND DETAILS

2 Billiards tables available to play —NO need to sign up, just show up.

EXCEPTIONS: Thursdays from 12:30 to close for the formal pool tournament. This is open to men and women.



### LADIES BILLARD OPEN PLAY

**Tuesdays from 10AM—12PM—Ladies Only, no need to reserve.**

Looking for something fun to do on Tuesday mornings?? Whether you call it pool or billiards, it is one of America's favorite pastimes. Join our ladies for a friendly game of pool with some friends. No formal instruction given, just helpful tips and tricks, if needed. Let's have a ball!!

**NO DENTAL CLINIC:** Unfortunately, CHC is no longer providing dental services at senior center locations. We are looking into other options; but are not able to find an alternative at this time.

Please check out our new bulletin board in the entryway of the handicap entrance. This will showcase our upcoming senior center events, but is not for public use.

### MEGA SIGN-UP DAY DEC. 6, 9:15 AM—4:45 PM

Members may sign up for new classes, trips and programs.

If an event is free, call the Senior Center to register or register online. If payment is due, you must come in to register. We accept cash and checks made out to Plainville Senior Center only.



### GARDEN HELPERS NEEDED



—Can you help us prepare our beautiful flower gardens for winter. Thank you to Pierre & Evelyn Morin for another year of exquisite flowers. We need to weed and pull up annuals when they are finished for the season. Please call if you can help us tell a weed from a tree.

### DIVERSE UNIVERSE

#### RAINBOW LUNCH

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

**Register at: [www.cthealthyliving.org](http://www.cthealthyliving.org). To view the program here, call Victoria at the Senior Center.**

# 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. **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 Victoria 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 \$2.90 per additional mile after that.

**Call Encompass at (860)444-4444 or visit online at [Encompass.M7Ride.com](http://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 AM—Midnight**  
**Weekends 6:00 AM—Midnight**

**FARES:** Each ride is \$3.50 each way and discount ticket books can be purchased at *Shop & Stop* or on-line at [hartfordtransit.org/ada-paratransit-services](http://hartfordtransit.org/ada-paratransit-services) for \$28.00 for a book of 10 tickets (\$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](http://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.

**CANCELLATIONS:** please call dispatch at 860-724-5340 ext. 2 or online by going to <https://ghdtonlinebooking.org> (trips can be cancelled online 2 hours or more ahead of time, if under 2 hours call the dispatch department).

### 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 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>26</b> <b>KEY:</b> GR: Green Room BR: Blue Room CR: Craft Room CA: Café CL: Comp. Lab GA: Game Room OS: Old Store Z: ZOOM *APPOINTMENT NEEDED	<b>27</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Acrylics (CR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 1:30 Circle Grp (CR) 2:45 Chair Pil/Bal. (BR)	<b>28</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Social (BR) 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR)	<b>29</b> 9:00 OPENQuilting (CR) 9:15 Walk (BR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>30</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:30 SAD Program (GR) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	<b>1</b> 9:15 Walk (GR) 9:30 Choral Gr. (BR) 10:00 Silv. Sneak. Classic. (GR) 10:50 Yoga-Lates (GR)	<b>2</b>
<b>3</b>	<b>4</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Shopping Bus 12:30 Setback GR)	<b>5</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 1:00 Current E. (GA) 1:00 Bridge (OS) 1:30 Circle Grp (CR) 2:00 Tree Trim. (BR)	<b>6</b> 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 12:00 Beat/Blues (CA) 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:30 Frauds/Scams(BR)	<b>7</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 9:30 Watercolor (GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc.(CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR)	<b>8</b> 9:15 Walk (GR)	<b>9</b> 12:00 Snappy Seniors Trip
<b>10</b>	<b>11</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 12:30 Setback (GR) 1:30 PowerBrst (BR) 2:45 Chair Pil/Bal. (BR) 3:00 P'ville HS Chamber (BR)	<b>12</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Caregiv. (CR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:00 Aqua Turf Holiday Classics 11:45 Balance (GR) 1:00 Current E.(GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 Circle Grp (CR)	<b>13</b> 9:00 Quilting (CR) 9:15 Walk (BR) <b>9:30 Vax Clinic*</b> 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 5:00 QT-Bright Nights	<b>14</b> 9:15 Walk (GR) 9:30 Ceramics CR) 9:30 Santa Orn. (CA) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 11:45 COA (GA) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 1:00 Knit/Crochet (GR) 1:30 Witches of CT (BR)	<b>15</b> 9:15 Walk (GR) 10:00 Sessions Woods 10:00 Silv. Sneak. Classic (GR) 10:50 Yoga-Lates (GR) 5:50 QT Cheshire Symphony	<b>16</b>
<b>17</b>	<b>18</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 9:30 Michaela's Seeds (CA) 12:30 Setback GR)	<b>19</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Shopping Bus 10:00 Cribbage (GA) 10:00 Ladies Pool 10:00 Vet Help* (CL) 10:30 Grandparents (CR) 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR) 1:30 ChristmasCookie(BR) 1:30 Circle Grp (CR)	<b>20</b> 9:00 Quilting (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA)	<b>21</b> 9:15 Walk (GR) 9:30 Ceramics (CR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA) 2:00 Memory Café (CR)		<b>23</b>
<b>24</b> <div style="text-align: center;">  </div> Christmas Dinner Doors Open at 11:00 Meal Served at 11:30 NO OTHER ACTIVITIES January 1 	<b>25</b> <div style="text-align: center;">  </div> Christmas Dinner Doors Open at 11:00 Meal Served at 11:30 NO OTHER ACTIVITIES January 1 	<b>26</b> <b>9:00 NURSE*</b> 9:15 Walk (GR) 10:00 Cribbage (GA) 10:00 Ladies Pool 11:45 Balance (GR) 1:00 Current E. (GA) 1:00 Bridge (OS) 1:00 Cardio Chr (GR)	<b>27</b> 9:00 OPEN Quilt (CR) 9:15 Walk (BR) 9:30 Zumba (GR) 1:00 Bingo (GR) 1:15 Charlem. (CA) 2:00 New Year's (BR)	<b>28</b> 9:15 Walk (GR) 10:00 Mex. Train (CL) 11:30 Bridge (OS) 12:30 Pool Tourney 12:30 Pinoc. (CA) 1:00 Scrabble (CA)		<b>30</b>
<b>31</b> New Year's Eve						

FIRST DAY OF WINTER ❄️